



## INTERNATIONAL SCIENTIFIC CONFERENCE

”SPORTS, EDUCATION, CULTURE – INTERDISCIPLINARY APPROACHES IN SCIENTIFIC RESEARCH”

The 5<sup>th</sup> Edition of the International Conference

Galati, Romania, 28-29 of May 2021

Book of abstracts

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## ★ PHISYCAL EDUCATION AND SPORTS ★

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### Study on the Influence of Self-Esteem on Sports, School and Social Performance in Junior Athletes

Ababei Radu \*, Ababei Cătălina \*

\*Vasile Alecsandri University of Bacău, Romania, [raduababei@ub.ro](mailto:raduababei@ub.ro), [ababeicatalina@ub.ro](mailto:ababeicatalina@ub.ro)

#### Abstract

The last years have changed profoundly the nature of society, in general, and of work places in particular. This happened as a result of the explosive development of technology, of the penetration of the information processes, but also as a result of the modernization of the managerial systems. What is this self-confidence? The definitions are many and quite sophisticated. But we can all agree on at least one of them: self-confidence means appreciating and valuing yourself. More precisely: to have a positive attitude - we appreciate ourselves in everything we do well; we are sure of ourselves - we control our lives and we can do everything we want to. Self-esteem is crucial in achieving success in sports but we aimed to identify the forms in which it manifests itself in performance athletes and whether it has positive effects on their school, professional or social performance. The study was conducted on a group of 56 junior performance athletes, boxing, wrestling or athletics practitioners and at the same time high school students.

**Keywords:** *self-esteem, sports, juniors*



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### **Study on the Opportunity to Decentralize the Activity of the County Directorates for Sports and Youth in Romania**

**Ababei Radu**

“Vasile Alecsandri” University of Bacău, Romania, [raduababei@ub.ro](mailto:raduababei@ub.ro)

#### **Abstract**

The County Directorates for Youth and Sports, respectively of Bucharest, are decentralized public services of the Ministry of Youth and Sports, with legal personality, financed from the state budget and extra-budgetary revenues, collaborating with local public administration authorities to organize and promote sports activities. Among the priority objectives of the Government Program 2009-2012 are the strengthening of local autonomy, administrative decentralization and fiscal decentralization. For this, the central authority will need a closer collaboration with the local public administration authorities and partnership relations with private organizations. Such an approach will lead to the development of institutions to be decentralized and by the fact that belonging to the local public administration authorities will be able to access structural funds by submitting projects for investment and infrastructure rehabilitation. This paper seeks to highlight the extent if this decision is an eminently political one or whether it is based on scientific data. In this sense, we applied a questionnaire to the executive directors of the County Directorates as well as to the directors of departmental clubs. Covering the entire area of the country the sample is representative

**Keywords:** *decentralize, directorates, sports*



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### Study Regarding the Evolution of Performance at National and International Level in Judo

Ábrahám Előd-Lajos\*, Bondoc Ionescu Dragos\*\*

\*Ministry of Youth and Sport, Romania, [abrahamelod@gmail.com](mailto:abrahamelod@gmail.com)

\*\*Universitatea Transilvania, Brasov, Romania, [dragosbionescu@yahoo.com](mailto:dragosbionescu@yahoo.com)

#### Abstract

The study aims to analyze the evolution in performance of judo sport practitioners, through the prism of international testing systems.

Objectives pursued:

- Analysis of test results of judo practitioners, from the age of juniors to the age of seniors with competitive results.
- Analysis of modern training methods.

The methods used in this study refer to the international testing system, called Hungarofit, developed by researcher Dr. Fehérné Dr. Mérey Ildikó. This testing system has been adapted to individual contact sports, in our case/ in the present case to judo. The testing system has been adapted and applied in the judo discipline since 2013, for juniors and seniors, to follow up the progress of the test results until individual performances were obtained in national and international competitions. The subject of this current research/study is a judoka, O.L., born in 1999, tested at the ages 15 and 17. His annual evolution was followed up until he won the title of National Champion. Last year at the European Youth Championships he was ranked 7<sup>th</sup> place. The tests were proposed to the Romanian Judo Federation and an experimental research will be carried out, aiming to complete this testing system with special tests of judo discipline to bring improvements in the athletes` performance. The tests, which will be proposed, will focus on physical skills, technical skills in judo, which are mostly based individual coordination skills. The methods are to be researched experimentally, respectively the results will be applied from stage I. of initiation / learning, to stage III. and IV. performance training.

**Keywords:** judo, competitive performance, physical skills, technical skills, coordination skills



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### The Role of Occupational Therapy in Care and Social Assistance Centers

Anghel Mihaela \*, Boțoc Luiza Dumitra\*\*

\*“Vasile Alecsandri” University of Bacău, Romania, [anghel.mihaela@ub.ro](mailto:anghel.mihaela@ub.ro)

\*\*DGSAPC, Bacău, Romania, [luizadumitra30@gmail.com](mailto:luizadumitra30@gmail.com)

#### Abstract

The scientific challenge that is the subject of this paper is to highlight the role of occupational therapy and implicitly specialists in the field, in recovering/rehabilitating beneficiaries of social services in care and social assistance centers by addressing the literature and analyzing statistics and records in this field. The objective of the research is to implement an intervention program based on increasing occupational performance that will contribute to increasing the degree of participation in daily life and quality of life for institutionalized people. For a correct conduct of the research, we started from the following hypotheses:

- By applying remedial activities adapted to the specific need of the client, the components of occupational performance can be improved, by increasing the degree of involvement in daily activities, to institutionalized people.
- It is assumed that by outlining the means of implementing occupational therapy, through an intervention program based on strategies can increase the interest of beneficiaries in participating in individual and group activities.

In my research we followed the level of participation through occupations, applying client-centered therapy and using the specific concept of occupational therapy "use of self", we develop self-confidence, adaptive behavior, social independence of the person and implicit satisfaction and optimal performance in occupations.

**Key words:** *occupational therapy, rehabilitation, social care*



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### Comparative Study of Resistance Training with Different Frequency on the Selected Machine Exercises Among University Males

Azeem Kaukab

Assistant Professor (V), Physical Education Department

King Fahd University of Petroleum & Minerals, Dhahran, Saudi Arabia, [drakbodybuilding@gmail.com](mailto:drakbodybuilding@gmail.com)

#### Abstract

The purpose of this investigation was to compare the resistance training groups with different frequency in a week on the selected machine exercises among university males. A group of (N=100) participants were selected randomly to participate in this study. The age of the subjects was in the range of 18-24 years, 40 minutes of training per session. These participants were segregated into two groups namely Group-A (N=50, two days of training in a week for eleven weeks), Group –B (N=50, four days of training in a week for 5 and half weeks). Both the groups had gone through 22 resistance training sessions. The test considered for this study as follows; leg press, leg extension, leg curls, lat pull down, sitting shoulder press, rear delt, Triceps extensions, and arm curls. Intensity was fixed at 70% maximum, two sets with 15 reps and one-minute rest between the sets. To compare the mean differences among the groups, mean, S.D, and t-test was computed by the help of SPSS software and percentages were calculated with the help of calculator online. The impact of resistance training protocols with different frequency in a week had shown significant performance among the groups with regard to the all selected resistance exercises (leg press, leg extension, leg curls, high pull downs, sitting shoulder press, rear delt, sitting extensions and arm curls). Furthermore interestingly the group-A had shown greater performance in all the selected resistance training exercises. Group-A performance with regard to the increase by percentages; Sitting leg press performance increased by percent (18.27%). Leg extension performance was increased by percent (15.12%). Leg curls (increased by 14.22%). Lat pull down (increased by 12.78%). Sitting shoulder press (25.16%). Rear delt (increased by 10.04%). Triceps extension (performance increased by 7.83%). Arm curls performance increased by (8.74%). These findings were consistent with the previous studies they are as follows; (M. S. Faigenbaum & et al, 1997) In a previous research study it was investigated with regard to the comparison of training frequency for the bench press also concluded that three sessions were superior to one or two sessions. (ACSM, 1998) The training frequency of three sessions per week when training the arms and legs results in a 20 to 30% greater strength gain than a frequency of two sessions per week. (Hamid. A & et al, 2011) In this earlier study it was investigated that whole and split weight training routine produce similar results over the first 2 months of training, with minimal differences among groups.



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It is concluded that the two days of resistance training group in a week for eleven weeks duration has greater impact on the improved performance among the participants in enhancing performance in the selected resistance exercises. Moreover, we find significant differences between these two groups.

**Key words:** *Frequency, Training, Intensity, Performance*

### Psychomotor Evaluation of Coordination in Primary School

**Berdilă Anamaria<sup>\*</sup>, Yalcin Ilindar<sup>\*\*</sup>, Iconomescu Teodora Mihaela<sup>\*</sup>,  
Talachir Laurențiu-Gabriel<sup>\*\*\*</sup>**

<sup>\*</sup>Dunărea de Jos University from Galați, Romania, [anamaria.berdila@ugal.ro](mailto:anamaria.berdila@ugal.ro), [ticonomescu@ugal.ro](mailto:ticonomescu@ugal.ro)

<sup>\*\*</sup>Bingol University, Turkey, [ilimdaryalcin@gmail.com](mailto:ilimdaryalcin@gmail.com)

<sup>\*\*\*</sup>South Ural State University, Russia, [gtalachir@ugal.ro](mailto:gtalachir@ugal.ro)

#### Abstract

The foundation of motor activity is the coordination, skill which controls the movement of large muscle groups through nervous system and locomotion. This component is fundamental in psychomotor evolution of the children because it involves the integration of the information obtained in order to accomplish several complex motor tasks. In the sight to identify the psychomotor level of primary school pupils, we considered important to start a research during 2019-2020 school year, from September 2019 till March 2020, in 20 schools from the South-East region of Romania (Galați, Brăila, Bacău, Iași, Focșani counties), either urban and rural side. 4920 children with age between 6-10/11 years old were involved in the research. The research was supposed to take place till the end of school year, but due to the Covid pandemic, we placed our research over a period of 7 months. Psychomotor assessment was carried out using three of the most representative coordination tests: Matorin Test, Denisiuk Test and Hand-Wall Toss test. Results highlighted a low level of psychomotor assets, according to the weak results acquired under the average. For Matorin test, results were under average (38,94%) and average (18,32%), meanwhile for Denisiuk Test, the subjects got results under the average (1-6 points) around 68,43%. Hand-Wall Toss test revealed a weak hand-eye coordination, big part of the ones involved in the research obtained results under average (55,12%), none of them being able to reach more than 35 catches. Considering the results, we ascertained that the three tests applied revealed the psychomotor acquisitions at the aimed age level. The diminished level of coordination can be justified by the few number of physical education lessons prefigured in the curricula and also, it requires an active involvement from children's sight, as like a frequent approach of psychomotor skills during school lessons.

**Keywords:** *physical education, coordination, evaluation, psychomotricity, students*





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### **Orientation Of Study On Team Collaboration, Coach, Doctor, Psychologist, Physiotherapist, Athlete, Within The Individualized Training Process**

**Bondoc-Ionescu Alexandru<sup>\*</sup>, Bondoc-Ionescu Cristian<sup>\*\*</sup>, Costache Radu<sup>\*</sup>**

<sup>\*</sup>Transilvania University of Brasov, Romania, [alexandru.ionescu@unitbv.ro](mailto:alexandru.ionescu@unitbv.ro), [radu\\_costache13@yahoo.com](mailto:radu_costache13@yahoo.com)

<sup>\*\*</sup>University of Pitești, [crisbionescu@yahoo.com](mailto:crisbionescu@yahoo.com)

#### **Abstract**

The role between the coach, doctor, psychologist, physiotherapist and athlete is to form the general and particular objectives, to establish the methods of the specific means to the sports event and to model them individually for athletes. In addition to these, are added the skills and relationship coach-athlete relationship which is based on communication.

#### **Objectives**

- efficient means of transmitting information on the sample of specific technique (110mh.)
- application of video technology and communication techniques in the management of teaching / learning situations that determine the improvement of the technique (crossing the hurdle to 110mh.)
- identifying the parameters investigated in the fence crossing phase and identifying the consequences of execution errors.

The specific method coordination abilities development in 110mh sample. The method of behavioral psychodiagnosis of the athlete in stressful situations in training and competition. The research used is the method of the experiment, which started from the hypothesis of objectifying the 110mh. test technique of a subject athlete performer with an evolutionary record from the junior stage to the youth-senior stage. The statistical-mathematical method was used to process the values of the parameters recorded by the software. The research conclusions confirm the hypothesis that by applying a specific optimal training program based on the analysis of monitoring the monitored areas when crossing the fence it is observed that by correcting technical errors, in the final test, the flight time in the fence decreased obtaining better performance in competitions.

**Keywords :** *coach - athlete relationship , specific coordination skills , 110mh test , statistical-mathematical method.*



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### **The Role of Physical Education in the Well-Being and School Performance of Students**

**Burlui Raluca Mădălina<sup>\*</sup>, Moisescu Petronel Cristian<sup>\*</sup>**

<sup>\*</sup>Universitatea “Dunărea de Jos” din Galați, România, [raluca.burlui@ugal.ro](mailto:raluca.burlui@ugal.ro), [petronel.moisescu@ugal.ro](mailto:petronel.moisescu@ugal.ro)

#### **Abstract**

The ever-changing ideals of modern society often tend to set too bold goals based on theoretical knowledge that can lead to great results. All these can have negative influences on mental health, characterized by a high degree of stress, exaggerated emotional reactions, reduced cognitive activity, inappropriate behaviors in the educational and social environment. Under these conditions, the practice of physical activities can be the optimal alternative for primary school students in order to eliminate the mental tension accumulated during the theoretical classes held in the classroom. We can say that through these activities students can develop their ability to adapt to various conditions, thus being able to control the emotions that appear as a consequence of the harmful influences of a civilization characterized by nervous exhaustion. Physical activity, practiced in different forms can put condition on the multidimensional development of the human being, because physical exercise develops and trains. The practice of motor activities on medium and long term, has a essential role in maintaining an optimal state of health, in promoting the sets of values, behavioral, social and personal attitudes. The purpose of this research is to find out through a questionnaire, what are the options for students in primary education. The questionnaire will highlight issues regarding the way of conducting the physical education class and whether it manages to increase the level of satisfaction, generating a state of relaxation and good mood.

**Keywords:** *students, primary school, mental health, emotions, physical education;*





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### Effects of 8week Precompetitive Plyometric Training Program on Jumping Performance of Male Handball Players

Cazan Florin\*, Popa Cristian\*

\*Ovidius University of Constanta, Faculty of Physical Education and Sport, Constanta, Romania  
[cazan10florin@yahoo.com](mailto:cazan10florin@yahoo.com), [crispopa2002@yahoo.com](mailto:crispopa2002@yahoo.com)

#### Abstract

This study shows the opportunity to use plyometric workouts in the pre-competitive period to improve jumping, especially for men's handball players. There are 18 research subjects, members of Team Handball, with an average age of 22.64 ( $\pm 1.28$  years), stature 192.41 ( $\pm 3.22$  cm), body mass 94.23 ( $\pm 7.61$  kg). The team is playing in the National Championship, Second League. The study was conducted during the precompetitive period. The subjects were tested twice, before and after applying the work program that was carried out for 8 weeks. The subjects completed the following in this order: Squat jump, Counter-movement jump with arm-swing, Continuous 6 jumps with straight legs without arm-swing. Within eight weeks during the two tests, the team included in the training process, the new program designed to improve the jumping performance. The program provides three workouts per week, on Monday, Wednesday and Friday, 30 minutes each, included in the team's training session. After 8 weeks of training, the group made significant ( $p \leq 0.05$ ) improvements in SJ (from  $46.44 \pm 1.54$  to  $50.50 \pm 1.47$  cm; 8.73 %), CMJ ( $34.83 \pm 1.54$  to  $37.44 \pm 1.15$  cm; 7.5 %) and CJSL (from  $29.78 \pm 1.26$  to  $32.61 \pm 1.33$  cm; 9.51 %) performance in comparison with the initial test. The results suggest that following an 8-week pre-competitive PT program with three workouts per week, significant results were founded in the jumping performance tests.

**Keywords:** *plyometrics, jumping, handball*



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### **Types of Aggressiveness During Basketball Games with Secondary School Students**

**Ciociu Dana Lucica\*, Munteanu Laurenția Maria\***

\*Dunărea de Jos” University of Galati, Galati, Romania, [dana.ciociu@ugal.ro](mailto:dana.ciociu@ugal.ro), [munteanulau94@yahoo.com](mailto:munteanulau94@yahoo.com)

#### **Abstract**

The article is based on a study that investigated the phenomenon of aggressiveness during basketball games with secondary school students. During the past years, school space has become a favourable environment for displaying various forms of aggressiveness. A series of aggressive phenomena frequently occur in lessons focused on sports games, as well, because the technical-tactical structures, the game itself, trigger rivalry, competitiveness, etc. Thus, students’ aggressiveness can become manifest under diverse forms: brutality towards the opponents and one’s own team players, insults, chaffing, obscene gestures, violent behaviour, etc., which does not meet the requirements stipulated in the game regulation or the social conduct. The purpose of this research aimed at identifying types of aggressiveness displayed during the Physical Education (PE) class, specifically focused on teaching basketball to 6th graders. The research subjects consisted in three student groups attending the Sports High School in Galati, during the 2019-2020 school year. The research program focused on two directions: the former targeted investigating the 6th graders’ opinions on aggressive behaviour noticed in school, whereas the latter tackled tracing types of aggressiveness while practicing technical-tactical and game structures specific to 6th grade basketball. The dynamics of the data interpreted, which resulted from the questionnaire inquiry and data sheet summary, provided information on understanding the phenomenon and the necessity of identifying types of aggressiveness during Physical Education classes focused on basketball. The types of aggressiveness identified were the following: verbal, physical, instrumental, hostile, defensive, ludic. Hence, the research hypothesis was validated.

**Keywords:** *aggressiveness; basketball; secondary school*



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### Study on Improving the Mobility of the Body of Shotokan Karate Practitioners with the Help of Emerging Technologies

Cojocaru Marius\*, Mereuță Claudiu\*

\*Department of Individual Sports and Physical Therapy, “Dunărea de Jos” University, Faculty of Physical Education and Sports, 63-65 Gării Street, Galați, Romania,  
[marius\\_cojocaru2006@yahoo.com](mailto:marius_cojocaru2006@yahoo.com), [claudiu.mereuta@ugal.ro](mailto:claudiu.mereuta@ugal.ro)

#### Abstract

The aim of this study is to propose some emerging technologies with which we can assess mobility as correctly as possible and highlight some methods of developing body mobility for karate training in order to achieve sports performance. Since the concept of mobility is not applied methodically in karate, and the stretching principles are practically unknown, I have presented in this paper a compendium of exercises that contribute to the development of mobility and a karate- shotokan application program, starting from methodical and anatomical principles on the basis of basic training in athletics and gymnastics. The research was carried out in two stages: the first stage was to determine the individual level of body mobility of the subjects and the second stage to be carried out for eight months and to evaluate the final progress achieved after observing the training method I proposed to develop the mobility of karate- shotokan practitioners. In order to ascertain whether the progress made by the experimental group is significant, trustworthy and that they are not due to chance, but to our intended action, we calculated the statistical index “t” (STUDENT test). The differences in the value of the results obtained between the averages of the two tests Ti (initial test) and Tf (final test) are significant, certainly 95%. Considering the fact that after the final testing a good homogeneity of the team can be ascertained as well as an important increase of the statistical indices, we can conclude that the actuation systems applied in the experiment were well selected. It is very important to ensure through a logical and well-thought-out training the development of all the elements that contribute to the sporting form of a karate- ka including mobility.

**Keywords:** *development; mobility; karate; training.*



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### Involvement of Stakeholders in the Development of the Otelul Galati Sports Club

**Cosoreanu Dumitru-Marius**

General Manager, Junior Galati Sports Club, [marius.cosoreanu@gmail.com](mailto:marius.cosoreanu@gmail.com)

#### **Abstract**

Otelul Galati Sports Club is a relatively new association, founded in August 2016 in order for Galati to continue to have a representation in performance football, after the disappearance of the football club Football Club Otelul Galati which was dissolved after the bankrupt due to disastrous management, less than 4 years after winning the 1st League Championship and participating in the UEFA Champions League in the 2011-2012 season. In order to rehabilitate the image of the F.C. Otelul Galati brand and to regain the trust of stakeholders, we were forced by circumstances to place a special emphasis on communication, so that we can erase from the negative image of the Football Club Otelul Galati, acquired after its performances very weak during the last management team. Although our association is a relatively new one, one of our main concerns is the relationship with football stakeholders, stakeholders. The main stakeholders of the club are: Romanian Football Federation, football agencies, companies, sports clubs, television, media supporters, city hall.

**Keywords:** *sports clubs, stockholders, management*



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### Experimental Physiotherapy Program for the Development of Postural Attitudes at Children

Cristea Florentina<sup>\*</sup>, Mîndrescu Veronica<sup>\*\*</sup>, Codreanu Mircea<sup>\*</sup>, Nanu Liliana<sup>\*</sup>,

<sup>\*</sup>Department of Individual Sports and Physical Therapy, “Dunarea de Jos” University of Galati, Romania  
[florentina.cristea@ugal.ro](mailto:florentina.cristea@ugal.ro), [liliana.nanu@ugal.ro](mailto:liliana.nanu@ugal.ro),

<sup>\*\*</sup>Universitatea Transilvania of Brasov, Romania,

#### Abstract

Obesity prophylaxis is a strategy of health policies, which requires careful surveillance programs of children with weight gain. Strategies to reduce the risk of childhood obesity often focus on improving eating habits and maintaining a high level of physical activity. Forming healthy eating habits from an early age is important for maintaining long-term health and preventing obesity. In Romania, several epidemiological and clinical studies on childhood obesity have been performed, especially in the western part of the country, but the prevalence of overweight and childhood obesity is still being studied and there are relatively few statistical and epidemiological data regarding the correlation between life and childhood obesity. For this reason, we conducted a retrospective and prospective clinical-statistical study on childhood obesity, with the aim of promoting a healthy lifestyle in preschool and school children. The research aimed to follow some correlations between obesity, overweight and lifestyle of children and a better knowledge, from an etiopathogenic and clinical point of view, of childhood obesity, in order to streamline the diagnosis at an early age and to develop a program to promote a healthy lifestyle in preschool and school children.

**Keyword:** *obesity, overweight, body mass index, storage, nutrition*



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### Use of Physiotherapy to Combat Childhood Obesity

Cristea Florentina\*, Nanu Liliana\*

\*Department of Individual Sports and Physical Therapy, “Dunarea de Jos” University of Galati, Romania  
[florentina.cristea@ugal.ro](mailto:florentina.cristea@ugal.ro), [liliana.nanu@ugal.ro](mailto:liliana.nanu@ugal.ro)

Obesity prophylaxis is a strategy of health policies, which requires careful surveillance programs of children with weight gain. Strategies to reduce the risk of childhood obesity often focus on improving eating habits and maintaining a high level of physical activity. Forming healthy eating habits from an early age is important for maintaining long-term health and preventing obesity. In Romania, several epidemiological and clinical studies on childhood obesity have been performed, especially in the western part of the country, but the prevalence of overweight and childhood obesity is still being studied and there are relatively few statistical and epidemiological data regarding the correlation between life and obesity in children. For this reason, we conducted a retrospective and prospective clinical-statistical study on childhood obesity, with the aim of promoting a healthy lifestyle in preschool and school children. The research aimed to follow some correlations between obesity, overweight and lifestyle of children and a better knowledge, from an etiopathogenic and clinical point of view, of childhood obesity, in order to streamline the diagnosis at an early age and to develop a program to promote a healthy lifestyle in preschool and school children.

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# The Importance of Objectifying the Monitoring Process in Middle-Distance Track Running Trials

**Dobre Andreea-Georgiana<sup>\*</sup>, Mereuță Claudiu<sup>\*</sup>, Adam Andreea Maria<sup>\*</sup>**

<sup>\*</sup>”Dunarea de Jos” University of Galati, Faculty of Physical Education and Sport, Galati, Romania  
[andreea.dobre@ugal.ro](mailto:andreea.dobre@ugal.ro), [claudiu.mereuta@ugal.ro](mailto:claudiu.mereuta@ugal.ro), [mariaandreea.adam@gmail.com](mailto:mariaandreea.adam@gmail.com)

## Abstract

Monitoring has become a very important feature in sports training because it is a well-defined support in the form of a system for collecting information obtained, more recently, following the use of certain advanced mechatronic systems. The particularity of monitoring sports performance contributes to the formation of the objectification system through the use, in practice, of various video recording tools and other modern technologies. Monitoring sports training at the level of each factor (physical, technical, tactical, psychological, biological) gives us a complexity and a variety of motor structures specific to each trial. In the monitoring activity, data are obtained in addition to the evaluation activity, offering possibilities for comparison within a series of results and rankings. The means, the training methods and the way in which they were carried out, but also the value of the obtained results are landmarks that guide us to make value calculation of the performance. The monitoring process cannot be done without the way of evaluating and recording the values recorded along the way. The motor performance and its evolution in time is followed on the basis of evidence documents kept at different levels. The objectification of the monitoring process depends on the criteria for classifying the researched kinematic parameters, therefore the first step to be taken is to identify these parameters and implicitly the criteria based on which separations and classifications can be made. Obtaining the values of these parameters gives us the chance to thoroughly monitor the evolution of the middle-distance track running trials. This ensures an objective assessment and interpretation. The values being quantitative, imply a concrete measurement of the parameters involved. The evaluation of the technical preparation in middle-distance track running trials is manifested by requesting and using criteria specific to the basic mechanism of the test.

**Keywords:** *monitoring process; objectifying; sports performance.*



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### Research Regarding the Share of Bodybuilding Means in the Training of Athletes in Elite Sports Centers

Dobrescu Tatiana

“Vasile Alecsandri” University of Bacău, Romania, [tatiana.dobrescu@ub.ro](mailto:tatiana.dobrescu@ub.ro)

#### Abstract

Professional bodybuilding is defined by top performances. It depends on motor skills, cardiorespiratory power and capacity, muscle strength, endurance, body dimensions and composition, nutritional and motivational status, and perception over the somatic-functional defining disciplines. *The purpose* of this paper is to highlight the share of specific bodybuilding means in the training of athletes in elite sports centers. *The hypothesis* started from the assumption that the identification of the share of bodybuilding means in the athletes' training can emphasize their diversity in achieving the performance goals. *The research methods* used were: the documentation method, the observation, the statistical-mathematical method and the graphical representation method. The observational research was conducted over the period 2019-2020, during which 18 observation charts were created for the training sessions performed at the Red Gym sports center of Bacau. The research envisaged the share of specific bodybuilding exercises for each muscle group, used as means to achieve the training and performance goals. The observation chart comprised 70 specific bodybuilding means that were selected after studying the literature, inserted on the vertical axis. In the structure of the instruments used in this research, the periods of time observed (the 3 weeks) were inserted on the horizontal axis, and at the intersection of the two axes, the recorded data was inserted, which was the number of recorded means and the corresponding percentage. *Conclusions.* At the end of the 3 weeks of research, 123 specific bodybuilding means were identified, with a share of 6.83 per training session, alternating from one week to another. It was observed that the specific bodybuilding exercises represented a diversity of means used to optimize sports training, and their share can contribute to achieving the training and performance goals, which validates the hypothesis.

**Keywords:** *share, training, bodybuilding, elite sports center*



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### Organizational Climate Evaluation Strategies with the F.C. Basketball Club Arges Pitești

**Fleancu Julien Leonard<sup>\*</sup>, Badescu Victor<sup>\*</sup>, Fleancu Camelia Georgiana<sup>\*\*</sup>**

<sup>\*</sup>University of Pitesti, Romania, [leonef2002@yahoo.com](mailto:leonef2002@yahoo.com), [victorbro@yahoo.com](mailto:victorbro@yahoo.com)

<sup>\*\*</sup>CJRAE Arges, [camelia\\_ljf@yahoo.com](mailto:camelia_ljf@yahoo.com)

#### Abstract

The need to approach a sports group from a systemic perspective offers the possibility to consider the sports group as a complex, adaptive social system, whose dynamics are in a continuous process of influence and interdependence. The present research focuses on the socio-affective and contextual dimensions of the climate of the sports group from the men's basketball team F.C. Argeș. Both the national league basketball players and the leading staff were questioned. The subjects completed the CO IV Questionnaire calibrated by Romanian population, grouped on eight factors (task, structure, relationships, motivation, support, leadership, change, performance). The value level represents the main variable that influences the factors of the group climate, the sociomotor space exerting different influences on them. This was the purpose of this research, to highlight the ways of assessing the organizational climate of the national league basketball team F.C. Argeș Pitești.

**Keywords:** *basketball, organizational climate, contextual dynamics.*



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### Strategies Regarding the Analysis of the Personality of the Representative Women's Basketball Team of the University of Pitești

Fleancu Julien Leonard\*, Badescu Victor\*

\*University of Pitesti, Romania, [leonef2002@yahoo.com](mailto:leonef2002@yahoo.com), [victorbro@yahoo.com](mailto:victorbro@yahoo.com)

#### Abstract

Knowledge of the model of individual personality traits of athletes, but also the collective of the representative team of the University of Pitesti, is a mandatory condition in the efficient management of the training process at the level of university representative teams. The present research wants to know the short-term and long-term individual personality of the athletes, followed by the realization of the team personality model, in order to effectively regulate the training process. The research was carried out on a group of 12 sportswomen, aged between 20-30 years, they make up the representative team of the University of Pitesti. The personality inventory was applied to the group of players "Cattel - 16 P.F. The interpretation of the obtained data led to the establishment of the personality traits of each player, and then by calculating the arithmetic mean of the results obtained by the 12 players, for each of the 16 personality factors, the model of the team's personality was made. During the study, based on the initial knowledge of the personality of sports students, the training process was adjusted in the direction of obtaining performance, and at the end of the study was highlighted the improvement of the personality model of athletes.

**Keywords:** *basketball, personality, university representative team, women.*



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### Methods for Determining Exercise Intensity, by Reference to the Maximum Heart Rate, During Handball Friendly Games

Gheorghe Carmen\*, Mereuță Claudiu\*

\*Department of Individual Sports and Physical Therapy, “Dunarea de Jos” University of Galati, Romania  
[carmen.gheorghe@ugal.ro](mailto:carmen.gheorghe@ugal.ro), [claudiu.mereuta@ugal.ro](mailto:claudiu.mereuta@ugal.ro)

#### Abstract

The aim of our research was to identify maximum heart rate values ( $HR_{max}$ ) in order to determine the intensity of physical effort in female handball team. 12 elite handball court players were monitored, belonging to CSM Galati team, which evolves in the Romanian National League ( $31,9 \pm 4,1$  years,  $66,1 \pm 5,8$  kg,  $174 \pm 3,8$  cm). 2 controlled experiments were organized: the 30-15 Intermittent Fitness Test (30-15<sub>IFT</sub>) and 5 friendly games (5FG). The two experiments are considered direct methods of calculating the maximum heart rate ( $HR_{max}$ ). Data was recorded using Garmin Fenix 5S watches and were subsequently compared with the results obtained by using indirect estimation formulas for  $HR_{max}$ . These equations are reported in the literature and considered to be indirect estimation methods. We used the following formulas:  $HR = 220 - \text{age}$  (1);  $HR = 206,3 - 0,711 \times \text{age}$  (2);  $HR = 209,273 - 0,804 \times \text{age}$  (3). Mean  $HR_{max}$  was 188 bpm (1), 184 bpm (2) and 184 bpm (3). In the case of direct calculation methods, mean  $HR_{max}$  was 186 bpm (30-15<sub>IFT</sub>), and 167 bpm (5FG). The intensity of the effort during the controlled friendly match compared to  $HR_{max}$  during 30-15<sub>IFT</sub> was 90%. Compared to the 3 indirect estimation formulas, players made a physical effort at the intensity of 89% relative to formula 1 and 91% relative to formulas 2 and 3. Our study concludes that friendly handball matches involve high physiological demands and maximum heart rate is a parameter used successfully in quantifying the intensity of physical effort.

**Keywords:** *physical effort intensity, heart rate, female handball*



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### Study on the Use of the Maximum Aerobic Speed (VAM) Value in the Training Process in Ice Hockey Players

Gheorghiu Gabriel\*, Trandafir Marius\*

\*Dunarea de Jos University of Galati, Romania, [gheorghiu gabriel@yahoo.com](mailto:gheorghiu gabriel@yahoo.com), [marius77trandafir@yahoo.com](mailto:marius77trandafir@yahoo.com)

#### Abstract

Sports training consists of specific factors that have the role of capitalizing on the athlete's potential in order to achieve the established sports performance, for a competitive year or an Olympic cycle. Thus, one of the factors on which the sports result depends is the general and specific physical training that provides physical, mental and physiological support for the implementation of technical-tactical strategies in training and competitions. The aim of the study is to highlight the usefulness of the value of the maximum aerobic speed in ice hockey training, junior level. To conduct the research, we used the following research methods: the method of studying the literature, the method of direct and indirect observation, the method of pedagogical experiment, the statistical method. The research was attended by ice hockey players, junior level and initial and final control tests were applied to highlight the level of general and specific motor skills. The independent variable consists of a training program containing methods and means of action that contribute, in addition to strengthening and improving motor skills and abilities, to improving maximum aerobic value in the training process and which subsequently supports the achievement of sports goals set at the beginning. competitive year. Following the application of the independent variable, it is found that the direct measurement or estimation of VO<sub>2</sub> max, is a constituent part of the tests to assess the general or specific physical capacity of any athlete, interested in making the best use of his motor capacity. In conclusion, in sports training, in addition to the technical, tactical, mental, biological, theoretical factor, the physical factor is a fundamental one, which ensures the achievement of sports performance.

**Keywords:** *sports training, physical training, sports performance, ice hockey*





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### **The Effect of Proprioceptive Training Upon the Upper Limbs Strength on Posttraumatic Shoulder Recovery in Weightlifter Women**

**Gidu Diana Victoria<sup>\*</sup>, Neuman Oana Verona<sup>\*\*</sup>, Mușat George Cosmin<sup>\*</sup>, Voinea Florin<sup>\*</sup>,  
Petcu Damian<sup>\*</sup>, Petrescu Andrei Mădălin<sup>\*</sup>, Calotă Nicoleta Daniela<sup>\*</sup>**

<sup>\*</sup>Ovidius University of Constanta, Faculty of Physical Educations and Sport, Constanta, Romania,  
[campiap@yahoo.com](mailto:campiap@yahoo.com), [musat\\_grg@yahoo.com](mailto:musat_grg@yahoo.com), [voineafloirin09@yahoo.com](mailto:voineafloirin09@yahoo.com), [petcudamian500@yahoo.com](mailto:petcudamian500@yahoo.com),  
[petrescumadalin@yahoo.com](mailto:petrescumadalin@yahoo.com), [nicocalota@yahoo.com](mailto:nicocalota@yahoo.com)

<sup>\*\*</sup>Bucharest Technical University of Construction, Physical Education and Sports Department, Bucharest,  
Romania, [flipper602@yahoo.com](mailto:flipper602@yahoo.com)

#### **Abstract**

In order to obtain good results and to prevent accidents on the shoulder level, no matter the used technique, a sustained and well-conducted recovery process is required. This study had as purpose to highlight the proprioceptive training efficiency upon the upper limb strength for women weightlifters. To determine the upper limb strength, the research used 3 types of tests, applied on 10 subjects (divided into two groups, control and experimental): pushups; pushups on the Bossu ball; dynamometry. Data analysis and comparison showed no semnificative differences between the two groups after the initial measurements ( $p > 0.05$ ). The final testing marked the experimental group progress, which registered higher values than the control one ( $p < 0.05$ ). The statistics confirmed the study hypothesis – the proprioceptive training improved the women weightlifter's upper limb strength. The therapeutic activation of the shoulder proprioceptors optimizes the joint neuromuscular control.

**Keywords:** *recovery, shoulder, proprioceptive training, weightlifters' women, upper limb strength*



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### Motivation Assessment in Professional and Amateur Female Soccer Players

**Gidu Diana Victoria<sup>\*</sup>, Ene-Voiculescu Virgil<sup>\*\*</sup>, Ene-Voiculescu Carmen<sup>\*</sup>, Cazan Florin<sup>\*</sup>, Georgescu Andreea Alexandra<sup>\*\*\*</sup>, Geafar Turchian<sup>\*\*\*</sup>, Georgescu Adrian Dorin<sup>\*</sup>**

<sup>\*</sup>Ovidius University of Constanta, Faculty of Physical Educations and Sport, Constanta, Romania, [campiap@yahoo.com](mailto:campiap@yahoo.com), [carmenenevoiculescu@gmail.com](mailto:carmenenevoiculescu@gmail.com), [florincazan10@yahoo.com](mailto:florincazan10@yahoo.com), [adrian\\_georgescu\\_78@yahoo.com](mailto:adrian_georgescu_78@yahoo.com)

<sup>\*\*</sup>”Mircea cel Batran” Naval Academy, Constanța, Romania, [virgil.ene@anmb.ro](mailto:virgil.ene@anmb.ro)

<sup>\*\*\*</sup>Schoolar Sports Club Medgidia, Medgidia, Romania, [andreea.georgescu19@yahoo.com](mailto:andreea.georgescu19@yahoo.com)

<sup>\*\*\*</sup>George Emil Palade Highschool, Constanta, Romania, [turchiangeafar@yahoo.com](mailto:turchiangeafar@yahoo.com)

#### Abstract

The aim of the paper is to determine the level of motivation of professional and amateur female football players. For this, a motivation questionnaire (Assessment of motivation for playing football - own testing tool) was administered to a number of 75 footballers. The results obtained at the overall score of the motivation questionnaire are not significantly different in the experimental group compared to the control group ( $p > 0.05$ ). Instead, the score obtained for each proposed operational dimension showed that in “Self-esteem” and “Need for movement” - the footballers from the experimental group recorded significantly better values than those from the control group ( $p < 0.01$ ). And at the dimensions of “Need for affiliation” and “Aggression; combativeness” there were no significant differences between the two groups ( $p > 0.05$ ). At the “Interest for competition” dimension, the control group obtained significantly better results ( $p < 0.01$ ). The female footballers, regardless of the group they belong to, have a high motivation to practising the football game.

**Keywords:** *motivation, professional women's soccer, amateur women's soccer*



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### The Statistical Analysis of the Game Actions of the Middle-Blocker Based on the Application of the “Data Volley” Software

Harabagiu Neculai\*, Pârvu Carmen\*\*

\*The State University of Physical Education and Sports from Chișinău, Moldova, [nicu\\_hara@yahoo.com](mailto:nicu_hara@yahoo.com)

\*\*Dunarea de Jos University of Galati, Romania, [carmen\\_preda06@yahoo.com](mailto:carmen_preda06@yahoo.com)

#### Abstract

In the volleyball of great performance, the statistical analysis of the game actions during the official or friendly matches nowadays, has become a regular and absolutely necessary practice. The purpose of this study is to analyse the game actions during the official matches of the Middle-Blocker and also, in improving his performances within the team, using the statistical analysis of the Data Volley software. The Data Volley programme of statistical analysis is a software used internationally by all the top teams and more, being used with great success also in the National Championship of volleyball in Romania. One of the main game positions in the volleyball is that of the Middle-Blocker, who has a very important role inside the team as a whole, first as concerns the anticipation of the attack from the other team and the active participation in the offensive actions of his team. This thing highlights the strategic positioning of this player in the field and the fact that blocking is one of his main responsibilities, that is playing in the defence. Analysing minutely, both by video, and by statistics, each game action of the Middle-Blocker player, as well as his activity within the sports training sessions, we noticed that we can improve his contribution from a tactical point of view within his team, during the official matches. The purpose of this study is to improve the individual sportive performances of the Middle Blocker, as well as those within the team.

**Keywords:** *Statistics, middle-blocker, game actions, software, Data Volley.*



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### Experimental Study of the Footwear Influence on The Human's Locomotor System

Igor Arsene\*, Gheorghiu Aurelian\*\*

\*State University of Physical Education and Sport, Chisinau, Republic of Moldova

\*\*” Dunarea de Jos” University, Galati, Romania, [aurelian.gheorghiu@ugal.ro](mailto:aurelian.gheorghiu@ugal.ro)

#### Abstract

The content of this article highlights the importance and insignificant influences of wearing high and no high heel shoes, as well as the significance of wearing the right footwear as a way to improve and maintain the functional and healthy condition of the locomotor system in such a way as to comply with the rules and standards. According to the Journal of the American Academy of Orthopedic Surgeons, the frequency of back pain in adolescents and youth is steadily increasing. A study cited by futura-sciences.com claims that the incidence of back pain in adolescents has increased from 11% to 33%. For almost 60% of adolescent patients, clinical examination and imaging investigations do not reveal a clear cause of back pain. According to the study's leading author, Suken Shah, an orthopedic surgeon at Children's Hospital in Wilmington (USA), "it could be of muscular origin, due to incorrect posture, intense training in one or more sports or, on the contrary, too much little physical activity". In fact, 80% of people can have significant back pain at some point. Between them, 50 percent will have more than one episode in a year. In 90% of all cases, pain relief is better without surgery. The main reason for our research is that, from an early age, girls try to follow fashion, they strive to look attractive by wearing high heels, without imagining how badly they cause to their locomotor system.

**Keywords:** *high heel, flat soles, footwear, locomotor system, human, influence, importance, program, prophylaxis, health, study, experiment.*



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### **Analysis Of Modern Methods Of Interval Hypoxic Training (Iht) As More Efficient Forms Of Restoration, Recovery, Recreation.**

**Igor Arsene<sup>\*</sup>, Gheorghiu Aurelian<sup>\*\*</sup>**

<sup>\*</sup>State University of Physical Education and Sport, Chisinau, Republic of Moldova

<sup>\*\*</sup>”Dunarea de Jos” University, Galati, Romania, [aurelian.gheorghiu@ugal.ro](mailto:aurelian.gheorghiu@ugal.ro)

#### **Abstract**

The realization of this article was imposed by the need to react concretely on the problem of analyzing modern methods of interval hypoxic training (IHT) as more efficient forms of restoration, recovery, recreation. In this regard, this article seeks to recall the importance of overcoming the obstacles of the analysis of modern methods of interval hypoxic training (IHT) as more efficient forms of restoration, recovery, recreation. Individual physical working capacities and rehabilitation process efficiencies are determined by the hypoxic adaptation efficiency. Interval hypoxic training (IHT) is a technique developed in the former Soviet Union, that consists of repeated exposures to 5–7 minutes of steady or progressive hypoxia, interrupted by equal periods of recovery. It has been proposed for training in sports, to acclimatize to high altitude, and to treat a variety of clinical conditions, spanning from coronary heart disease to Cesarean delivery. Some of these results may originate by the different effects of continuous vs. intermittent hypoxia (IH), which can be obtained by manipulating the repetition rate, the duration and the intensity of the hypoxic stimulus. The present article will attempt to examine some of the effects of IH, and, whenever possible, compare them to those of typical IHT. IH can modify oxygen transport and energy utilization, alter respiratory and blood pressure control mechanisms, induce permanent modifications in the cardiovascular system. IHT increases the hypoxic ventilatory response, increase red blood cell count and increase aerobic capacity. Some of these effects might be potentially beneficial in specific physiologic or pathologic conditions. At this stage, this technique appears interesting for its possible applications, but still largely to be explored for its mechanisms, potentials and limitations.

**Keywords:** *Hypoxia, aerobic metabolism, emotional stress, functional insufficiency, metabolic and physical processes, intermittent hypoxia, altitude, bloodpressure, heart rate variability, preconditioning.*



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## Covid-19 Pandemic and Sports

İlimdar Yalçın

School of Physical Education and Sports, Bingöl University, Bingöl, [ilimdaryalcin@gmail.com](mailto:ilimdaryalcin@gmail.com)

### Abstract

Humanity faced various crises and disasters many times throughout history. One of them was the pandemic. The new type of coronavirus (COVID-19) epidemic was one of these pandemics. The World Health Organization (WHO) defined the name COVID-19 as "CO" for "corona", "VI" for "virus" and "D" for "disease". This epidemic, which became a global problem in a short time, caused all national and international institutions and organizations to act following a common goal and to create an environment of international solidarity. While this epidemic affected many areas negatively, it also deeply affected the world of sports. The postponement of the Olympics, the Paralympics and the temporary suspension of all major sports events greatly affected the sports world. Following the advice of health authorities, various national and international sporting events, including the 2020 Olympics, postponed or cancelled to limit the spread of the virus by participating in the crowd. These cancellations and widespread powers for social distance negatively affected athletes who cannot continue their regular training. Despite constant tests and precautions taken in many countries of the world, many athletes and managers from the sports community infected by the coronavirus. This process affected the commercial sector economically as well as the commercial process in the sports community. Senior athletes, whose daily lives were strictly planned, were affected by the uncertainty. The pandemic process had a negative effect not only on high-level athletes but also on individuals who were recreational sports participant in simple or leisure. The closure of sports complexes and curfews caused a decline in people's exercise levels. In this process, athletes should maintain their strength and spend their time efficiently, protect themselves against exhaustion, consume regular foods, and work following their goals within the framework of available possibilities.

**Keywords:** *Pandemic, COVID-19, Sports*





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### Power Development in Judoka U16 Sportsmen

**Ion-Ene Mircea<sup>\*</sup>, Neofit Adriana<sup>\*</sup>**

<sup>\*</sup>Dunărea de Jos University Galați, Romania, [ieemircea@yahoo.com](mailto:ieemircea@yahoo.com), [neoadriana@gmail.com](mailto:neoadriana@gmail.com)

#### Abstract

POWER training is an integral part of the training of all athletes, including those in judo. Currently, the theory has changed so much that some believe that no one can be fast before they are strong, that no one can make a higher jump or detachment without strength training, and that no one can throw or shoot the ball without have strong arms and legs. Indeed, the training of POWER has gained an important place in most sports.

*Keywords: power, judoka*

### Comparative Analysis of Traumatology in the Game of Rugby 7 Feminine and Masculin, Seniors

**Lepciuc Gabriela<sup>\*</sup>, Radu Liliana Elisabeta<sup>\*\*</sup>**

<sup>\*</sup> The State University of Physical Education and Sport Chișinău, Moldova, [gabriela\\_lepciuc@yahoo.com](mailto:gabriela_lepciuc@yahoo.com)

<sup>\*\*</sup> Alexandru Ioan Cuza University of Iasi, Romania, [liliana.radu@uaic.ro](mailto:liliana.radu@uaic.ro)

#### Abstract

A fundamental feature of today's rugby game indicates total physical engagement with the opponent, with a focus on the contact struggle that takes place in both individual and collective confrontation. Being a contact sport by its specificity, rugby involves a diverse and fairly common traumatology. The aim of this work is to carry out an analysis of rugby specific traumatology in 7 men's and women's at senior level. The study was attended by 40 performance athletes, who practice rugby in 7 within the teams CS Polytechnic Iasi and CNOPT Bucharest. The research took place on the training ground of the CS Polytechnic Iași team, where the questionnaire was applied, and for the CNOPT Bucharest men's team we used the online questionnaire. Through the analysis of the questionnaires, we have delineated and highlighted the most frequent injuries suffered by the athletes, the place and the period of the injury, thus comparing the results of the two teams, taking into account the peculiarities of each. Comparative statistical analysis was done using SPSS 20.0. The results of the study will provide us with information to adapt training programmes to prevent injury, recovery after exertion, and medical recovery.

*Keywords: injuries, prevention, rugby sevens, male, female*



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## Digitalization – Technology is Transforming the Beautiful Football

**Manolache Gabriel Marian**

”Dunărea de Jos” University of Galați, [gabriel.manolache@ugal.com](mailto:gabriel.manolache@ugal.com)

### Abstract

The technological supremacy of various fields has made it a new strategy in sports today, to centralize data related to sports performance and we are talking here about endurance, the performance of players during matches, injuries, technical and tactical accumulations, different positions in the different phases of the game, but also data related to the different aspects of the game related to the decisions made by the referees. The article aims to highlight the role of technology in sports and how it can help make decisions regarding goal scoring, offenses around penalty areas, inside them or in any part of the field where players can take advantage of the inattention of the referees. The purpose of the VAR is to offer objectivity to all the referees' decisions in the litigious phases but also to the possibility for the spectators, the viewers to relive the respective phases as they took place. However, all this will allow coaches, athletic directors and managers, but also the players themselves, to make decisions based on data and statistical correlations between games, competitions, tournaments. This greatly facilitates communication with social media, with all the factors involved in spreading this phenomenon called football. But technology will be the one that will steal at some point the joy of scoring a goal, and the playful manifestations of the fans.

**Keywords:** *flow of the game, decision-making, goals, penalty decisions, technology in football*



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### The Training Effort for Master Athletes in Romania in Relation to Self-Esteem

Baba (Marin) Daniela\*, Balint Lorand\*

\*Universitatea Transilvania, Brașov, România, [daniela.baba@unitbv.ro](mailto:daniela.baba@unitbv.ro), [lbaint@unitbv.ro](mailto:lbaint@unitbv.ro)

#### Abstract

The purpose of the present article is to investigate the relationships between the training effort of master athletes (+35 years), performed by endurance running in order to participate in running events and their self-esteem. The research method was the investigation. The tool used was a questionnaire developed for the present research that also contains the Rosenberg Self-Esteem Scale. Of the 111 respondents, 62.2% are men and 37.8% are women. Men make a great effort (>12 km / training) 2,229 days / week, compared to women, who make a great effort 1.46 days / week, resulting in a significant difference ( $t = 2.53$ ,  $p < 0.05$ ). The results revealed a statistically significant correlation between the self-attitude changes by running and health changes ( $r = 0.46$ ,  $p = 0.01$ ) and between the self-esteem attitude changes by practicing running and the small intensity weekly effort (<8km / workout), ( $r = 0.218$ ,  $p = 0.05$ ). Conclusions: we believe that in terms of encouraging people of all ages to practice outdoor sports, promoting a healthy lifestyle based on exercise and managing mass sports, paying attention to endurance running is of extreme important. Therefore, a small to medium weekly effort is a self-disciplined habit that maintains the optimal health of the body and contributes to good self-esteem. The benefit resulting from the training effort gives the individual a state of well-being (67% of the participants had as their main motivation to run, a good state) which contributes to an increase in self-esteem.

**Keywords:** *athlete masters; training; self-esteem*



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### Strategies for Using Breathing Exercises to Improve Fitness in Men's Basketball University Teams

Mercea Ionuț\*, Fleancu Julien Leonard\*

\*University of Pitesti, Romania, [ionut.mercea@upit.ro](mailto:ionut.mercea@upit.ro), [leonef2002@yahoo.com](mailto:leonef2002@yahoo.com)

#### Abstract

Physical preparation represents development and growth of the physical capacity of the organism. So, we construct one program with breathing exercises in physical preparation of basketball. The training of the athlete must be seen as a complex and unitary process in which each of the factors: physical, technical, tactical, theoretical, psychological have a well-established role, being closely linked to each other. The explanation lies in the fact that the application of the most efficient training methods obliges the coach to study subtle aspects of physiological, psychological, hygienic, biomechanical, technical phenomena. The purpose of the research - to improve the sports training of student basketball players through the development of breathing exercises and their contribution to an assessment of training problems. Research hypothesis - to what extent the correct application of the breathing exercises proposed in training have an influence on the faster recovery of the athlete's body for effort and also contributes to a better improvement of physical training. Tasks:

- the group that is the object of the experiment followed a unitary training program, controlled and observed during all this period, subjected to physical and laboratory tests;
- checking the efficiency of some tests used in the training process of a group of subjects;
- elaboration of operational methods specifying the required effort parameters.

The subjects of the experiment are the members of the basketball team of the University of Pitești, the 2019 national university champion.

**Keywords:** *basketball, strategists, university team, physical training, improvement*



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### Peculiarities of Psychological Training in Skiing

Mercea Ionuț

University of Pitesti, Romania, [ionut.mercea@upit.ro](mailto:ionut.mercea@upit.ro)

#### Abstract

Psychic training, a concept with complex significance, has become for almost four decades, according to most specialists in the field, an important lever of intelligent and pragmatic action to maximize the capacity for effort (in training) and performance (in competitions). This paper aims to find strategies to optimize psychological training in skiing. Mental training aims to achieve, through the means of sports training and psycho-educational actions, the development of those mental qualities, which determine the efficiency of sports activity (Epuran M. 1997). The same author considers it suggestive that "this training ensures the" dialogue "of the athlete with his own body, with objects, with partners, with opponents or with nature in the difficult conditions of performance". The aim of the paper is to find strategies to optimize psychological training in skiing. Research objectives

In order to achieve the purpose of the paper, we established the following objectives:

- Identifying the complex interaction between psychological factors and the peculiarities of skiing.
- Highlighting the most common problem situations in skiing and the mechanisms underlying their production.
- Arguing the importance of knowledge and determining the mental capacity in skiing.
- Realization of mental training programs for skiers.
- Realization of the conclusions and methodical recommendations of the paper.

Increased motivation, the fight for victory and winning points in the standings, as well as involvement in the process of preparing other scientific fields for the completion of the great champion permanently lead to lowering the age of achievement of great performance. Psychic capacity is a system of particularities, states and processes that guarantee the efficiency of the individual's activity. It presents itself as a specific individual, original synthesis, conditioned mainly by skills, attitudes and learning. Psychic capacity is the efficiency of information processes, interpretive processes and action regulators at the same time.

**Keywords:** *psychological training, skiing, strategies*



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## Exercise and Depression During the Pandemic

Mutică Mihai\*, Nanu Liliana\*

\*Faculty of Physical Education and Sport, ”Dunărea de Jos University”, Galati, Romania  
[mutical@yahoo.com](mailto:mutical@yahoo.com), [l\\_nanu@yahoo.com.sg](mailto:l_nanu@yahoo.com.sg)

### Abstract

The purpose of the article is to review the latest data from the literature dedicated to the relationship between clinical depression and exercise, as well as to apply this data to the current period, dominated by the covid pandemic. The relationship between exercise practice and depression reduction has been empirically postulated but it is only in recent decades that systematic studies have been undertaken. The term physical exercises refer to structured exercises, usually aerobic. Depression is understood in its psychiatric nosographic sense. There are currently numerous studies that confirm the role of exercise in preventing depression. Similarly, an overwhelming plethora of studies indicate the therapeutic effect of exercise at a level comparable to the effects of psychotherapy and antidepressants. Furthermore, exercise as a co-adjuvant therapy to antidepressant medication also showed a clinical effect. All data converge to the indication that all exercises should be professionalized, in the sense that it is strongly recommended that a physiotherapist and exercise physiologist should deliver, lead, and supervise the exercise-based interventions. In this way, systematic reviews confirm the outcomes are better and the dropout rate is lower than when they are led by non-professionals and when they are unsupervised. Applying this knowledge to the current pandemic period, a context that affects mental health, it is crucial that the population be involved in professional physical exercise. The existence of restrictions has required adjustments to these activities. The conclusion of the systematic research of the literature shows that, although strategies and programs meant to keep the exercises in the population activity have been described, the lack of exercises within the restrictions affects vulnerable categories both to covid-19 infection and to the occurrence of mental disorders.

**Keywords:** *physical exercises; depression; Covid-19*





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### Activity Approach by Teachers into Physical Education Classes During Pandemic COVID19

Olaru Bogdan<sup>\*</sup>, Talaghir Laurențiu-Gabriel<sup>\*\*</sup>, Iconomescu Teodora-Mihaela<sup>\*\*</sup>

<sup>\*</sup>Miron Costin School, Galati, Romania, [olarubogdan.1988@gmail.com](mailto:olarubogdan.1988@gmail.com)

<sup>\*\*</sup>Dunărea de Jos University of Galati, Romania, [gtalaghir@ugal.ro](mailto:gtalaghir@ugal.ro), [ticonomescu@ugal.ro](mailto:ticonomescu@ugal.ro)

#### Abstract

In the current period, researchers in the field of physical education (PE) have highlighted the need for a theoretical component to support practical activity. This aims to provide students with a rational understanding of the objectives, principles and concepts underlying this discipline. In Romania, the new curriculum in PE also includes theoretical contents. Moreover, a physical education textbook with entirely theoretical content was printed for the 5th and 6th grades. The Covid-19 pandemic forced the Romanian government to move the educational process to the online environment. So, given this situation, we tried to find out if the PE teachers chose to teach theoretical content during this period. A two-part questionnaire was designed for PE teachers: in the first part demographic information is requested, and in the second part, they were asked to provide answers to 8 items. For each item in the second part, teachers had to choose from 5 answer options built on the Likert scale: <Not at all>, <A little>, <Enough>, <Much>, <Very much>. 47% of teachers said they taught <Much> or <Very much> hygiene knowledge and 36% said they had taught <Enough>. The teachers also said that they taught <Much> or <Very much> nutritional knowledge (43%), behavioral knowledge 48% and information about famous athletes (46%). But, 53% of them said they used the PE textbook <A little> or <Not at all>. During the period in which physical education took place online, the teachers stated that they taught a vast theoretical content. However, for the most part, the contents taught were not those in the PE textbook. In the future, clearer delimitations of the importance of theoretical knowledge are needed, as well as clarifications regarding the theoretical contents that must be mastered by students.

**Keywords:** *physical education, theoretical knowledge, covid-19, online physical education*



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### Monitoring the Assessment of the Swimming Skills Formation Among Swimmers in I-II-III Stages of the Olympic Games (1896-2016)

Oleksiy Ganchar\*, Ivan Ganchar\*\*, Constantin Ciorba\*\*\*, Alexander Arkhipov\*\*\*\*, Sergei Medynsky\*\*\*\*, Oleg Cchernyavskiy\*, Igor Cherkun\*\*

\*Institute of Naval Forces of the National University "Odessa Maritime Academy", Odessa, Ukraine

\*\*National University "Odessa Maritime Academy", Odessa, Ukraine

\*\*\*State Pedagogical University Ion Creanga, Kishinev, Republic of Moldova, [ciorbaconst@yahoo.com](mailto:ciorbaconst@yahoo.com)

\*\*\*\*Dragomanov National Pedagogical University, Kyiv, Ukraine

\*\*\*\*\*State University of Physical Culture Named after Ivan Boberskyi

#### Abstract

The aim of the study is to assess the level and degree of swimming skills among swimmers in sports and marathon swimming distances at the Olympic Games at the I-III stages of their holding from 1896 to 2016. The object of the study: monitoring the performance of elite swimmers at the Olympic Games in distance sports and marathon swimming. The subject of the study: monitoring the dynamics of the results of swimming skills formation in swimmers-winners at all Olympic Games in distance sports swimming at the I-II-III stages of their holding. The summarized official competition protocols for all the past Olympic Games at the I-II-III stages of the Olympic Games from 1896-1948, 1952-1992 and 1996-2016 for men ( $193+420+300=913$ ) and women ( $75+388+300=763$ ). The state-of-the-world and comparative experiment identified age and average speed in the achievements of men and women swimmers at different distances to determine the degree of reliable formation of swimming skills at the level of ( $p < 0,05$ ). At the I stage of the Olympic Games from 1896-1948, the levels of some difference in the age of men and women medalist swimmers (difference of age: men,  $x \pm m = 22,40 \pm 0,88$ ; women,  $x \pm m = 19,20 \pm 0,32$ ;  $t = 0,002$ ;  $p > 0,05$ ). Absolute values of the average speed of swimming showed a gradual decrease in the difference rates among men and women from the increase in distance and swimming methods: some difference in average speed of about  $-0,17$  m/s (men,  $x \pm m = 1,35 \pm 0,14$ ; women,  $x \pm m = 1,18 \pm 0,10$ ;  $t = 0,033$ ;  $p > 0,05$ ). A detailed analysis of the results for the II stage of the Olympic Games from 1952-1992, showed the age features of swimmers-winners. The lowest difference for average speed was represented in freestyle swimming – 400-800-1500 m to  $-0,15$  m/s; in medley swimming 200-400 m  $-0,15$  m/s; to  $-0,16$  m/s in breaststroke 100-200 m swimming; on the backstroke up to  $-0,17$  m/s at 100-200 m; and at 100-200 m butterfly  $-0,18$  m/s, at distances of 50-100-200 m freestyle  $-0,23$  m/s; in relay swimming  $-0,24$  m/s (difference of average swimming speed  $-0,17$  m/s: men,  $x \pm m = 1,70 \pm 0,15$ ; women,  $x \pm m = 1,53 \pm 0,11$ ;  $t = 1,768$ ;  $p > 0,05$ ). At the III stage of the Olympic Games from 1996-2016, the age features of the swimmers-winners have been clarified: the difference in age of men and women is noted at the level of 2-3 years (difference of age: men,  $x \pm m = 23,76 \pm 0,98$ ; women,  $x \pm m = 22,82 \pm 0,91$ ;  $t = 0,010$ ;  $p > 0,05$ ). The smallest



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difference registered in marathon swimming at 10000 m – 0,08 m/s; stayer freestyle – 400-800-1500 m at the level – 0,12 m/s; medley swimming 200-400 m/s – 0,14 m/s; breaststroke at 100-200 m to – 0,16 m/s; backstroke up to – 0,18 m/s per 100-200 m, as well as in swimming 100-200 m butterfly – 0,18 m/s; relay swimming – 0,20 m/s. Meanwhile, the greatest difference in swimming in the 50-100-200 m freestyle – 0,21m/s. The general difference between all the results of the swimmers in the formation of swimming skills at these competitions from 1996-2016, was revealed at the level – 0,17 m/s (difference of average speed of swimming, m/s: men,  $x \pm m = 1,81 \pm 0,16$ ; women,  $x \pm m = 1,64 \pm 0,12$ ;  $t = 7,19$ ;  $p < 0,05$ ).

**Keywords:** *Olympic Games, men swimmers, women swimmers, swimming distances, state of achievement, average speed, performance difference, and achievement score.*

## Comparison of Procedures Auditive Feedback Equipment, Neuromuscular Electrostimulation and Kinetotherapy in Kyphosis Attitudes Recovery

**Ordean Mircea-Nicolae<sup>\*</sup>, Grosu Emilia Florina<sup>\*</sup>, Grosu Vlad Teodor<sup>\*\*</sup>  
Rozsnyai Radu Adrian<sup>\*\*\*</sup>**

<sup>\*</sup>Doctoral School of Physical Education and Sport, Babeș Bolyai University, Cluj Napoca, Romania,  
[ordean.mircea@yahoo.com](mailto:ordean.mircea@yahoo.com), [emiliaflorina.grosu@gmail.com](mailto:emiliaflorina.grosu@gmail.com)

<sup>\*\*</sup>Department of Mechatronics and Dynamics of the Machine, Faculty of Mechanics, Technical University, Cluj Napoca, Romania, [vtgrosu@gmail.com](mailto:vtgrosu@gmail.com)

<sup>\*\*\*</sup>National Academy of Music Gheorghe Dima, Cluj Napoca, Romania, [radurozsnyai@yahoo.com](mailto:radurozsnyai@yahoo.com)

### Abstract

**Problem statement** Our study has as a general objective the investigation of the effectiveness of three different procedures used to correct the problems of static vertebral spine, such as kyphosis. This research began after a campaign of information and awareness of vicious back positions in two high schools in Alba Iulia. After campaign persons who were self-awarded probability of a vicious back positions present themselves to the recovery gym "SPEROMAX Alba", where they were evaluated and measured. Another authors, Shamsi, M.B., Veisi, K., Karimi, L., Sarrafzadeh, J., & Najafi, F. (2014), spoken about normal Range of Thoracic Kyphosis in Male School Children. Purpose of the study to analyse which is the most instruments correction of this deficiency through procedures: auditive feedback equipment, neuromuscular electrostimulation and kinesitherapy. Methods subjects were 20 young people aged 15-18 years who were diagnosed with this deficiency as a result of the evaluation. Research design these measurements were made in three different spatial times: *initial phase* (at the beginning of the study), intermediate (after 2 weeks - 10 days from Monday to Friday) and at the end (after 4 weeks - 20 days from Monday to Friday). In the *second phase*, the three experimental groups were formed, the subjects being distributed in and then the three



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procedures were applied to the subjects, a procedure for each group. The three procedures used independently in this study have made statistically significant changes in the column angle and acromion-wall distal spacing, resulting in a hierarchy of results. Findings and results the most effective procedure were kinesitherapy, followed by the procedure, neuromuscular electrostimulation, and the last in this hierarchy being the procedure, the auditive feedback equipment. Within the three groups, higher values were obtained at the initial measurement, compared to the intermediate one and then the final one. The results obtained were statistically processed using the SPSS program, more precisely we used the ANOVA method to make comparisons between the three experimental groups and the T test to compare the three measurement moments. Therefore, at the end of the study following the comparison of procedures, the most effective procedure for correcting the kyphosis was established. Conclusion was that monitoring the wearing of the device in the recommended 5 hours is difficult. Based on previous data, we want to see if we can track the performance of other recovery methods through a software tracking.

**Keywords:** *audio feedback, neuromuscular electrostimulation, kyphosis, kinesitherapy, vertebral spine*

## Sholder Injury Rehabilitation of Swimmers

**Petrescu Andrei\*, Petcu Damian\*, Teodor Dragos Florin\*, Mușat George\***

\*Ovidius University of Constanta, Faculty of Physical Education and Sport, Constanta, Romania  
[dragosteodor@yahoo.com](mailto:dragosteodor@yahoo.com)

### Abstract

Swimmer's shoulder is a musculoskeletal injury that results in symptoms in the area of the anterior lateral aspect of the shoulder, sometimes confined to the subacromial region. In the past, the medical staff assigned the shoulder pain to excessive training or too many repetitive overhead strokes leading to laxity and resultant impingement of the rotator cuff. The overhead position of the arm during hand entry in backstroke can predispose to shoulder subluxation. There are many physical therapy exercises that can be helpful to treat swimmer's shoulder, and a physical therapist can show a swimmer how to do them safely. *The aim:* to describe an overview of the biomechanics of swimming, the swimmer's shoulder injury and strategies to prevent and rehabilitation. This injury results from repetitive use of the joint, which leads to irritation, inflammation and pause for the sports activity. A rehabilitation program must include strengthening exercises of the rotator cuff and scapular stabilizers and stretch anterior chest musculature, the spine and core strengthening.

**Key words:** *swimmer, injury, prevention, rehabilitation*



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# Experimentation of the Use of Exergame Technologies for Psychomotricity Education in Young School Students

Popa Daniel-Andrei<sup>\*,\*\*</sup>, Bădău Dana<sup>\*,\*\*</sup>

<sup>\*</sup>”George Emil Palade” University of Medicine, Pharmacy, Sciences and Technology of Targu Mures, Faculty of Sciences and Letters ”Petru Maior”, [andreipopa.tgm@gmail.com](mailto:andreipopa.tgm@gmail.com)

<sup>\*\*</sup>Transilvania University of Brasov, Interdisciplinary Doctoral School, [danabadau.brasov@gmail.com](mailto:danabadau.brasov@gmail.com)

## Abstract

The study of psychomotricity is a concern of experts in motor activities as a result of the specific interconnection between motor functions and mental activity. Reported to space, time and body it can form an essential series of qualities in order to know and adapt. The conceptual aspects are in continuous dynamics, and the correlations between them are dependent on interdisciplinary approaches in the psychic and motor sphere. Psychomotor studies are complex focusing mainly on components: reaction speed, ideomotricity, body schema, dynamic, segmental and general coordination, static coordination - balance. The aim of the conceptual investigative approach was to identify the correlations and interdependencies between the main components of psychomotricity and which can be optimized through innovative technological means such as exergames. The concept of exergame refers to active video games that are controlled by the practitioner with their own body movement. Studies that have highlighted the major impact of motor activities and the use of exergame type technologies in the development of components of psychomotricity are relatively small, although the possibilities are multiple and complex.

**Keywords:** *psychomotricity, motor skills, exergames, coordination*





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### Completing Specific Techniques in Muscle Training by Using Electrostimulation in Combination with TRX

**Popescu Răducu**

Ovidius University of Constanta, Romania, [raducu.popescu22@gmail.com](mailto:raducu.popescu22@gmail.com)

#### Abstract

This paper highlights a possible solution designed for a problem caused by restrictions imposed in the last year. Restricting access to gyms or worse, closing them, has brought new approaches in order to have a toned body, while maintaining active health safety measures. This situation is reported worldwide, the need for programs, methods, training equipment at home or other places than fitness rooms, in order to achieve results in muscle training is increasingly obvious. The proposed training methods include Electrical Muscle Stimulation (EMS), a technique used for an experiment group that had a mixed exercise program in the Total Resistance Exercise (TRX) range compared to the control group, which only worked with the TRX program. The combination of the two techniques of muscle training is the subject of this study. The way the program was designed in this experiment was aimed at obtaining a higher level of muscle training and the preservation of the gains gained through the classic training with free weights or other ways. The training program for muscle training TRX took place over 6 weeks, 3-4 times a week, with 8 subjects in each of the two groups. The selection of exercises and the way they were combined was made according to the muscle groups, in methodical correlation with EMS training. Caloric intake and food quality were similar in both groups, the same meal plan was followed. Following the presented study we came to the conclusion that the use of TRX equipment in combined training with EMS, brings significant benefits in weight control, the average weight values recorded a decrease from 98.2 kg to 93.7 kg, a decrease by 4.4 kg, respectively by 4.48%, as well as the body mass index (BMI), from 27.8% BMI to 23.3% BMI with 4.5% BMI less, a decrease of 16.18% compared to the first test. Finally, we can conclude that the hypothesis of the work has been confirmed and a visible muscle toning is achieved, thus forming a complex basis for various other training programs, which subjects can follow in the next period in reopened fitness studios.

**Keywords:** *adaptation, consistency, concatenation*





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# Relevance of Using Locomotor Movement Skills in Preparing Pupils for Real Life

Popescu Răducu

Ovidius University of Constanta, Romania, [raducu.popescu22@gmail.com](mailto:raducu.popescu22@gmail.com)

## Abstract

The spectacular evolution of communications systems, accessibility and dependence on them, have increased in the last year due to restrictions caused by the pandemic. The different physical requirements that a student who is not a consistently and organized sports practitioner must meet are increasingly complex and varied, but not very difficult. Every day we see the tendency of young people to give up any activity that requires physical exertion. The objective of any educational institution, mainly of the physical education teacher, is to form a well-defined and attractive career horizon, with the aim of creating the necessary conditions for the future plans of any student. This study is based on the responses of the 75 subjects, physical education teachers, pre-university didactic, 35 students and master students from the last years of study, who were previously informed on the subject around which the questionnaire was addressed. The questions were formulated together with a group of methodist teachers, physical education teachers. Physical education teachers, school principals, as well as students, people involved in the implementation of the curriculum, have provided us with quality information about how they see locomotor movement skills, what are the main obstacles that students or teachers identify, and how we can make an important contribution to overcoming all obstacles and preparing all students for the future. Overall, in question number four of the questionnaire applied, it was found that 54,3 % are agree with the location of an installation for the route of development of locomotor movement skills for pupils and 22,2 % are agree with that, only after the vote on the school's board of trustees. For the opportunity to collaborate with teachers from military schools in organizing the path for movement skills, 96% of physical education teachers and school principals in Constanta County responded favourably in this regard. This percentage was generated by specialists in the field, which shows that the observation led to the support of activities that the students consider attractive and useful. We believe that a constructive proposal is to create new opportunities for collaboration between schools and especially high schools, with military schools, which can achieve value-generating partnerships and benefits for students.

**Keywords:** *observation, realism, engagement, adaptation.*



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### Study on the Correlation Between Anthropometric Parameters and Technical Parameters Specific to the Handball Game

Postelnicu Madalina-Gabriela\*, Bastiurea Eugen\*

\* ”Dunarea de Jos” University of Galati, Romania, [madalina.postelnicu@ugal.ro](mailto:madalina.postelnicu@ugal.ro), [eugen.bastiurea@ugal.ro](mailto:eugen.bastiurea@ugal.ro)

#### Abstract

The aim of this study is to determine the relationships between anthropometric parameters and technical parameters at female handball players. The research was carried out on a sample of 16 sportswomen who make up the group of juniors IV within the Handball-ART Sports Club Galați. These sportswomen were evaluated from an anthropometric point of view (height, body weight, bust height, upper limb length, wingspan, palm opening, arm perimeter, forearm perimeter, inspiration chest perimeter, expiration chest perimeter, abdominal perimeter, biacromial diameter, bitrohanterian diameter, transverse thoracic diameter, antero-posterior diameter, lower limb length, thigh perimeter, calf perimeter) and technically tested (30 m dribbling between milestones, throwing the ball at a distance, throwing the ball into the wall and catching it-variant 1, throwing the ball at a fixed point-variant 2, slalom in dribbling, technical test for field players, technical test for goalkeepers). To evaluate the influence of anthropometric parameters on the technique and vice versa, we chose to calculate the correlation coefficient Pearson r. Following the results obtained, r has values between 25% and 75% in 55 out of 108 calculated correlations which demonstrates that there is a link between the two variables. Although in most cases the anthropometric parameters are positive on the motor side, in our case we notice that they have a significant influence on the technique.

**Keywords:** *anthropometric parameters, correlation index, handball, juniors, technical parameters.*



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### Analysis of Psychosocial Factors Promoting Doping In Sport: A Study for Promoting Preventive Measures to Curtail Adoption of Doping

Rina Poonia<sup>\*</sup>, Mandeep Singh<sup>\*\*</sup>, Azeem Kaukab<sup>\*\*\*</sup>

<sup>\*</sup>Manipal University, Jaipur, India, [reenapoonia23@gmail.com](mailto:reenapoonia23@gmail.com)

<sup>\*\*</sup>Govt. College of Education, Cluster University of Jammu, J&K, India

<sup>\*\*\*</sup>Physical Education Department, King Fahd University of Petroleum & Minerals, Saudi Arabia  
[kaukab@kfupm.edu.sa](mailto:kaukab@kfupm.edu.sa)

#### Abstract

Despite years of aggressive anti-doping testing by international sports federations such as those for cycling, athletics and soccer, steroid abuse scandals involving high profile athletes continue to be front page news across the globe. This study purposes to find the psychological aspects to curtail doping in adolescents. The objective of the study were to study the differences between different age groups (12-18, 18-25, 25-30 & above 30) of sport persons on psychosocial factors promoting doping and to study the difference between groups (12-18, 18-25, 25-30 & above 30) of sport persons on willingness to adopt doping. Random samples of 400 sport persons were selected for the study. In this study work, questionnaire on psychosocial factors was administered on 400 selected sport persons for the collection of data. To study the interactional effect of age and level of sports person in identifying different psychosocial factors promoting doping, selected sample belong to four different age groups (100 each) were selected for the study. Four age group division were 18 years and below (Adolescent), 18-25 years, 25-30 years and 30 years and above. Open ended Questionnaire for Identification of different factors involving favor or against of Criminalization of Doping was used. Mixed (Qualitative as well as quantitative) method was applied to obtain the set objectives this study. The reliability of the questionnaire was assessed by the Cronbach's Alpha reliability test using statistical package (V.22). Sports persons of more than 30 years of age having low doping insusceptibility covering willingness factor. Therefore, sports persons of more than 30 years of age were most affected by the willingness variables to adopt doping under some conditions of their favor when compared with any other age group of sports persons. It was found that was a significant difference among the age group of sport persons on Doping Insusceptibility Scale. It was concluded that there was no significant difference among level of participation on Doping Insusceptibility Scale. It was concluded that there was a significant difference among Age Group by level of performance interaction effect on Doping Insusceptibility Scale.

**Keywords:** *Doping, Adoption, Psychological Factors and Substances*



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### Preliminary Research on Physical Performance in Junior Tennis Players U16

Roșculeț Ioana\*, Țifrea Corina\*

\*National University of Physical Education and Sport, Bucharest, Romania

[ioanarosculet@yahoo.com](mailto:ioanarosculet@yahoo.com), [tifrea\\_c@yahoo.com](mailto:tifrea_c@yahoo.com)

#### Abstract

The purpose of this preliminary research was to determine the training model used, by measuring the anthropometric parameters and studying the specific means that were used to achieve the objectives. The objectives of this study were to mark the content of the physical preparation lessons in order to establish the intensity of the training, the number of repetitions, the frequency, the duration and the components of the of the training cycle. Another objective of the study was to see if there are any significant differences between the results of of the boys in comparison to those of the girls. *Design:* Twenty-two tennis players, eleven girls and eleven boys, between the ages of 14 to 16 years were part of this preliminary research. The measures that were conducted were sprint 5-10 m, 30 m run, 6 times 20 m, long jump, successive lateral jumps performed on both legs over the gym bench, medicine ball throw from the spot with one hand, overhead medicine ball throw test, added step, hexagon test, planned agility test and push ups. *Results* The group of tennis players were followed during 12 weeks of their usual training. The variables were expressed by mean and standard deviation. We established a correlation between the ranking and the morphological parameters threw the Pearson correlation. The normality of the variance and covariance was certified by the Shapirow-Will's test. To identify whether there were significant differences between genders, the t test was used for independent samples. In order to determine the degree of relevance we used  $P < 0.05$ . *Conclusion* After comparing the results, it was shown that the development of motor skills of boys under 16 is superior compared to those of girls, U16. Also, it was highlighted that the players who have a better ranking position, have superior results in physical tests.

**Keywords:** *physical preparation; speed; specific training*



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### Study Regarding the Improvement of the Quality Life of People with Disabilities by Practicing Performance Sport

Mîndrescu Veronica<sup>\*</sup>, Lopez Jose Francesco<sup>\*\*</sup>

<sup>\*</sup>Transilvania University of Brasov, Faculty of Physical Education and Mountain Sports, Department; Motor Performance, [mindrescu.veronica@unitbv.ro](mailto:mindrescu.veronica@unitbv.ro)

<sup>\*\*</sup>Departamento de Actividad Fisicay Deporte, Facultad de Ciencias del Deporte, Universidad de Murcia (UM), 30720 San Javier, Region of Murcia, Spain; [josefranciscolopezgil@gmail.es](mailto:josefranciscolopezgil@gmail.es)

#### Abstract

This article describes the importance of practicing performance sport for people with disabilities, as well as the benefits and the change in the quality life that it brings. Participating in two European Handball Championships for athletes in wheelchair of the Romanian National team as well as the art that comes with seeing people with disabilities surpassing the bridge of disability by practicing a sport, all of these have motivated me to initiate this research. The questionnaire which lays at the core of this research aims to understand the way in which disabled people cope with performance sporting activities and how these activities influence their lives, in general; thus, one also researches the auxiliary aspects of sporting activities such as the quality of sleep, the quality of the adopted diet, social life, status, diagnosis and the present occupation. The questionnaire has been distributed to all players who participated in the two wheelchair European Championships (2018 and 2019), respectively 8 countries from the European Union, each team having a total of 12 players. The purpose of the present study is represented by the significance and influence of performance sport in the life of people with disabilities. In this sense, one has undergone a quantitative research with explanatory character, given the fact that the studied subject has a strong personal character and is not sufficiently well represented by the specialized literature. The study stated in May 2018 and lasted until November 2019 on a sample of 59 disabled people who practiced performance sporting activities. Based on filling in the questionnaire one examines the important role of performance sport in the life of disabled people. First of all, sports does not represent an isolated subject in the life of athletes – the results show that the respondents practice sport also in their free time and that sports helps them in many areas of their lives; moreover, the analysis shows that in the studied auxiliary domains (quality of sleep, diet, social life) there are major positive answers, which place sports as a stable platform for forming and sustaining certain healthy habits.

**Keywords:** *nutrition, health, performance sport, wheelchair handball*





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### Turkey between the Years 2018-2021 Curling Men's and Women's National Team Ratings on Sports Injury Prevention and Rehabilitation of Athletes in the International Tournament

Mustafa Said Erzeybek<sup>\*</sup>, Oğuzhan Yüksel<sup>\*</sup>, Fatih Kaya<sup>\*\*</sup>, Murat Akin<sup>\*\*\*</sup>  
Kenan Şebin<sup>\*\*\*\*</sup>

<sup>\*</sup>Kütahya Dumlupınar University Faculty of Sport Sciences Kütahya / Turkey

<sup>\*\*</sup>Erzincan Binali Yıldırım University, Faculty of Education, Department of Physical Education and Sports, Erzincan – Turkey

<sup>\*\*\*</sup>Atatürk University Aşkale Vocational High School, Erzurum- Turkey

<sup>\*\*\*\*</sup>Atatürk University Faculty of Sport Sciences, Erzurum- Turkey

#### Abstract

Between 1530 and 1569, in some drawings painted by the Flemish artist Pieter Bruegel, a game quite similar to Curling was played on frozen ponds. The first written source was written in 1540 by John McQuhin, a notary in the Paisley region of Scotland. The game, which has a great impact in Europe, is among the first in the Canadian region. This activity, which was entitled to take part in the Olympic Games in 1924, increased its reputation by taking place among the official sports branches in 1998. It is called a game of chess because it has an importance that requires strategy. The curling game consists of two teams. The team consists of a team of four people. This activity is played on the ice rink, which is 42 m long and 4.3 m wide. Curling Equipment-Materials Curling materials consist of 3 main materials. These are shoes, stones and broom (brush). Sports Injuries Occurring in Curling and Treatment Methods One of the most important activities of our age is sports. Participation in sports is increasing day by day, and it is gaining a massive appearance. In addition to all this positive outlook, the increasing difficulty and widespread use of competition sports, the understanding of the place of mass sports in personal health and the prevalence of practice caused sports injuries to increase. Causes of Sports Injuries: There are generally two reasons for injuries in athletes. 1-One microtrauma: It occurs as a result of various traumas such as falling, hitting, spraining and kicking. 2-Repetitive Microtraumas: Microscopic injuries and their accumulation result in injuries called "Overuse". Causes of Sports Injuries; According to the results of the research on sports accidents, it is stated that 50% of the causes of accidents are caused by personal crimes. Individual factors here include individual incompetence, lack of fitness, limited mobility, insufficient training, fatigue, drug and alcohol addiction, sports injury and insufficient rest after illness. In the second case, the use of sports equipment (30%), the playing surface (20%), technical deficiencies (5%) can be listed. Incomplete recovery following a sports injury can be a reason for the occurrence of injuries. For Protection of Athlete from Sports Injuries Pre-season, During the season After the season Care should be taken to ensure that fitness maintenance programs are fully implemented.





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Suggestions; Application, follow-up and statistical analysis of regular exercise program. It should be requested that the warming protocols be implemented in a planned program. Muscular strengthening exercises should be included for weak muscle groups. Athletes should be made aware of Athlete Health. Support for athlete's health should always be sought.

**Keywords:** *curling, injury prevention, rehabilitation*

### **The Role and Importance of Helping Devices in Learning Technical Procedures Specific to the Football Game**

**Savu Vasile Cătălin**

“Dunărea de Jos” University, Faculty of Physical Education and Sports, Galati, Romania  
[catalin\\_savu\\_1971@yahoo.com](mailto:catalin_savu_1971@yahoo.com)

#### **Abstract**

The methodical activity of teachers and coaches must be focused on the acquisition of the main technical procedures with patience, but thoroughly and, in particular, on their use under the varied conditions of the game. The purpose of the research is to highlight the correct learning of the technical procedures specific to the football game through the use of an operational training program based on helping devices. The sample under study consists of 24 children aged 9-10, practising football at the Junior Galati football school. The experimental part of the research took place at the Siderurgistul Stadium in Galati, on a standard football pitch and on synthetic surface. The operational program was applied for 6 months, three times a week, with a duration of 60-70 minutes. The assessment of the acquisition of technical procedures was made through tests specific to the football game, approved by the Technical Commission within the Romanian Football Federation, tests applied at the beginning and the end of the experiment. To measure the differences between the initial testing and the final testing we used the T (student) test and the Wilcoxon test for dependent samples or "pairs". The comparison statistical data for the averages was made using the SPSS software for Windows. The results validate the working hypotheses and ascertain the significant progress ( $p < 0.05$ ) for all tests used in assessing learning of technical procedures specific to the football game.

**Keywords:** *helping devices; technical procedures; football; children*



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### Comparative Study on the Practice of Free Time Motor Activities During Online Classes Between Pupils in the Rural Area and Urban Area

Savu Vasile Cătălin

“Dunărea de Jos” University, Faculty of Physical Education and Sports, Galati, Romania,  
[catalin\\_savu\\_1971@yahoo.com](mailto:catalin_savu_1971@yahoo.com)

#### Abstract

The objective of the research was to obtain eloquent information on the practice of motor activities during online classes by lower-secondary school pupils and to compare the results of rural and urban students. To achieve the approach, we have designed and applied a questionnaire in which each question had a precise purpose in obtaining the necessary information as accurately as possible. The sample group consisted of 900 pupils in lower-secondary school. 450 pupils in the rural area (240 girls; 210 boys) and 450 pupils in the urban area (240 girls; 210 boys). Urban students were from the Saint Parascheva Lower-Secondary School, with pupils from the villages of Smârdan and Mihail Kogalniceanu and students from Slobozia Conachi Lower-Secondary School. The students in Galati were from no.12, Miron Costin Lower-Secondary School. The variety of items allowed the measurement of the responses of those investigated as well as a highlight of the existing differences according to sex. Differences between rural pupils and urban students were examined using the T (student) test and the Man-Whitney test for two independent sample groups. Statistical tests to compare media and rank values were performed using the SPSS for Windows program. The conclusions of the research, obtained from the questionnaire indicate conclusive data on the practice of motor activities during online classes.

**Keywords:** *free time motor activities; pupils; online classes; rural; urban*



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### Muscle Strength Correlated with the Body Mass Index in Schoolchildren

Scurt Mădălina\*, Balint Lorand\*, Scurt Corneliu\*

\*Transilvania University of Brașov, Romania,  
[madalina906@yahoo.com](mailto:madalina906@yahoo.com), [lbaint@unitbv.ro](mailto:lbaint@unitbv.ro), [cornelscurt@yahoo.com](mailto:cornelscurt@yahoo.com)

#### Abstract

The decrease of the time allocated to the practice of physical activities has as a consequence the classification of sedentary lifestyle as one of the main public health problems of the 21st century. Muscle strength is one of the most important component of fitness, related to health. The aim of the research is to identify and analyze the relationship between muscle strength and body mass index (BMI), depending on demographic variables, on a sample of gymnasium-cycle schoolchildren, from Brașov. It has been calculated the body mass index and it has been determinated the development level of muscle strenght of 160 pupils, 78 girls and 82 boys, between April and June of 2014. The results show significant differences depending on the body mass index, gender and age, in the case of static force ( $F(3, 156) = 14.01, p \leq .01, \eta^2 = .21$ ;  $F(6,153) = 16.33, p \leq .01, \eta^2 = .39$ ), as well as the explosive one ( $F(3,156) = 16.98, p \leq .01, \eta^2 = .25$ ;  $F(6,153) = 11.88, p \leq .01, \eta^2 = .32$ ). A moderate positive relationship has obtained, between the development level of muscle strenght and BMI ( $\rho = .44, p \leq .01$ ;  $\rho = .43, p \leq .01$ ). With advancing age, an increase in muscle strength was observed, in both boys and girls. Assessing muscle strength, as a component of fitness, in childhood and adolescence, can help implement preventive programs to reduce cardiovascular risk.

**Keywords:** *fitness; muscle strength; Eurofit; body mass index; schoolchildren.*



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### Study on Artistic and Expression Training in DanceSport "D. Class" Category

Sofron Oana-Alina\*, Țifrea Corina\*

\*National University of Physical Education and Sports, 140 Constantin Noica Street, Bucharest, Romania

[oanaalina.sofron@gmail.com](mailto:oanaalina.sofron@gmail.com)

#### Abstract

Dance Sport is a team sport consisting of the partnership between a boy and a girl (a couple of dancers), who perform different rhythms on music, using specific techniques to each style of dance. Over time, two sections have crystallized depending on the character and origin of the dance styles: Standard or European Dances (slow waltz, tango, viennese waltz, slow fox and quick step) and the Latin Dances (samba, cha-cha , rumba, double step, jive). The expressive dimension of movement, in dance, can be analyzed by referring to the quality of expression, the complex style of how to achieve it and the impact of its perception by other people. The expressive movement is considered a means by which the dancer's personality is realized. On the dance floor, the dancers become the " interlocutors " between the music and those who watch and listen. They create and transmit emotions that reach the viewers through plastic, harmonious movements. Spectators receive the dancers' gestures and movements through a system of valences and personal sensory transpositions. In order to achieve the high performance, it is vital to know all the aspects of the complex training process. The evaluation and grading criteria, in Dance Sport, increasingly emphasizes the importance of artistic and expressive training of dancers. This approach aims to arouse the interest of competitive dance practitioners and specialists on the importance of artistic training and expression training of dancers.

- The specific means of classical dance, the ones that educate the body expression, the rhythmic and motor musicality must be found in the content of the training programs in Dance Sport. The need to introduce these means lies precisely in the specificity of Dance Sport. Dance movements are characterized by plastic, fluid, elegant and expressive movements.
- The designed program stimulated communication through appropriate and suggestive body expressions but also the artistic imagination of the subjects.
- The use of varied musical accompaniment contribute to the education of the rhythmic sense and to the formation of a general musical culture of the dancers who managed to penetrate the message of the music and to translate the content of ideas into expressive body movement.

**Keywords:** *danceSport, artistic trainnig, performance, body expression*



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### The Selection of Dancers Characteristics and Particularities

Sofron Oana-Alina\*, Țifrea Corina\*

\*National University of Physical Education and Sports, 140 Constantin Noica Street, Bucharest, Romania

[oanaalina.sofron@gmail.com](mailto:oanaalina.sofron@gmail.com)

#### Abstract

Dance Sport is a special kind of sport, in a continuous transformation and evolution, whose regulations constantly adapt to society and to the present time and still offers, permanently, a total spectacle. In order for athletes - dancers to assert themselves on the dance floor, in competitions, it is not enough just for their interest or desire to participate. There are a number of mandatory conditions that need to be considered, the first of which is staged selection (respecting and following the selection criteria of each stage). Given the diversity of forms that selection can take in expression sports (according to certain principles) and at the same time taking stock of the most used terms in the field, we further set out some models and classification criteria but also methods and forms of selection. Selection is a long, organized and repetitive process of detecting the innate availability of children / young people, through the prism of a complex system of criteria (medical, biological, motor, psychological, social and cultural), in order to practice and further specialize in a Dance Sport discipline (Standard Dances, Latin Dances, Mixed - 10 Dances). The selection model represents a vast structure that can be permanently adapted according to human morphological changes and also, psycho-functional changes. It has multidisciplinary and interdisciplinary characteristics, biological, pedagogical, mental, technical, social and cultural. The model has a pronounced prospective character. In order to materialize the aforementioned information and without claiming to be exhaustive, we affirm that the nature of the evidence and its specificity but also, the new ways to learn and improve the process must be taken into account. This type of selection facilitates the formation of new training groups for future competitive stages, helping the team of instructors, coaches, choreographers and specialists in this field to examine the physical, technical, artistic and mental training of dancers. In any sport, selection is a long process that requires seriousness, perseverance and exigency from all those who are involved, still it is recommended to take into account both the particularities of the sport and the particularities of each dancer. The diagnosis of skills must be correlated with both the particularity of the chronological age and the particularity of the biological age, in accordance with the processes of growth and development of the organism.

**Keywords:** *sport, selection process, particularities, system of criteria*





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### Cortical Activity Changes Arising in Solving of a Sensorimotor Task (With And Without Eyesight)

Stan Zenovia \*, Baștiurea Eugen \*

\*Human Performance Research Centre, Faculty of Physical Education and Sport, ”Dunarea de Jos” University of Galati, Romania, [zenovia.stan@ugal.ro](mailto:zenovia.stan@ugal.ro), [eugen.bastiurea@ugal.ro](mailto:eugen.bastiurea@ugal.ro)

#### Abstract

EEG research in sports has shown that psychomotor performance in sports activity increased when mental training was performed sightless. The oscillations of the alpha and beta wave band present spatio-temporal patterns necessary for sensorimotor processing (alpha waves amplitudes are high when the eyes are closed and are suppressed when the eyes are open). To determine whether these training methods can be applied to people who are not engaged in high-performance sports, we performed two tests, under different conditions, on a group of 15 subjects who were 14 to 62 years old. The participants gave their informed consent, after the procedure was explained to them. They all had normal eyesight and no medical or psychological deficiencies. We monitored the EEG activity with the MindWave Mobile 2 device. Within the first test, the subjects aimed to solve with open eyes, in the shortest possible time, a complex Montessori wooden game with geometric figures that develops fine motor skills, thinking, attention, imagination and eye-hand coordination. Subjects have never done this type of activity before. They took the test three times to allow the realization of a specific engram to the required workload. In the second identical test, the subjects had closed eyes. Within the two tests we followed changes in cortical activity under different conditions. We noticed a change in electromagnetic waves in sightless activity due to upper limb movements based on engrams established during eyesight executions. The subjects performed an activation / inhibition of the sensory area of the hands, the tactile sense having an important contribution, or they imagined a self-performed action with "inner sight". In this study, we noticed that age did not significantly influenced the pattern of cortical oscillatory activity, and the values of the correlations between the four frequencies categories specific to the evaluation with NeuroSky eSense has also changed.

**Keywords:** Alpha waves, EEG monitoring, MindWave Mobile 2, sensorimotor load.





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## Alternative Methods for Developing Endurance

**Stoica Leonard<sup>\*</sup>, Alexe Dan Iulian<sup>\*\*</sup>, Huseyin Gumus<sup>\*\*\*</sup>, Mustafa Can Koc<sup>\*\*\*</sup>**

<sup>\*</sup>Department of Individual Sports and Physical Therapy, “Dunărea de Jos” University of Galați, Romania  
[leonard.stoica@ugal.ro](mailto:leonard.stoica@ugal.ro)

<sup>\*\*</sup>Department of Physical and Occupational Therapy, “Vasile Alexandri” University of Bacău, Romania  
[alexedaniulian@yahoo.com](mailto:alexedaniulian@yahoo.com)

<sup>\*\*\*</sup>Mersin University, Turkey, [hgumus@mersin.edu.tr](mailto:hgumus@mersin.edu.tr), [mckoc@mersin.edu.tr](mailto:mckoc@mersin.edu.tr)

### Abstract

The research took place during the school year 2019 - 2020 and was assigned 10 lessons in the first semester for the experimental program which was framed by 2 lessons dedicated to initial and final tests, according to planning. The proposed experimental program included 8 low-complexity exercises: long jump with the arms up, knees up, semi-knee and straight jump, plank, knees up and straight jump, plank and alternate knee lift, plank and leg distance, skater and plank diagonally and addressed a group of 48 students in the seventh grade. These have been applied in the unit specific learning of motor quality endurance and have replaced the well-known content. The proposed exercises did not involve the use of specific materials / special installations, in their realization using their own body and aimed at developing motor quality endurance. Statistical-descriptive analyzes showed significant results in the experiment group, for  $p < 0.05$ . The analysis of the level of intervention on the program, registered strongly significant results from a statistical point of view, measured with Effect Size, within the statistical analysis between groups, for  $r < 0.8$ . The diversification of the content in the discipline of physical education and its maintenance in the area of attractiveness of the student represents the main objective from the point of view of the specialist. The development of endurance motor quality is considered a challenge in the overall program, so the introduction of new and efficient elements can be a viable option.

**Keywords:** *endurance, alternative methods, physical education*



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### The Benefits of the Motor Function of the Activities Specific to Adventure Education

**Stoica Leonard<sup>\*</sup>, Turcu Ioan<sup>\*\*</sup>, Cosma Germina Alina<sup>\*\*\*</sup>, Cherepov Evgeny<sup>\*\*\*\*</sup>**

<sup>\*</sup>Department of Individual Sports and Physical Therapy, “Dunărea de Jos” University of Galati, Romania

[leonard.stoica@ugal.ro](mailto:leonard.stoica@ugal.ro)

<sup>\*\*</sup>Transilvania University of Brasov, Romania, [nelu\\_turcu@yahoo.com](mailto:nelu_turcu@yahoo.com)

<sup>\*\*\*</sup>University of Craiova, [germinacosma@yahoo.com](mailto:germinacosma@yahoo.com)

<sup>\*\*\*\*</sup>South Ural State University, Russia, [cherepov.e@mail.ru](mailto:cherepov.e@mail.ru)

#### Abstract

Education is the complex process that organically and harmoniously combines the two essential components, that of teaching with that of learning, in order to expand the notional, conceptual background and motor skills. Outdoor education through adventure is a heterogeneous, complete sphere that presents a wide range of physical activities that can contribute to the development of the motor skills fund, increase the level of physical activity and its benefits. The research included a sample of 112 students aged 11-14 who participated in a program of specific activities for 7 days in a summer camp with a recreational character and specific to adventure education. The activities were: application route, slackline, adventure routes, balance games panel, archery and paintball rifle, hiking and climbing panel. These were evaluated initially and finally through 5 standardized tests: Flamingo Balance, Star Excursion Balance, Matorin, Denisiuk and Ruffier. Statistical-descriptive analyzes showed significant results within each group for  $p < .05$  in all standardized tests, and the largest differences were obtained in the Flamingo Balance Test (0.94), in the Star Excursion Balance Test (1.19 cm), at the Matorin Test (22.20 degrees), at the Denisiuk Test (1.44 sec.) and at the Ruffier Test (2.49 bpm). The methodological operational approach of the research through the proposed program of activities, can optimize the level of motor abilities, with direct action on the education of static and dynamic balance, psychomotor skills insufficiently developed through the content of the school program. The research presented is identified by theme and content in the broader context of the study on leisure behavior, aimed at participating in activities specific to adventure education.

**Keywords:** *adventure education, motor skills, standardized tests, experimental program*



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# Prevention of Football-Specific Diseases Through the Implementation of Prophylaxis Programs

Toma Stefan<sup>\*</sup>, Toma Geanina<sup>\*</sup>

<sup>\*</sup>University of Pitesti, Romania, [zgheul@yahoo.com](mailto:zgheul@yahoo.com), [geany\\_gim@yahoo.com](mailto:geany_gim@yahoo.com)

## Abstract

Nowadays, football evolves from one season to another, the speed of the game increases, tactics change, and training methods are more and more innovative, helping today's footballer to be a complete athlete and more. This evolution of football is due to the interest and concern of players, coaches and specialists everywhere. The purpose of the research presented was to demonstrate the importance of prophylaxis programs in the prevention of traumatic conditions specific to the football player, especially at the junior level. By implementing prophylaxis programs, we can positively influence the prevention of trauma in juniors who play football. The subjects on whom we applied the prophylaxis program that aimed at the early prevention of injuries specific to the game of football were children aged between 15 and 16 years, they were part of the junior group, specialized as a striker. The selection of the subjects was made on the basis of the information gathered following the observation of the subjects, following the choice of a corresponding group taking into account age, sex, the position they play, subjects with comparable, similar performances. The pre-testing was performed before starting the research on subjects of the same power level, this type of design is superior to others only when the number of subjects is small. The complex design of the experiment allows the evaluation of several possibilities that will be tested, so that later the subjects will be subjected to tests, before and after the experiment. In order to prevent, we have compiled specific prophylaxis programs, applied individually depending on the degree of limitation, joint mobility and muscle strength and endurance. The procedures used in the program were introduced, depending on their importance, toning the muscles of the lower limbs, creating muscle balance, creating joint stability, increasing joint mobility, massage techniques, stretching, and the importance of pre-workout and pre-competition warm-up. Following the application of prophylaxis programs, a lower percentage of injuries were found due to the development of muscle mass, mobility and the creation of muscle balance.

**Keywords:** *prevention, prophylaxis, juniors, football*



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### Methods for Evaluating the Level of Physical and Technical Training of Novice Hockey Players

Trandafir Marius\*, Gheorghiu Gabriel\*

\*Dunarea de Jos University of Galati, Romania, [marius77trandafir@yahoo.com](mailto:marius77trandafir@yahoo.com), [gheorghiu gabriel@yahoo.com](mailto:gheorghiu gabriel@yahoo.com),

#### Abstract

Physical and technical training are basic factors of sports training, regardless of the sport. The content of physical training consists of methods and means of action aimed at harmonious physical development, the development of general and specific motor skills, a condition for the correct acquisition of hockey-specific skills and implicitly a correct and efficient technique. The aim of the study is to highlight the most effective methods for assessing the level of physical and technical training at the level of beginners. The evaluation of novice athletes is an important step in the beginning of practicing performance sports, because the harmonious physical development, general and specific motor skills, well-mastered technical elements, is the guarantee of a successful sports career. To conduct the research, we used the following research methods: the method of studying the literature, the method of direct and indirect observation, the method of pedagogical experiment, the statistical method, the graphic method. The research involved ice hockey players, beginner level, at which initial and final assessments were applied to highlight physical development, general and specific motor skills, as well as the level of mastery of technical skills specific to the game of ice hockey. The independent variable consists of a physical and technical training program, which contains methods and means of action that contribute to the harmonious physical development as well as to the development of general motor skills and the acquisition-consolidation of technical elements specific to the game of ice hockey, adapted to novice athletes. In conclusion, it is found that the establishment of appropriate methods for assessing the motor potential and the level of mastery of the technique of some technical elements and structures, determines the evolution in performance of athletes.

**Keywords:** *assessment, physical training, technical training, ice hockey, sports performance*



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# The Influence of Leisure Activities During a Pandemic Time on the Quality of Life

Țifrea Corina<sup>\*</sup>, Costache Raluca Maria<sup>\*</sup>

<sup>\*</sup>National University of Physical Education and Sports Bucharest, Romania

[c\\_tifrea@yahoo.com](mailto:c_tifrea@yahoo.com), [rally\\_kyn@yahoo.com](mailto:rally_kyn@yahoo.com)

## Abstract

The pandemic has forced us all to significantly change our routine, habits and activities, whether we are talking from the perspective of an employer, employee or consumer. Sport teaches us to be resilient and disciplined, but it also teaches us what solidarity means and how to act as a team. In this time of crisis, leisure physical activity, even from the comfort of home gives the practitioner a state of well-being, can establish a program, a healthy routine. A healthy way to protect yourself or in the worst-case scenario, to be prepared in case of Covid 19 infection was the respiratory capacity, more precisely, its development. Through sports and cardio-lung training this can be improved. Lung capacity, among the most affected by the Covid 19 virus, could be "trained" by the type of exercise. In the context of the global pandemic, more and more people are realizing the importance of sports and a healthy lifestyle, exercising, walking and running outdoors were the main remedies for physical and mental health, fitness rooms which were among the only places where, in addition to movement, you could relax and socialize, were closed.

**Keywords:** *leisure; pandemic; quality of life*



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## The Role of Nutritive Supplements in Performance Sport

Țifrea Corina<sup>\*</sup>, Costache Raluca Maria<sup>\*</sup>

<sup>\*</sup>National University of Physical Education and Sports Bucharest, Romania

[c.tifrea@yahoo.com](mailto:c.tifrea@yahoo.com), [rally\\_kyn@yahoo.com](mailto:rally_kyn@yahoo.com)

### Abstract

The profound changes that are taking place in the contemporary world, more and more industrialized and under stress in various forms, the mutations that continuously transform the surrounding reality determine man to seek new remedies, new solutions, tending to return more and more to natural products. Because the production of nutritional supplements is not subject to the Good Manufacturing Practices (GMP) regulations imposed on the drug industry, there may often be differences in dosage from one tablet to another and inconsistencies between what is written on the label and the contents of the nutritional supplement. Nutritional supplements cannot be confused with food, because food means any product that, introduced into the body, serves to maintain vital processes, ensuring the growth and recovery of cells and activity, without being harmful to health, but, on the contrary contributing to its strengthening. Foods are made up of substances called trophins. Nowadays, nutritional supplements are widely used both in sports and outside sports. Nutritional supplements have emerged as an alternative to sustain physical exertion in conditions of increasingly rigorous doping control, but they are also used by all of us, in order to sustain the hectic pace imposed by modern society and the stress in which we operate.

**Keywords:** *nutritive; supplements; performance*





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### Differences in Motor Competencies Between Better and Lower Combat Youth Athletes

Umut Canlı

Tekirdag Namik Kemal University, School of Physical Education and Sports, Tekirdag, Turkey

[ucanli@nku.edu.tr](mailto:ucanli@nku.edu.tr)

#### Abstract

The key question in talent identification is to decide which athlete has the most potential to perform well and be successful at the highest competitive level for combat athletes. In the research, it was aimed to determine the differences between the motor competencies of the national team and the competing athletes at the local level. A total of 70 athletes (age:  $14.86 \pm 1.54$ ), including 21 national and 49 local athletes, participated in the study. 34 of them are male athletes and 36 of them are female athletes. Körperkoordinationstest für kinder (KTK) was used to determine the motor competence levels of athletes. Frequency, mean and standard deviation values were used to determine the descriptive data of the participants. Independent samples t test was used to compare the groups. SPSS 18 package program was used for all statistical analyses. Significant differences were found in favor of national athletes in the values of jumping sideways and hopping for height tests, which constitute the motor competence elements in the KTK test ( $p < 0.05$ ). There was no significant difference between the two groups in terms of walking backwards and moving sideways test values ( $p > 0.05$ ). It has been determined that national combat athletes have better scores in jumping sideways and hopping for height performances from the motor competence elements. It is thought that this difference may be related to skill experience specific to combat sports.

**Keywords:** motor competency, combat athletes, KTK test, talent identification



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### Correlations Between Core Strength and Maximal Strength Values of Young Basketball Players

Umut Canlı

Tekirdag Namik Kemal University, School of Physical Education and Sports, Tekirdag, Turkey

[ucanli@nku.edu.tr](mailto:ucanli@nku.edu.tr)

#### Abstract

It has been reported that with the increase in core strength, body balance increases and it affects the strengthening of major and minor muscle groups. In the study, it was aimed to determine the relationships between core forces and 1 RM strengths of young basketball players. Thirty (30) male basketball players (age =  $14.81 \pm 0.77$ ) voluntarily participated in the study. Participants' body height, body weight and body fat percentages were measured. Maximal strength levels were determined by 1 repeat maximum (1 RM) leg press, 1 RM leg curl, 1 RM bench press, 1 RM overhead press and 1 RM high pulley tests. Core strength of the participants was determined by the Sport-Specific Core Muscle Strength and Stability Plank Test. Pearson Product Moment Rank Correlation Analysis was used to determine the relationship between the core power of the participants and 1 RM strength parameters. As a result of the findings; It was determined that there is a low level positive relationship between basketball players' core strength and 1RM overhead ( $r = 0.43$ ;  $p < 0.05$ ). There was no relationship between basketball players' core strength and other 1RM parameters ( $p > 0.05$ ). As a result, the increase in strength in the shoulder area of young basketball players contributes to the increase in strength in the core region.

**Keywords:** *core strength, 1 RM, youth basketball players, plank*



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### The Impact of Hydrokinetic Means on Morphofunctional Status in Neuromotor Rehabilitation - Case Study

Vizitiu Elena\*, Constantinescu Mihai\*, Poraicu Corina\*\*

“Ștefan cel Mare” University of Suceava, Suceava, România, [elenav@usm.ro](mailto:elenav@usm.ro), [mihai.constantinescu@usm.ro](mailto:mihai.constantinescu@usm.ro)  
Coramed Clinic from Suceava, România, [motoveletcorina@gmail.com](mailto:motoveletcorina@gmail.com)

#### Abstract

Stroke is a major health challenge worldwide, as it can lead to persistent residual deficiencies. These depreciations lead to functional dependence, impaired balance, altered mobility and increased risk of falls. Balance and mobility are important predictors of functional independence after stroke. The peculiarity of the studied case is the coexistence of multiple morbidities that require solving only interdisciplinary team work: orthopedist, neurosurgeon, neurologist, cardiologist, diabetologist, physiotherapist, fitness instructor, respectively aqua-gym. The saving idea is to resort to aquatic therapy for a program to preserve the function of the musculoskeletal system that will continue and complement the exercises imposed in the medical gym. The aim of our paper is to demonstrate the theory issued above, namely that exercise in the aquatic environment facilitates the mobility of joint movements with their improvement and recovery of motor skills by optimizing physical condition and body modeling. The applied aquatic procedures will have systemic consequences on the arthro-kinetic apparatus with the improvement of the ventilatory functions but also of the cardiovascular, metabolic and neurological ones. Aquatic therapy will be not only curative but also preventive, improving neuro-psychomotor health. The objective lie in the muscular and general relaxation, of the motor motility, the re-education of the external and proprioceptive sensitivity, the increase of the stability from the point of view of gait as well as the maintenance of the balance. Also as an objective is the practice of digital movements such as grip, strength and muscle tone in the execution of fine movements in everyday life (tying laces, dressing and undressing with the closure of buttons, eating with gestures of pronation and supination, personal care using the toilet, changing position through laterality movements, transfers in the *supine* and standing position, use of stairs, prevention of spasticity) quantified by specific scales. It tries to obtain the independence of self-care in order to interrelate with the environment and the family and socio-professional reintegration of the patient.

**Keywords:** *patient, stroke, rehabilitation, hydrokinetic therapy*



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### Comparative Study of Mental Health Among Male and Female College Students

Yogamaya Panda\*, Azeem Kaukab\*

\*P.G. Department of Psychology, Shailabala Women's (A) College, Cuttack, India

[yogamayakunu@gmail.com](mailto:yogamayakunu@gmail.com)

\*\*Physical Education Department, King Fahd University of Petroleum & Minerals, Dhahran, Saudi Arabia,

[kaukab@kfupm.edu.sa](mailto:kaukab@kfupm.edu.sa)

#### Abstract

Mental health refers to cognitive, behavioural, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder. Students of public universities mostly stressed because of financial disaster and imminent university session congestion whereas; students of private universities mentally stressed because of uncertainties of online classes or activities and high tuition fees (Shafiq S, & et al., 2020). The purpose of the present investigation was to study the gender difference on mental health among college students. A total number of 130 college students who are continuing their degree courses in Arts in various colleges of Cuttack and Bhubaneswar of Odisha were included as the sample of the present study. T-test applied to find out the significant mean difference among male and female college students on mental health. The analysing data reveals that the Positive self –evaluation ( $P>0.05$ ), perception of reality ( $P>0.05$ ), integration of personality ( $P<0.05$ ), autonomy ( $P<0.05$ ), oriented attitude ( $P<0.05$ ), and environmental mastery ( $P<0.05$ ). The result had shown that male students are differing from female college students in integration of personality, autonomy, group oriented attitude and environmental mastery. However, in case of positive self-evaluation and perception of reality the result is found to be insignificant.

*Key words: mental health, perception of reality, positive self-evaluation, integration of personality*



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### Effects Of Covid-19 Pandemic on Amateur Children Swimmers

**Torok-Gyurko Zoltan Attila<sup>\*</sup>, Boros Balint Iuliana<sup>\*</sup>**

<sup>\*</sup>UBB Cluj, Romania [zol\\_tan\\_trk@yahoo.com](mailto:zol_tan_trk@yahoo.com), [iuliana.borosbalint@ubbcluj.ro](mailto:iuliana.borosbalint@ubbcluj.ro)

#### Abstract

Coronavirus disease (COVID-19) is a droplet-transmitted infectious disease. This potentially fatal coronavirus pandemic is affecting the world from 2019. The World Health Organization recommended keeping physical distance and wearing masks to control the transmission. Participation in sports and exercise, including swimming was seriously affected, because this pandemic has put many countries in a state of lockdown with many restrictions for the population. Professional swimmers soon started training again during the pandemic, but in the amateur sport, in many fields, the children started to train again after more than a year of skipping. In this research 30 children's performance was observed in Cluj-Napoca, Romania, which had been swimming regularly for three years before the pandemic. Each child's performance was measured on a regular basis, during these three years. After a gap of 14 months due to the pandemic, the same children's performance was measured again, and those who did exercise something during the time of the restrictions were compared to those who did very little or no physical activity at all during the same time. A decline was observed on the performance of children belonging to both categories from different point of views. Their swimming time on 50m distance, their heart rate return, and their heart rate at the end of the swimming session were all deteriorating. The results clearly show that the children's performance regressed during this time, regardless of whether or not they engaged in any kind of physical activity during those 14 months gap time. It is true that those who were active performed somewhat better, but we cannot talk here either about the previous level of preparation. We can see that amateur swimming was negatively influenced by this world pandemic.

**Keywords:** COVID-19; pandemic; children; swimming; amateur



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## SCIENCE EDUCATION



### Study Regarding the Satisfaction Level of Highschool Students Regarding the Physical Education Classes in the On-Line System

**Ababei Catalina**

”Vasile Alecsandri” University of Bacau, 157, Calca Mărășești Street, Bacau, 600115, Romania  
[ababeicatalina@ub.ro](mailto:ababeicatalina@ub.ro)

#### Abstract

The new Covid-19 pandemic has influenced the country's population economically, educationally, mentally and emotionally. School institutions have been shut down since March 11th of 2020, initially for 10 days, with the possibility of extending the lockdown. The extension has been long-drawn until the end of the school year, and the students did not have the possibility to come back to school, the whole world being forced to resort to modern methods in teaching to continue the educational process. A various number of applications have been created to support the on-line classes, like Microsoft Teams, G Suite platform, Zoom, that came to support not only the students, but also the teachers in order to continue the educational process as it's best. Considering these aspects, the study has proposed to learn the highschool students opinion regarding their satisfaction level on the physical education classes in the on-line system. In the research have taken part 230 students in Bacau. The main research method in the achievement of the scientific endeavour has been the investigation method, and the enquiry was the main work instrument.

**Keywords:** *satisfaction, students, on-line, physical education*





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### **Adaptive Online Teaching Strategies in The Current University Environment Online Adaptive Teaching Strategies in Higher Education**

**Barna Iuliana**

Faculty of Letters ”Dunarea de Jos” University of Galati

#### **Abstract**

The teaching strategies chosen by the teacher but also the typology of the evaluation methods used must focus primarily on the adequacy and quality of learning experiences that he/she intends to offer to the students. In the present study, we suggest some concrete strategies that illustrate the components of the interactive teaching paradigm in online.

*Keywords: online, teaching strategies*

### **Relationship Between Basic Psychological Needs and Subjective Well-Being in a Sample of Preservice Teachers**

**Bențea Cristina–Corina**

Teacher Traing Department, Faculty of Physical Education and Sport,  
”Dunarea de Jos” University of Galati, Romania, [cristina.bentea@ugal.ro](mailto:cristina.bentea@ugal.ro)

#### **Abstract**

In the framework of the Self-Determination Theory, autonomy, competence, and relatedness are the three basic psychological needs which are essential for individuals’ mental health. Satisfaction of these needs stimulates growth and well-being, while need frustration increases risk for passivity, ill-being, self-centeredness and defensiveness (Ryan & Deci, 2000). Personality traits are important variables in evaluating of the relationship between satisfaction and frustration of basic psychological needs and subjective well-being. The purpose of this study was to investigate the contribution of the satisfaction and frustration of the basic psychological needs to subjective well-being when the influence of personality traits on subjective well-being is controlled. A total of 155 preservice teachers participated in the study. Participants completed four self-reported instruments. Confirmatory factor analysis was firstly performed. Structural equation modeling showed that satisfaction of each of the three needs



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contributed to the prediction of life satisfaction and positive affect, whereas frustration of each need uniquely contributed to the prediction of negative affect.

**Keywords:** *self-determination theory, basic psychological needs, subjective well-being, life satisfaction, positive affect, negative affect, personality traits.*

### Positive Schools and Positive Practices in Education System

**Bențea Cristina–Corina**

Teacher Traing Department, Faculty of Physical Education and Sport,  
“Dunarea de Jos” University of Galati, Romania, [cristina.bentea@ugal.ro](mailto:cristina.bentea@ugal.ro)

#### Abstract

One of the most important perspective of positive psychology toward formal education is to approach school as a healthy instructive environment which stimulates and maintains countinuous student development as future adult. In this way, the concept of “positive school” was understood as an instructional environment which stimulates student mental health, and flourishing as a result of an excelent training focused both on academic and autonomous life skills and competencies. The purpose of this study was to analyze the contribution of the positive education programmes centered not just on academic succes but on student global well being defined in terms of life satisfaction and happiness. The academic component of education is not more important as student social and emotional health. Therefore, it is necessary a holistic approach of education within shift of the focus from academic performances to nonacademic outcomes and student perception toward school is more evident. From this perspective, positive schools are the most favorable social contexts for initiatives concerning increasing life quality, well-being and optimal development in students.

**Keywords:** *positive psychology, positive school, positive practices, mental health, well-being, student.*



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# From Self-Training to Institutional Support - Professional Development of Teachers for the Challenges of Online Education

Butnaru-Sandache Cristina\*, Caciuc Viorica – Torii\*

\* Teacher Training Department, Faculty of Physical Education and Sport, “Dunărea de Jos” University of Galați, Romania, [cristina.butnaru@ugal.ro](mailto:cristina.butnaru@ugal.ro), [caciuca@yahoo.com](mailto:caciuca@yahoo.com)

## Abstract

The contemporary context requires approaching the instructive-educational process in a different way, online, but respecting the same standards on the quality of education. Even if the educational partners have made efforts to support the schools for a qualitative educational approach, not all educational institutions manage to cope with the situation. The management teams are concerned both for equipping the schools with the necessary equipment and for preparing the teachers to be able to carry out teaching activities in the environment or with the help of the virtual environment. The present study aims to investigate the perception of teachers on how educational institutions have managed to meet the challenges of online education, to maintain the level of quality of education, reached before the pandemic period. If, in some educational institutions, teachers received constant support from the management team, in others, self-training was the main way to develop the skills needed to manage the online learning process. What is certain is that the professional development of teachers has acquired a new dimension, a more obvious orientation towards the efficient integration of technology in the educational process. Despite the limitations and criticisms brought to the online system in all its variants (synchronous, asynchronous and hybrid), in the long run, the skills developed during this period can be capitalized post-pandemic by better adapting to the speed of information flow, a more efficient management of the support materials and of the evaluation results, a diversification of the didactic strategies through the prompt answer to the needs of the pupils and students.

**Keywords:** *quality of education; the virtual environment; the professional development of teachers*



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### New Educations - a Pretext for Integration, Education and Training

Caciuc Viorica – Torii

Teacher Training Department, Faculty of Physical Education and Sport, “Dunărea de Jos” University of Galați,  
Galați, Romania, [caciuca@yahoo.com](mailto:caciuca@yahoo.com)

#### Abstract

Although the new educations represent new types of contents that address a rather vast, varied and complex issue of the contemporary world, they are approached in an inappropriate way, without achieving the purpose for which they were created, that of forming the new generation a transdisciplinary vision of the surrounding reality to get a well-being of life for each individual. New educational policies and curricular reforms make it difficult to approach new education at school level. Due to the restriction of the curriculum forms to the school's decision, but also to the way of accomplishing the national curriculum at the level of each school institution, new educations can be approached within the instructive-educational process or by infusion approach within the disciplines that create opportunities to achieve them, either through a disciplinary action by achieving optional integrated or monodisciplinary disciplines. Another way to achieve new educations could be extracurricular activities, by involving students in educational projects and partnerships. The question arises to what extent the issue of new educations is a priority for the designers of the national curriculum, but also for the teachers. The present study aims to analyses educational policies and the national curriculum from the perspective of implementing and achieving the objectives of new educations, analyzing the foundations and inter, multiple and transdisciplinary perspectives of new educations, as well as examples of good practice on capitalizing on new educations at school.

**Keywords:** *new educations; optional integrated; transdisciplinary perspectives*



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## Reading the Non-Continuous and Multimodal Texts

Crînganu Nicoleta

"Dunărea de Jos" University of Galați, [ncringanu@ugal.ro](mailto:ncringanu@ugal.ro)

### Abstract

The new school curriculum involves the teaching of non-continuous and multimodal document texts. Compared to the multimodal texts, the non-continuous documents (lists, tables, graphics, charts, maps, plans) imply different comprehension issues. The students' document text comprehension is determined by the age, sex, cognitive and metacognitive abilities, languages skills, decoding skills, reading fluency, the quality of the vocabulary, interests, the kind of reader the student think he is, the purpose that the student sets in relation to the text to be read, the general or specific knowledge of the student. Therefore, the non-continuous text decoding involves the building of a mental model, based on which the student will fill the plans, the lists, the tables, the maps with the sense/signification that he discovers/conceives taking into account the verbal elements that he identifies in the text. This mental model gives coherence to the plan, chart, map, table, turning the non-continuous text into a continuous one. The multimodal text has its specific reading and comprehension. The linear reading is replaced by non-linear reading. As in the continuous text reading, the student should also establish a new coherence of the document, like in a linear reading and comprehension. This paper aims to explore some decoding and interpretation strategies that start from verbal elements in a text, continue with their hierarchy ordering, observing some recurrences/oppositions based on which one can build the verbal model.

**Keywords:** *non-continuous, multimodal reading, mental model*



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### Self – Knowledge and Management of the Professional Orientation of Doctoral Students in Order to Professionalize Their Career

Constantinescu Mariana

Teacher Training Department, Faculty of Physical Education and Sport, “Dunarea de Jos” University of Galati,  
Romania, [mariana.constantinescu@ugal.ro](mailto:mariana.constantinescu@ugal.ro)

#### Abstract

Lifelong learning is a concept that graduates and even employees feel when they come into contact with the labor market. We want flexibility, adaptation, trans-discipline and especially motivation for performance. The study addresses the practical issue, focusing on assisting people in the doctoral program in their efforts to harness the benefits of professional counselling and guidance, providing them with information, applications and reflection themes for issues such as: awareness by PhD students and post-doctoral researchers of personal resources and how they can be improved; understanding the career planning process and promotion through social media; the need to develop transferable skills for career planning, but also to properly explore and manage socio-emotional factors, all to facilitate access to the labour market.

**Keywords:** *Counselling; knowledge; career professionalization.*





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## A Bibliometric Analysis on Outdoor Education

Kadir Yildiz \*, Yeşer Eroğlu \*\*, Tolga Beşikçi \*

\*Manisa Celal Bayar University; Manisa, Turkey, [kadiryildiz80@hotmail.com](mailto:kadiryildiz80@hotmail.com)

\*\*İstanbul Rumeli Üniversitesi, İstanbul, Turkey.

### Abstract

This study aimed to examine the scientific publications on outdoor education according to "key words, citations, distribution by country and the most cited works" using a qualitative research method, namely case study. Document analysis technique was used for data collection and limited to the years between 1950 and 2021. The research data was obtained from 555 scientific publications indexed in SCI-Expanded, SSCI, A&HCI, CPCI-S, CPCISSH, BKCI-S, BKCI-SSH or ESCI with the keyword "outdoor education" and analyzed using descriptive analysis technique. Analysis of the results revealed that there are 10 types of publications on outdoor education with the most common type being scientific articles with 365 examples. Keyword network mapping showed that "outdoor education, environmental education and outdoor learning" were the words that stood out. Data analysis was visualized with VOSviewer (Version 1.6.9) visual mapping program and presented as tables and density maps in the findings section.

**Keywords:** *Outdoor education, Outdoor learning, Bibliometric analysis, Environmental education.*



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### Theoretical and Practical Aspects Regarding the Amelioration and Prevention of Teacher Burnout

Mindu Sandrina

“Dunarea de Jos” University of Galati, Romania, [sandrina.mindu@ugal.ro](mailto:sandrina.mindu@ugal.ro)

#### Abstract

The prevalence of burnout syndrome among schoolteachers has increased in the current pandemic, amid untimely changes in the space, framework, and resources of the instructive-educational process.

The specific objective of this paper is to highlight the clinical features of this disorder and the factors that influence its development and maintenance among schoolteachers. This paper also aims to identify what therapeutic intervention can be applied to ease the symptoms of teacher burnout and prevent its appearance.

**Keywords:** *assisted resilience, support group, socio-emotional skills*

### The Effects of Online Education on the Professional Development of FEFS Students in the Context of the Covid-19 Pandemic

Nanu Liliana\*, Manolache Gabriel-Marian\*

”Dunărea de Jos” University of Galați, [lnanu@ugal.ro](mailto:lnanu@ugal.ro), [gabriel.manolache@ugal.com](mailto:gabriel.manolache@ugal.com)

#### Abstract

Since the beginning of the year 2020, mankind has faced a situation without precedent with the spread of the SARS-COV2 virus. Among the most affected sectors by the pandemic is that of education, particularly in the case of students and their professional development. This study sets out to determine the degree to which the pandemic has impacted the professional development of the students of the Physical Education and Sports College. The paper also aims to highlight the difficulties posed by the online nature of the course material and lessons in relation to aspects such as organizing, communicating, teaching, learning and evaluating the knowledge of the students during the past year.(march 2020-march 2021) In order to assess the difficulties faced by students and the impact of the COVID-19 pandemic on their professional development, a survey with multiple choice answers has been used. For an honest collaboration, the respondents remained anonymous, although for a better understanding of the sample, questions with regards to gender, age and program me of choice were still asked. The survey has 12 questions with 3 or 4 possible choices and aims to determine the preferred methods of teaching and evaluation of the students with relation to their professional development.

**Keywords:** *online learning, COVID-19 pandemic, professional development, students*



## INTERNATIONAL SCIENTIFIC CONFERENCE

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The 5<sup>th</sup> Edition of the International Conference

Galati, Romania, 28-29 of May 2021

Book of abstracts

### **The Strengths and Difficulties Questionnaire: Evaluation of the Children "Left Behind" in Romania**

**Oprea Daniela (Boboccea)**

"Dunărea de Jos" University of Galați, [daniela.boboccea@ugal.ro](mailto:daniela.boboccea@ugal.ro)

#### **Abstract**

All over the world, the economic revolution and the rapid evolution of technology, the labor market, industries, political and cultural-religious changes, social unrest and areas of armed conflict have caused impressive migratory movements. The implications of migration affect the psychological, social and public health levels. Romania is going through a period of economic transition, subject to the pressures of globalization that affect the evolution of the family, at the micro social level, structurally, from the behaviour and relational point of view. Nowadays, the studies show more and more situations of neglect in which children left behind become victims and suffer emotionally and physically. Our research seeks to answer questions about school, emotional and behavioral problems faced by migrant children, assessing dimensions of their social activity as they are perceived by parents, teachers, children. In our study we use The Strengths and Difficulties Questionnaire in order to identify the children of emigrants who have an increased risk of school maladaptation or behavioral problems or even mental health. We are in the phase of applying the questionnaire, collecting data. The SDQ is applied to children in the primary school, under the observation of researchers and teachers, to those in the preparatory classes - the second items are read to them, without intervening in their explanation. The sample of subjects is selected from the Romanian population, consisting of students aged between 6 and 14, their teachers and their parents (emigrants and non-immigrants). The results are still too few to provide data. The situation imposed by the covid-19 pandemic substantially reduced the possibility of applying the questionnaires in anticipated conditions. The analysis of the data obtained by applying the questionnaires consists in comparing them with those previously obtained, in other studies, on the population of Romania.

**Keywords:** *children left behind; migration; strenght and difficulties*



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### Study on student's attitude toward social inclusion of children with special educational needs

Țocu Rodica\*

\* ”Dunarea de Jos” University of Galati, Romania, [rodica.tocu@ugal.ro](mailto:rodica.tocu@ugal.ro)

#### Abstract

Inclusive education is one of the major aims of Romanian educational system. In recent years it can be noted an intensive study on socio-educational strategies to promote inclusive practices. The purpose of the study was to analyse the characteristics of primary and secondary student's attitude toward educational and social inclusion of children with special educational needs. The sample was comprised of 78 students, aged 9 years and 13 years and 10 month (46 boys and 32 girls). One part of the study consists in completion of a self-evaluation questionnaire about some behaviours and beliefs in social inclusion context. The other part of the study evaluated the student's attitude during the activities with children with special educational needs. The results showed the existence of some differences between the real-time behaviour (active involvement in cooperative learning context) and the self-evaluated attitudes (declarative behaviours and beliefs). The results were discussed from the formation and development of positive attitude toward social and educational inclusion of children with disabilities view. The study underlined the necessity of the development of an inclusive social-cultural and educational environment that promotes positive attitudes toward human diversity (eg. tolerance, acceptance, cooperation).

**Keywords:** *inclusive education; social inclusion, child development; special needs*



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### Educational and Counselling Services for Adaptation, Recovery and Inclusion

**Tocu Rodica<sup>\*</sup>, Constantinescu Mariana<sup>\*\*</sup>**

Teacher Training Department, Faculty of Physical Education and Sport, “Dunarea de Jos” University of Galati, Romania, [rodica.tocu@ugal.ro](mailto:rodica.tocu@ugal.ro), [mariana.constantinescu@ugal.ro](mailto:mariana.constantinescu@ugal.ro)

#### Abstract

The new system of inclusive education, at all levels and cycles, is no longer one that separately meets the needs of certain students, but is one that responds to the various specific and unique characteristics of each student, with a focus on children at risk of marginalisation or coming from disadvantaged backgrounds. The study aims to analyze the use of specific means and tools for identifying, evaluating, psycho-pedagogical counseling, motivating and supporting programs/plans of personalized intervention of inclusion in the educational environment of the category of students at educational risk.

***Keywords: inclusive education; integration; students at educational risk***