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BOOK OF ABSTRACTS

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The Impact of Speed Training on Technical Execution in Adolescent Quickstep Dancers

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Speed and dynamic movement execution are critical components of performance in the Quickstep, a high-energy discipline within DanceSport. This study aims to evaluate the impact of a specialized speed-training program on the execution of Quickstep technique among adolescent dancers aged 12 to 15. Thirty participants (N = 30) with foundational ballroom dance experience engaged in a 10-week intervention integrating plyometric exercises, neuromuscular coordination drills, and progressive tempo-based Quickstep routines, all embedded within a physical education and sport framework. Performance metrics included step frequency, movement velocity, and response time to tempo changes, assessed through video analysis and expert evaluation. Pre- and post-test comparisons demonstrated statistically significant improvements ($p < 0.01$) in reaction time, movement efficiency, and rhythmic precision at elevated tempos. The findings support the efficacy of speed-focused training programs in enhancing physical responsiveness and dance quality in youth Quickstep dancers. This research underscores the importance of integrating sport science principles into dance education to foster both athletic and artistic development in adolescent populations.
Keywords: speed, dancesport, dynamic movement, tempo

The Role of Musicality Training in Enhancing Performance Quality in Adolescent Slow Waltz Dancers

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Musicality, defined as the dancer's ability to perceive, interpret, and embody musical elements, is a fundamental performance factor in DanceSport disciplines such as the Slow Waltz. This study investigates the effectiveness of a structured musicality enhancement program embedded within physical education and sport settings for adolescents aged 12 to 15. The intervention aimed to improve participants' synchronization, rhythmic accuracy, and expressive movement in relation to the musical structure of the Slow Waltz. A total of 30 students (N = 30), with prior basic ballroom dance experience, participated in a 12-week program integrating auditory-motor coordination tasks, tempo variation exercises, and phrase-based movement sequences.

Pre- and post-intervention evaluations were conducted using standardized musicality and performance rubrics rated by certified DanceSport adjudicators. Statistical analysis revealed significant improvements ($p < 0.05$) in timing precision, dynamic expression, and overall musical interpretation. These findings suggest that incorporating targeted musicality training into adolescent dance curricula can meaningfully enhance qualitative performance in DanceSport, with implications for pedagogical strategies in both physical education and competitive dance training contexts.

Keywords: musicality, dancesport, ballroom dance, temp

Training Methods in Youth Football: Physical Benefits of HIIT and Small-Sided Games

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Football is a high-intensity sport demanding repeated efforts such as sprinting, rapid direction changes, and jumping. This study compared the effects of High-Intensity Interval Training (HIIT) and Small-Sided Games (SSG) on physical performance in young football players. Twenty-eight players (mean age: 17.5 ± 0.6 years) were randomly assigned to either HIIT (n=14) or SSG (n=14) groups. Over an 8-week period, both groups performed their respective training protocols twice a week. Pre- and post-training evaluations included the VAMEVAL test (for aerobic endurance), the five-jump test (5JT) for lower limb power, and the modified agility T-test. Results showed that HIIT led to a significant improvement in maximal aerobic speed (MAS) from 17.1 ± 0.67 km/h to 17.71 ± 0.41 km/h ($p < 0.001$, effect size (ES)= 1.26), while the SSG group improved MAS from 16.98 ± 0.83 km/h to 17.65 ± 0.51 km/h ($p < 0.001$, effect size = 0.95). The 5JT showed no significant change for HIIT ($p > 0.05$, ES = 0.1), but the SSG group improved from 11.8 ± 0.81 m to 12.3 ± 0.61 m ($p < 0.01$, ES = 0.33). Agility improved significantly in the SSG group (from 10.21 ± 0.36 to 9.91 ± 0.21 seconds, $p < 0.001$, ES = 0.75), whereas no significant change was observed in the HIIT group ($p > 0.05$, ES = 0.13). Additionally, the SSG group reported significantly higher physical enjoyment scores ($p < 0.001$, ES = 1.8). Both training methods improved aerobic performance, with Small-Sided Games (SSG) improving agility and lower limb power. These results suggest that combining both methods may optimize overall physical performance in young football players.
Keywords: high-intensity interval training, small-sided games, aerobic performance, agility, lower limb power.

The Efficiency of Combined Training Using Classical Exercises and Core Stability Exercises in Strength Development for Senior Handball Players

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The present paper aims to highlight the effectiveness of strength training through the combined use of classical exercises and core stability exercises, employing the circuit training method, in handball players competing in the National League at the senior level. The subjects of the research are 18 male players from the CSM Vaslui handball team, with an average age of 27.5 years. Over a 12-week period, a training program was implemented, designed by combining exercises specifically aimed at strength development with core stability exercises. The program was applied once a week during technical-tactical training sessions (30 minutes at the beginning of the session, immediately after warm-up) and also as part of the physical training sessions (twice a week, 90 minutes each). The tests used targeted the maximal strength level of the lower limbs (4 control tests) and upper limbs (3 control tests). The results, which indicate the strength index levels, showed improvements in all tests from the initial to the final assessment. In conclusion, classical strength development exercises can be effectively combined with core stability exercises to improve the strength level of performance handball players.
Keywords: strenght; core-stability; handbal

Analysis of the Humanistic Concepts of the Olympic Games Described by Pindar in His Odes

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Pindar, one of the greatest lyric poets of ancient Greece, is renowned for his epinician odes, dedicated to the victors of the Panhellenic competitions, especially the Olympic Games. These odes were not mere praises of the athletes but reflected a profoundly humanistic vision of life, virtue, and the relationship between humans and gods. A central element in the epinicia is the concept of arete (excellence), considered the supreme ideal of the athlete and, more broadly, of the elite individual. Through his verses, Pindar

emphasizes the importance of innate talent as well as continuous effort, both essential in achieving greatness. At the same time, the poet highlights honor and eternal glory, arguing that victory at the Olympic Games is not only a personal achievement but also a source of pride for one's family and polis. Another humanistic aspect of his work is gratitude toward the gods. In Pindar's vision, success is not only the result of human effort but also a divine gift. This balance between human endeavor and divine will reflects the harmony that Greek culture sought between fate and free will. Thus, Pindar's epinician odes are not just poetic compositions but valuable cultural documents that illustrate the humanistic ideals of ancient Greece and the influence of athletic competitions on the formation of individual and collective identity.
Keywords: Pindar; epinicia; Olympic Games; Ancient Greece.

The Impact of Ecological Conditionality on Physical and Sports Activities

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This article investigates the impact of ecological conditionality on the conduct of physical sports activities, in a context increasingly marked by concerns related to climate change and sustainability. By introducing the concept of "ecological conditionality," the author highlights the need to integrate ecological criteria into all forms of sports activity, from infrastructure to training methods. The research emphasizes that adapting sports facilities to ecological standards (through the use of renewable energy sources, material recycling, and efficient resource management) can contribute not only to environmental protection but also to increasing the attractiveness and accessibility of physical activities among the population.
Furthermore, the article analyzes how these ecological practices influence the motivation of athletes, both amateur and professional. It underlines the fact that athletes who train in sustainable environments experience higher levels of satisfaction, a deeper connection with nature, and a greater sense of social responsibility. The relationship between sustainability and sports performance is also discussed, concluding that implementing ecological principles in sports can lead to the optimization of athletes' physical and mental resources.
In conclusion, the study proposes practical recommendations for developing ecological infrastructure and creating educational policies that promote ecological values among sports practitioners. The research results highlight that integrating ecology into the field of physical activities is essential for a sustainable and responsible sporting future.
Keywords: ecology, physical activities, sport, ecological conditionality, sustainability, sports performance.

Evaluation of Controversial Moments at the Paris 2024 Olympic Games

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The Paris 2024 Olympic Games were marked by numerous controversies and errors that significantly influenced the perception of the public and the sports community. This article evaluates the most critical controversial moments, including issues surrounding the opening ceremony, flag confusion, gender-related disputes, and organizational errors. Through a detailed analysis of these incidents, the article highlights the causes, implications, and the broader impact on athletes, officials, and organizers.Special attention is given to the opening ceremony, where cultural misrepresentations and logistical missteps triggered widespread criticism from both spectators and participants. Flag mix-ups during certain competitions fueled diplomatic tensions, raising questions about protocol adherence and respect for national identities. Moreover, gender-related controversies, particularly concerning athlete eligibility and fairness in competition, reignited global debates on inclusivity and regulation in elite sports. The research also sheds light on sustainability issues, such as the failure to meet promised environmental standards and the inefficient management of resources, which disappointed both ecological advocates and international observers. Organizational shortcomings, including miscommunication, delays, and inadequate infrastructure, are critically examined for their role in undermining the event's credibility. Finally, the study proposes recommendations to improve future Olympic editions, stressing the importance of transparency, cultural sensitivity, and robust planning. By addressing the errors of Paris 2024, the Olympic movement has the opportunity to restore public trust and reinforce the values of unity, excellence, and fair play.

Keywords: Olympic controversies, Paris 2024 Olympic Games, organizational errors, sustainability issues, gender disputes, sports incidents.

Anxiety Reduction Through Physical Education and Sports

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Anxiety is a major public health issue, affecting individuals' quality of life and daily performance. Numerous studies show that regular physical activity plays a crucial role in reducing anxiety symptoms, offering significant mental health benefits. This research aims to analyze the impact of physical education and sports on anxiety reduction through a synthesis of specialized literature and statistical analysis from international studies. Physical exercises help regulate cortisol levels and increase the production of endorphins, neurotransmitters involved in well-being. According to analyzed data, moderate to high-intensity sports activities significantly reduce anxiety, improving sleep quality and concentration ability. Additionally, regular sports practice enhances stress resilience and fosters social interactions, key factors in maintaining balanced mental health.
Keywords: anxiety, physical education, sports, physical exercise, mental health, stress.

The Modern Perspective on Global Scientific Solutions in the Field of Sport Science and Physical Education

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The study analyses global scientific solutions in the field of sports science and physical education, focusing on technological and methodological advances in this sector. In an era of accelerated digitalization, traditional training methods are complemented and optimized by artificial intelligence, advanced biomechanics and performance monitoring systems. These tools allow for detailed assessment of athletes, optimization of training strategies and injury prevention, thus contributing to improving results in high-level competitions.
A key aspect of the research is the integration of emerging technologies, such as biometric data analysis, virtual and augmented reality, as well as real-time feedback systems, which provide athletes and coaches with precise information about their evolution and adaptation to effort. The study also explores the impact of interdisciplinary methods on physical education, highlighting the importance of a science-based and innovation-based approach.
Among the challenges identified are the need for coaches and teachers to continuously adapt to new technologies, the high cost of advanced equipment, and the disparities between developed and developing countries in terms of access to modern resources. However, the benefits of using these methods outweigh the obstacles, providing an optimal framework for

the development of performance sports and the improvement of physical education.The application of modern scientific solutions in sports and physical education has a significant impact on athletic performance and the educational process. The study emphasizes the need for collaboration between specialists from various fields to maximize the effectiveness of these technologies, thus contributing to the sustainable development of sports and physical education at the global level.

Keywords: Sports science, physical education, modern technologies, sports monitoring, biomechanics, artificial intelligence.

The impact of Cardio Tennis Lessons on Shot Consistency

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Cardio tennis represents a contemporary training strategy that integrates traditional tennis drills with continuous aerobic exercise. Designed to keep participants in constant motion, this method promotes cardiovascular fitness while simultaneously enhancing technical performance. The present study investigates whether adults between the ages of 35-45 can enhance the consistency of their shots, quantified by the number of balls landing within the court boundaries, following eight cardio tennis sessions. Participants will attend structured group classes twice per week, with each session focusing on repeated stroke patterns, strategic movement, and interval-based intensity. To ensure consistency in training, all session were conducted under similar conditions, using the same court surface, equipment, and drill structure. Participants were encouraged to maintain a moderate to high intensity throughout, monitored using perceived exertion scales. Each session included warm-up, main drill sequences focusing on forehand and backhand accuracy, and short cool-down. Emphasis was placed on maintaining proper technique even under physical fatigue, simulating real match conditions. This approach aimed to reinforce neuromuscular coordination while under cardiovascular stress. It is expected that the combination of aerobic activity focused tennis drills will lead to measurable improvements in shot consistency. Data collected before and after the training period will help determine whether cardio tennis can be considered an affective intervention for technical development in recreational adult players.

Keywords: Cardio Tennis; aerobic activity; neuromuscular coordination.

The Impact of Physical Activities on Mental Health Among Students

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This research paper aims to explore the relationship between physical activities and mental health of students, given the increased incidence of psychological problems among young adults. The study focuses on how the practice of physical activities influences psychological well-being, reducing symptoms of anxiety and depression, as well as improving overall mental health. The research emphasizes the importance of physical education and sports programs in higher education institutions, as an integral part of strategies aimed at supporting the mental health of students. Also, important aspects were highlighted from the discussions with students, such as the need for organizational support in promoting the practice of physical activities and the importance of the social environment in encouraging students to engage in this type of activities. The results obtained showed a significant correlation between the frequency of physical activities and the improvement of mental health. Thus, students involved in regular sports activities had lower levels of anxiety and depression, as well as an increased sense of self-confidence and socialization. Activities that had a more pronounced impact on psychological well-being (team sports and aerobic exercise) were also identified compared to other activities. The main goal of the study is to provide a solid empirical basis for the development of policies and programs that facilitate students' access to physical activities.
Keywords: mental health, physical activities, students.

Sport as a Tool for Social Inclusion: Addressing Discrimination Among Migrant and International Students

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This study investigates the role of sport in promoting social inclusion and combating discrimination, utilising a questionnaire distributed among diverse stakeholders in the sporting

community. The findings reveal significant disparities and perceptions regarding inclusivity across various demographics, including individuals with disabilities and ethnic minorities. Responses indicated that despite the recognised potential of sports to foster connections and enhance self-esteem, systemic barriers continue to hinder equitable participation. The questionnaire also underscored the necessity of community sports provision. Specifically, regions with well-developed sports facilities have been shown to have better participation rates, leading to enhanced health outcomes and reduced narratives of discrimination among marginalised groups. This is corroborated by evidence suggesting that partnerships between sports organisations and social service providers can amplify the social impacts of sports by fostering an inclusive environment for socially vulnerable youth. In conclusion, this research highlights the critical need for systemic changes in sporting organisations and underscores the importance of further investigation to develop comprehensive frameworks for evaluating the efficacy of inclusion initiatives in sports. Achieving equity in sports participation not only benefits individual well-being but also enriches community cohesion and actively combats discrimination.
Keywords: role of sport, social inclusion, inclusivity.

The Psychological States an Athlete May Experience in Handball Competitions

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Psychological preparation for an important tournament or game is a primary focus of psychological training in handball. The game itself is a significant event for a player because it presents a unique psychological load. By applying and analysing the flow concept from psychology to competitive sport, we can observe that the psychological states an athlete experiences during a competition are highly dependent on their skill level and the stress they encounter. For example, a well-trained athlete can attain a state of flow in major sports competitions. In contrast, low-impact competitions can lead the same athlete into a state of mental relaxation. Conversely, low-skill athletes may face apathy, worry, or anxiety depending on the level of competitive demands. The State of Flow is characterised by a feeling of mental fluidity, marked by the ability to concentrate on the most important tasks at hand while mobilising all one's abilities. This mindset is the optimal psychological experience that athletes must undergo in major competitions. Among the psychological stresses that athletes experience in major competitions, research has found that the most prevalent is competition anxiety.
Keywords: sport psychology, sports performance, Flow concept, competition anxiety.

The Evolution of Modern Technology in Optimizing Athletic Performance in Sprint Events-An Investigative Approach

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Technological progress has significantly influenced the training and performance of athletes in sprint events, providing new tools for analysing and optimizing training. Modern methods of monitoring physiological and biomechanical parameters allow for a more precise evaluation of individual capacities and athletic progress. The purpose of this research is to investigate athletes' perceptions of the evolution of modern technology in optimizing athletic performance in sprint events and to analyse how modern technologies are perceived and used in sprint training. Research objectives: Evaluating the level of knowledge and use of modern technologies among performance athletes. Analysing athletes' perception of the efficiency of modern technologies in improving performance in sprint events. Identifying areas in which athletes believe technology can be improved to enhance performance in sprint training. Examining the factors that influence the adoption and integration of modern technologies in sprint sports training. Research hypothesis: It is assumed that athletes who use modern technologies in their training believe that these technologies have a significant impact on their performance in sprint events, and that more frequent integration of these technologies could contribute to optimizing athletic preparation.
Keywords: technology, performance, athletics, investigative approach.

Key Determinants of Speed and Agility in Elite Youth Female Basketball Players

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Performance in modern basketball is increasingly influenced by physical attributes such as acceleration, agility, and explosive power. This study explores the relationship between anthropometric characteristics and motor abilities in elite youth female basketball players, aiming to identify key predictors of speed and agility across developmental stages. A total of 140 players participated, divided into U14 (n = 46), U15 (n = 47), and U16 (n = 47) categories. The players underwent testing for body composition, jump performance, linear speed, and

change-of-direction ability. Results indicated that U16 players exhibited superior values in height, lean mass, and jump performance compared to younger groups. Notably, agility and sprint performance improved consistently with age. Linear regression analysis revealed that countermovement jump height was the strongest predictor of sprint performance across all age categories, while drop jump performance showed a strong association with agility metrics. Moreover, increased body fat percentage was negatively correlated with both speed and agility outcomes in each group. These findings underscore the importance of developing lower-limb power and maintaining optimal body composition in young female athletes, both for performance enhancement and talent identification.
Keywords: Youth female athletes, Basketball performance, Speed, Agility, Body composition.

The Correct and Harmonious Physical Development of Primary School Students Through a Complex of Physical Exercises Applied Within the Framework of Physical Education Classes for Students in the First Class

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The present work tries to demonstrate the connection between school physical and sports education and the correct and harmonious physical development of first grade students.
By introducing a complex of well-selected and structured physical exercises into physical education classes, we will achieve a correct and harmonious physical development of first grade students. Methods. Subjects were 40 students aged 6.76±0.68 years, of which 20 girls and 20 boys from the School with classes I-VIII no. 3 Ciprian Porumbescu, Constanța, Constanța county. The 40 subjects were divided into two groups of 20 subjects each (10 girls and 10 boys), the experimental group and the control group. The subjects present a good state of health, with the results of the performed tests whose values are approximately equal. The subjects were subjected to a battery of tests (somatic, physiological and motor), and the experimental group used a program specially created to achieve the proposed goal.
Results. There are significant increases ($p<0.0005$) in both experimental groups, in both girls and boys, compared to the control groups. Conclusions. Analyzing and interpreting the data provided by the conducted experiment, we can appreciate that a complex of well-structured physical exercises influences the correct and harmonious physical development of first-grade students.
Keywords: physical education, physical development, primary school.

The Influence of Playing Volleyball on the Students (14-15 Years Old) from the Secondary School

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Volleyball is an effective means of comprehensive physical development, with the help of which the tasks of improving the health and improving the efficiency of schoolchildren are implemented. The sports achievements of volleyball teams at school largely depend on the level of their technical skills. The tactical equipment of a player depends on his technical training, it is necessary to observe the unity of technical and tactical training. The search for ways to optimize the technical and tactical training process is one of the most important problems in the training system of school volleyball teams. Volleyball players have the most diverse effect on the body trough speed-strength exercises. Strength exercises and especially endurance exercises have less impact. It should be borne in mind that the greatest performance in one of the physical qualities may only be available at a certain level of development of the others. Therefore, it is necessary to educate physical qualities in such a way that they are harmoniously developed in the necessary ratio, depending on the characteristics of the chosen activity. For the development of the necessary physical qualities, mainly acyclic exercises are selected, performed in combination with various techniques of game technology.
Keywords: volleyball, sports game, team, school.

Device for Testing and Improving Students' Reaction Speed

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The article presents the description and use of an apparatus designed to test and improve the reaction speed of students in order to accurately quantify the cognitive performance and motor reactions of high school students. This experimental study includes different traditional and modern methods of analysis and control such as: test method, video method, observation method, experiment method, assistive devices method, etc. The present research includes a series of tests that allow the evaluation of reaction speed, adapting to the level of each subject. The tests applied were for the skillfull hand, the non-dexter hand and simultaneously for both upper segments. We observed an improvement in reaction speed in the experimental

group. The apparatus used in the tests can also be used as a specific means for the development of reaction speed in secondary school students. The overall conclusion is that the introduction of interactive and accessible technologies in the educational environment can have a positive impact on students' performance, especially in terms of reaction speed and coordination. The study provides a solid basis for extending the research to larger groups and in a variety of educational contexts.
Keywords: reaction speed, evaluation, assistive devices, testing, skill.

Effective Methods for Optimizing Effort Capacity in the Military Pentathlon Event

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The military pentathlon event is a complex test of physical and mental endurance, which challenges military athletes in shooting, obstacle swimming, obstacle running, grenade throwing, and endurance running. My personal experience inspired me to create a comprehensive, individualized and appropriate scientific training program in order to optimize the competitive performance and to provide a scientific basis for the military pentathlon in Romania. With accurate physiological monitoring, personalized training cycles can be established, covering all five events and optimizing each athlete's individual exercise capacity. This article explores modern physical and mental training methods, with a focus on adaptability and injury prevention. The benefits of using performance monitoring technologies to adjust training intensity in real time are also analyzed. I used functional tests such as the Balke-Ware protocol and Garmin HRV technology. As working methods, i used: bibliographic study, experiment and observations. The bibliographical study provided the theoretical basis, while the observational and experimental methods allowed the real-time data collection. Using statistical analysis, the data obtained from the application of the methods could be interpreted. They show a significant increase in the exercise capacity of athletes. Research demonstrates that personalized training cycles can significantly improve athletic performance and longevity of sports career.
Keywords: military pentathlon, effort capacity, personalized training

Comparative Study on the Body Composition of Female Handball Players in the Prepubertal and Pubertal Stages of Development

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This study aims to highlight the main differences in body composition of female handball players in the prepubescent and pubertal stages of development. As we well know, body composition is an essential indicator of health status and sports performance potential, especially in team sports with high physical demands, such as handball. The study was conducted on a sample of 16 female athletes, in the first phase the testing was carried out when these athletes were between 10 and 11 years old, and subsequently they were tested two years later. The two tests were performed using the InBody 720/Biospace bioimpedance device (made in Korea). We analyzed and compared a series of parameters such as: body mass index, skeletal muscle mass, body fat mass, total body water, basal metabolic rate, etc. The results revealed important differences in terms of body mass index, muscle mass and fat mass. In conclusion, the transition from prepubertal to pubertal stage is associated with important changes in body composition, which may influence the adaptation to the specific requirements of the handball game.
Keywords: handball, body composition, sports performance, stages of development.

Observational Study on the Impact of Digital Technology on the Motor Performance of Middle School Students During Physical Education Lessons

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The present study aims to identify and highlight the influence of frequent use of digital technology on the motor performance of students in the gymnasium cycle, in the context of

physical education lessons. Currently, digital devices (phones, tablets, computers) are accessed at an increasingly early age and are used for long periods of time. These aspects generate negative effects on physical development and active participation in physical activities. The study was conducted on a sample of 246 students from two educational units, aged between 11-14 years (gymnasium cycle). We analyzed the level of students' involvement in physical activities, endurance, motor coordination and concentration ability demonstrated during physical education classes, in correlation with the daily duration of screen exposure, self-reported by the participants. Following the results obtained, we observed a clear trend of decreasing motor efficiency in the case of students with a high consumption of digital technology, especially those between the ages of 13 and 14. In the case of these students, an early onset of fatigue, a decrease in the ability to concentrate and somewhat reduced involvement in physical activities were observed. The conclusions of this study emphasize the need to implement educational and behavioral measures focused on reducing the time spent in front of screens and promoting an active and healthy lifestyle among students.
Keywords: physical education, digital technology, motor skills, middle school students.

Analysis of the Selection Criteria for Beginning Football Players

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Football was and remains the number one sport, both among children and adults. The success of training a football team depends a lot on their training system at the beginner level. An important role in this regard is played by the system and criteria for the selection of athletes. Currently there are several selection criteria, which are applied in the training system of the beginning footballers. However, there is no general concept of their application in the training of soccer players at beginner level, and a good selection will ensure success for future performance soccer players. The given research comes to analyze the opinions of football specialists regarding the criteria and methodology of implementing the criteria for the selection and training of football players at the beginner level, and the recorded results will serve as a methodological guide for football specialists, especially for those who are concerned with the training of football players at the beginner level.
Keywords: children; football; beginners; selection criteria; specialists.

The Importance of Individualized Physical Training in Women's Basketball at Junior Level in Achieving Sports Performance

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The aim of this study was to design, implement, and validate a physical training program specifically tailored to junior basketball players, based on their individual biomotor characteristics. The goal was to facilitate the positive development of key physical indicators associated with optimal athletic performance and competitive success. The research adopted a longitudinal design over a six-month period, during which athletes were assessed at both the beginning and end of the intervention using the VERT and Optojump systems. Jump height during jump shots (JumpShoot) was monitored using VERT accelerometers worn by athletes after the warm-up phase of each training session. The VertCoach application provided real-time feedback on individual jump performance, including the best and average jump heights per session, as well as the total number of jumps. Statistical analysis revealed significant improvements in performance indicators. The average increase in jump height (measured via VERT) was +4.46 cm, with a t-value of 9.57 ($p < 0.001$). For the vertical jump test with countermovement (measured with Optojump), the average gain was 3.22 cm, with a t-value of -9.22 ($p < 0.001$). These statistically significant differences confirm the effectiveness of the training program and support its application for enhancing athletic performance in junior basketball.

Keywords: junior basketball players; Vert Accelerometers; JumpShoot; Optojump; training program.

Study on the Perception of a Healthy Lifestyle Among Secondary School Students

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Background: The health of the future adult should be a growing concern for those responsible, because nowadays the main issues are sedentarism and obesity, which are quite widespread among youngsters, being influenced by the daily lifestyle started since childhood. The scope is to identify the perception of secondary school students from the Municipality of Resita regarding the importance of nutrition, sleep and physical activities in the development of a healthy lifestyle. Methods: The 575 participants are secondary school students from different schools located in the municipality of Resita. A combination of methods was used: bibliographical study, sociological survey, statistical-mathematical analysis and the graphical method. Results: The study shows that students' perception of their health is "very good" and "good", according to the answers given by the majority of the respondents. Conclusions: The study shows that although the contribution of nutrition, sleep and sports to young people's health and well-being is well known, it still requires special education at a young age, involving schools, families and local authorities.

Keywords: health; motor activity; healthy nutrition; active lifestyle; secondary school students.

The Historical Evolution of Physical Exercise from Primitive Societies to the Modern Era

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This article explores the historical evolution of physical exercise, tracing its transformation from primitive survival activities to the structured and scientifically grounded training methods of the modern era. Physical activity has always been an essential component of human life, initially linked to basic survival tasks such as hunting, gathering, and self-defense in primitive societies. These movements, though unstructured, laid the foundation for what would later evolve into organized physical education. As societies progressed, physical exercise began to acquire social, cultural, and even spiritual significance. In ancient civilizations such as Egypt, China, Greece, and Rome, physical training was associated with military preparation, aesthetic ideals, and philosophical values. The

Greeks, in particular, emphasized the harmony between body and mind, establishing physical education as a key part of their educational systems. During the Middle Ages, physical activity was often linked to combat training and chivalry, especially among the nobility. However, it was in the Renaissance and Enlightenment periods that physical exercise regained importance, inspired by the rediscovery of classical ideals and the rise of scientific thought. In the 19th and 20th centuries, with the development of modern pedagogy, sports institutions, and medical knowledge, physical education became formalized in school curricula and professional training programs. The article also highlights how perspectives on health, fitness, and physical well-being have evolved, shifting from purely utilitarian functions to a broader understanding of physical activity as a vital component of personal development and public health. Today, exercise is recognized not only for its physiological benefits but also for its psychological, educational, and social roles in building a healthy society.

Keywords: evolution, physical exercise, primitive societies, modern era, health, training.

Refereeing in Modern Rugby: A Systemic Response to Rule Reforms, Competitive Dynamics, and Technology

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This study examines the impact of regulatory changes on both the style of play and the role of refereeing in modern rugby, emphasizing the legislative evolution of the sport and the increasing professional demands placed on match officials. Based on an analytical and applied approach, the research explores three decades of structural reforms, including the introduction of Experimental Law Variations (ELVs) and World Rugby directives focused on improving match fluidity, reducing stoppages, and ensuring player safety. These reforms have reshaped the competitive model, shifting the game from a static, collision-based structure toward a dynamic, possession-oriented framework marked by fast-paced transitions. Statistical evidence reveals a consistent rise in ruck frequency and completed tackles, illustrating the shift toward a high-intensity playing style. The study also highlights the complex demands now placed on referees, who must combine physical fitness, strategic positioning, and rapid decision-making under pressure. Moreover, it explores the integration of technology—specifically the Television Match Official (TMO) system and post-match video analysis—as tools for decision support and professional development. Ultimately, the findings support a convergent model of refereeing, understood as a context-dependent function that bridges regulatory application, tactical awareness, and technological engagement within the evolving dynamics of modern rugby

Keywords: rugby, refereeing, regulatory changes, game dynamics.

The Role of Musical Accompaniment in Body Expression Disciplines as an Acoustical-Aesthetic Component

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Musical accompaniment represents an acoustic-aesthetic component, associated with the motor behavior specific to body expression activities. Music manifests influences in the direction, regulation, organization and construction of movement structures, having an importance and a specific interpretation with implications both on the level of rhythmicity education and on body elements. To carry out the research, I proposed the hypothesis according to which knowledge of the role of musical accompaniment used in body expression activities constitutes an essential acoustic-aesthetic component in the assimilation of specific motor content. The research methods used were: the study of bibliographical material, the pedagogical experiment survey, the statistical-mathematical method and the graphical representation. The research was carried out on a sample of 60 students from the "Vasile Alecsandri" University of Bacău. In order to obtain the most complete information possible regarding the research topic, we used one of the fundamental techniques of the survey, namely the questionnaire, which included closed questions and prefigured answers. The experiment also evaluated through specific test batteries the role of themes and rhythmic games in the assimilation of motor content. Following the research, it is found that musical accompaniment is a determining acoustic component in the accumulations achieved in subjects that contain bodily expression activities. This is confirmed by the results obtained from the research, which attributes multiple valences to music.
Keywords: musical accompaniment, body expression disciplines, acoustical-aesthetic component.

The Influence of Cheerleading Extracurricular Activities on The Motor Behavior of High-School Pupils

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Thinking that cheerleading presents certain advantages than other leisure activities, considering its form, content, and effects, we chose this theme trying to analyze how it can be integrated into the middle-school extracurricular activities. The aim of this paper is to bring to the attention of specialists/teachers the effectiveness of certain new strategic models for education, by presenting one of the most dynamic branches of extracurricular activities - cheerleading. The hypothesis of this study starts from the assumption that the identification of the influence the cheerleading extracurricular activity has on the female performers' motor behavior, could

lead to multiple solutions for promoting this kind of exercise at a high-school level. The research was conducted on a group of 35 female pupils, between 15 and 17 years of age. The research methods used were: study of the bibliographical material, the observation, the observation, the experiment, the tests, the statistical-mathematical method and the graphical representation method. The constructed models have envisaged to capitalize on the specific female psycho-motor particularities, and the aptitudinal and attitudinal accumulations of middle-school female pupils. These models consisted of rhythmic themes and games performed through percussion and movement, specific choreographic blocks and pyramids. We constantly envisaged to stimulate the pupils' creativity by appealing to their imaginative skills. The cheerleading extracurricular activities are modern, attractive, complex pedagogical applications that can help attain, simultaneously, multiple formative and educational objectives. Cheerleading offers modern, operational alternatives, influencing the motor behavior in high-school female pupils, creating an agreeable working environment.
Keywords: Cheerleading, extracurricular, motor behavior, middle-school;

The Influence of Anxiety on the Performance lympic Martial Arts Athletes: A Systematic Review

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Competitive anxiety is a crucial element of sports psychology, significantly influencing performance, particularly in direct confrontation sports. This systematic review, executed in accordance with the PRISMA methodology, examines the correlation between anxiety and performance in Olympic martial arts competitors (judo, taekwondo, karate, boxing), utilizing studies published from 2010 to 2025. The findings indicate that elevated cognitive anxiety and diminished self-confidence correlate with reduced performance, whereas enhanced confidence facilitates optimal performance. Research indicates discrepancies influenced by age, competitive level, and emotional regulation strategies. The results indicated that psychological therapies aimed at anxiety control can substantially enhance the performance of martial arts athletes.
Keywords: martial arts; performance; anxiety; olympic sports.

The Influence of Stress on the Performance of Adolescent Athletes in Olympic Martial Arts: A Systematic Review

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Stress is a major psychological factor that influences athletes' performance, especially in the context of combat sports. This systematic review, conducted according to the PRISMA method, investigates the relationship between stress and performance in adolescent athletes (14–18 years old) practicing Olympic martial arts, based on studies published between 2010 and 2025.The results show that excessive anticipatory stress (measured through salivary cortisol or psychometric questionnaires) is associated with a decrease in competitive performance, while an optimal level of stress during confrontation can have a positive mobilizing effect.The ability to manage stress, supported by psychological preparation, proves essential for optimizing sports performance in this age group.
Keywords: sports; martial arts; performance; stress.

Periodization of Training in the Naval Pentathlon for Athletes From the "Mircea Cel Bătrân" Naval Academy Team

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The purpose of periodization is to rationally organize the training process, over periods of several months or a year, in the form of cycles, different in duration and objectives, so that the most valuable results are obtained in the most important competitions. Research in the field of naval pentathlon brings new elements to the periodization of training. It is considered that currently, the effective approach to training should be a qualitative one, to the detriment of the traditional quantitative training. To this end, good management of the athletes' energy resources will be pursued, the optimal harmonization of all the elements that must guide the programming and planning of training, and the direction of the training strategy will be oriented towards obtaining results at the level and time established according to the competition calendar.
Keywords: sports training, periodization, naval pentathlon.

Methods of Objectiveizing Specific Effort in the Game of Basketball With a View to Increasing the Technical-Tactical Content

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The purpose of our study is to objectify specific effort in basketball to increase technical-tactical content:By analyzing in detail the specific effort in basketball, the goal is to identify areas where players can improve their physical, technical and tactical performance.Using the information obtained to design training programs that meet the specific needs of players, improving their individual and team skills. Providing information to coaches and the technical team to develop more effective game strategies, based on a deep understanding of the dynamics specific to basketball.
Keywords: technical, strategies, effort.

The Impact of Combat Disciplines on Moral-Volitional Qualities

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Since ancient times, the knowledge and/or mastery of certain motor skills and abilities related to combat disciplines—whether traditional or modern—has represented an asset: in early human evolution, for survival; in contemporary times, for social affirmation and competitive activities. However, the evolution of human society has shown that the mere mastery of specific motor skills and abilities associated with martial practices is not sufficient—neither for survival nor in modern competitions. Beyond psychophysical training, a decisive role in the execution of motor actions is played by something that makes the difference between a classic sword and one based on a laser beam: moral-volitional qualities. This is why we believe our topic may generate significant interest in how to positively influence moral-volitional qualities.
Keywords: moral-volitional qualities, motor skills and abilities, combat disciplines.

Fitness in the Young and Adult Population; Desire and Necessity

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In a world dominated by the benefits of modern achievements, reflected in increased comfort and increasingly diverse nutrition—mostly composed of processed products—alongside artificial intelligence that reduces and/or limits the practice of physical exercise to the level of just a click, the modern individual faces harmful factors affecting their psycho-physical health. These materialize through obesity—with all its consequences—and especially the decline of psycho-motor skills and, quite often, moral-volitional qualities, which tend to become merely formal aspects. In these conditions, we believe that through our topic we will spark interest in a field that is taking root in our era: FITNESS. Through the quality of our reflections and the content of our topic, we hope to reposition the desire and necessity of engaging in physical activity within the natural framework of human existence.
Keywords: fitness, psycho-motor qualities, physical activity, health

Physical Education and Motor Therapies – Strategic Investments in Human Capital and Public Health

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Physical education and motor-based therapies such as kinesiology and physiotherapy are not merely curricular components, but strategic investments in the development of human capital. From an economic perspective, programs that promote physical activity and rehabilitation contribute significantly to the prevention of chronic diseases, the reduction of healthcare costs, and the long-term increase in workforce productivity. Moreover, integrating such programs into the education system—especially for students with special educational needs—advances inclusion and equal opportunity, generating measurable social benefits. This article explores the economic implications of education policies that support physical activity and therapeutic interventions, proposing strategic directions for optimizing investments in the health and development of future generations.
Keywords: public health, human capital, physical education, physiotherapy, kinesiology, educational investment, social inclusion, cost-benefit analysis, long-term productivity, inclusive education

Humanistic Evolutions and Correlations of the Olympic Games From Antiquity to Modernism

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This article examines the evolution and humanistic correlations of the Olympic Games, tracing their development from their origins in Ancient Greece to their modern revival and transformation. The Olympic Games have historically been more than just athletic competitions; they have served as a profound expression of the fundamental values of humanism, including excellence, fair play, mutual respect, and solidarity among participants.
In antiquity, the Olympic Games were closely intertwined with religion, philosophy, and culture. They played a vital role in consolidating Greek identity and in promoting shared cultural and spiritual values. The sacred nature of the games, held in honor of Zeus, reinforced their humanistic character by promoting harmony and self-improvement through physical and moral discipline. The modern revival of the Olympic Games, initiated by Pierre de Coubertin in the late 19th century, was inspired by humanist ideals, envisioning sport as a tool for international cooperation and world peace. In the modern era, these values were reinterpreted in light of evolving political, economic, and technological contexts. The Olympics have since become a global symbol of diversity, inclusion, and social equity. This study highlights the continuity and adaptation of humanistic principles throughout Olympic history, illustrating how the structure and organization of the Games reflect both tradition and modernity. Through a socio-cultural lens, the paper explores how the Olympics function as a catalyst for cross-cultural dialogue, international diplomacy, and global progress. The findings underscore the enduring role of the Olympic Games in promoting universal values and affirming sport as a vital medium for communication and human development.
Keywords: Olympic Games, antiquity, modernism, humanism, cultural evolution, socio-cultural correlations, humanistic values, competitiveness, international peace.

Comparative Analysis of Attack Efficiency and Blocking Performance in the Final Stage of the U18 Women's European Volleyball Championship

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This study is based on the premise that attack efficiency varies significantly between teams and is influenced both by the effectiveness of the opponent's block and by the game phase in which the offensive action is constructed. The aim was to compare the attack efficiency of 10 teams participating in the final stage of the U18 Women's European Volleyball Championship, both overall and specifically in the side-out phase (K1) and transition phase (K2), while also analyzing the impact of opponent blocking. Data were collected and analyzed using the specialized software Data Volley, which was used to code and evaluate game actions. The analyzed indicators included: overall attack efficiency, side-out and transition efficiency, number of points scored from blocks, and the percentage of effective blocks.The results showed clear differences between teams. The team with the highest attack efficiency recorded 28%, peaking at 33% during transition, while the most effective blocking performance reached 36%. Overall, attack success rates decreased when facing well-coordinated team blocking structures.The findings indicate that attack performance is influenced by both the game phase and the quality of the opponent's block. It is recommended that training programs include specific drills for transition and block coordination, as essential components in optimizing performance at the youth level.
Keywords: attack efficiency, blocking, women's volleyball, side-out, statistics.

The Training of Future Physical Education and Sports Teachers from Romania - A Qualitative Content Analysis

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The Physical Education (PE) lesson is one of the most important tools through which we can act against the problem of a sedentary lifestyle. This paper aims to highlight the main ideas that we convey to future Romanian PE teachers. A thematic analysis was conducted on the contents of the bibliographic references presented as mandatory to study in order to obtain a job as a PE teacher in public education in Romania. The first alarming result is that 13 papers out of the total of 21 (62%) cannot be found. After analyzing the papers that can be found, it emerged

that future Romanian PE teachers are prepared to use competition as the main tool of education. Also, it is considered that one of the main objectives of the PE teacher is to identify possible talents for various sports branches. All these ideas are in contradiction with the UNESCO regulations that postulate the concept of "physical literacy" as the ultimate objective of the PE discipline. This research raises a red flag regarding the need for an update of the papers presented as mandatory to be studied by a future Romanian PE teacher.
Keywords: physical education, teachers, physical literacy, qualitative analysis.

Analysis of Personality Traits of Cycling Commissaires According to Demographic Variables

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This research aims to examine the personality traits of cycling commissaires according to demographic variables. 58 of the 134 commissaires who actively work in the 2024-2025 season and who participated in the 2025 Commissaire Training Course organized by Turkish Cycling Federation participated voluntarily. The Big 5-50 Personality Test, translated into Turkish by Tatar (2016), was used in the research. It was investigated whether there was any relationship between the commissaires' gender, education level, commissaire status, officiating period and the number of races they officiated. It was determined that the responsibility ($\bar{x}$= 35.18) and agreeableness ($\bar{x}$= 30.44) personality traits of the commissaires were more dominant than their other traits. It was determined that there was a significant relationship between education level and compatibility (p=0.34<.05), between education level and intelligence/imagination (p=0.002<.05), and between referee status and compatibility (p=0.32<.05).
Keywords: cycling, commissaires, personality traits.

Device for Measuring and Correcting Technique in Sports Games

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The article presents the description and application of a device intended for testing and improving technique by reducing students' errors, using an electronic device that can accurately determine the degree of hand flexion on the forearm, as well as the speed at which this is performed. The methods used are observation, experimentation, testing, the use of assistive devices, photo-video methods, etc. In this study, we aimed to accurately determine the degree of hand flexion, as incomplete flexion can lead to faulty execution, for example, in a basketball

shot, or in a volleyball attack, or in handball when shooting at the goal. As a result of the tests performed, we identified a number of execution errors in the subjects, whose correction led to much better results. In conclusion, working with this device allowed us to precisely observe incomplete flexions in the various techniques tested, to correct the technique, and last but not least, it was highly appreciated by the students we worked with.
Keywords: palmar flexion, evaluation, assistive devices, technique.

Observations Regarding the Correlation between Effort Capacity and Physical Fitness

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In the present theoretical study, we aimed to demonstrate that improving physical condition and implicitly effort capacity can be achieved by choosing to practice classical fitness. The latter, which is based on principles, methods and means of action, can facilitate the achievement of a wide range of objectives, from body weight control and improvement of cardio-respiratory endurance, effort capacity, to toning, highlighting or hypertrophy of somatic striated muscles. Thus, in the case of training sessions, specific to fitness, physical effort is applied based on a complex process of mobilizing the energetic, physical and mental resources necessary to perform, in optimal conditions, the specific exercises within the training programs. This well-executed process can lead to the emergence of those qualitative changes in the body, both physiologically and anatomically, which are responsible for the physical condition of the person.
Keywords: physical condition, effort capacity, fitness, intensity

Aspects Concerning the Human Abilities and Motor Skills

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Consistent with theoretical assumptions, the reviewed papers aims to contribute to a better understanding of some notions and mechanisms that can help future physical education and sports teachers in their quest to become well-trained teachers. Thus, when we discuss school physical education or sports performance activity, we must first consider the knowledge and understanding of the basic notions related to abilities, perceptions, skills, abilities and motor qualities, and this is also due to the fact that, unfortunately, confusion is often made among students of specialized faculties, but recently such confusions have been encountered even

among teachers who teach. It is true that, in most cases, these confusions are encountered in the way of expression, so, in order to support those involved in physical education and sports, to clarify and, possibly, to correct these problems, it is important to remember and retain several important aspects related to human motor skills and abilities.
Keywords: human abilities, motor skills, physical education, sports performance.

Evaluating Students' Interest and Motivation in the Context of Swimming Practice in School Physical Education

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This research aims to evaluate the level of interest and motivation of students in the context of practicing swimming within school physical education classes. The study will analyze the factors that influence students' involvement in swimming activities, such as prior experiences, perception of their own abilities, social influence, and the attractiveness of the activity itself.
The research methodology will include questionnaires administered to students to measure their intrinsic and extrinsic interest in swimming, as well as their level of motivation. Furthermore, any gender or age differences regarding interest and motivation will be analyzed.
The expected results will provide a clear picture of students' attitudes towards swimming as a school physical activity, identifying the aspects that spark their interest and those that require improvement to increase motivation and participation.
The study's conclusions will be useful for physical education teachers and curriculum developers, providing valuable information for designing more attractive and motivating swimming activities for students, thus contributing to the promotion of an active and healthy lifestyle.
Keywords: students; swimming; motivation; questionnare.

The Impact of Strength and Speed Development on Performance Optimization in Long Jump among Middle School Students

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This study examines the impact of developing strength and speed on improving long jump performance among middle school students. The research followed a quantitative-experimental design over an eight-week period, involving a sample of 30 students aged between 11 and 13 years. The participants were divided into two groups: an experimental group and a control group. The experimental group followed a specific training program incorporated into physical education lessons, which included plyometric exercises, sprint runs, and resistance-based activities aimed at enhancing explosive power and acceleration. Assessment tools consisted of initial and final tests for lower limb strength (standing long jump), speed (30-meter sprint), and long jump performance with run-up. The results revealed statistically significant improvements in the experimental group, indicating a positive correlation between the development of strength and speed and progress in the run-up long jump event. The differences in means were significant at a p-value < 0.05, underlining the effectiveness of the targeted training intervention. These findings support the integration of focused training modules within physical education curricula to enhance motor performance in athletic disciplines. The study underscores the importance of early, structured physical training in developing key athletic abilities, especially during the formative years of middle school. By fostering strength and speed, educators can contribute to the holistic development of students' physical competencies and overall sports performance.
Keywords: long jump, strength, speed, middle school, physical education.

THE TACTICAL PLAN - ANOTHER PRE-GAME SWOT APPROACH IN SOCCER PLAY

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In football, the tactical plan can be considered the "red thread" of preparing a team's success. Thus, during the game, the strategies for positioning players, team compartments, and interpreting the attack or defense may change. The tactcical plan in football involve a deep understanding of player roles and game situations because this can change dynamically based on the opposition and match conditions. Modern tactical analysis technology allows technical staffs to perfect their game preparation and especially their interpretation, to simulate different

formations, perfecting their strategic approaches for future opponents. Catapult's data-driven solutions allow teams to visualize how their chosen tactical plan has performed or can be reanalyzed right during the game. By integrating football match analysis with tactical insights, teams can ensure that each player knows their role and how to adapt as the game progresses.
Keywords: tactical plan, positioning of compartments, player roles, catapult data.

Developing Coordination Skills As A Basic Element In The Individual Technical Training Of Beginners In The Game Of Football

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The research is devoted to the study of the problem of development of coordination skills of future football players at the stage of basic training. The structure of coordination skills of football players was defined. Football is a situational game that requires a high level of technical coordination. The aim of this study was to define which coordination elements are most important in football and to identify whether a coordination training program will improve the performance of basic football skills. Ten expert soccer coaches completed a questionnaire on the five coordination elements and gave their opinion on the most important coordination elements for soccer players. Based on the questionnaire results, a program was designed to provide practice in the most important coordination elements for soccer. The study participants were 20 young male soccer players for the school representative team (age 10 ± 2 years). The experimental group (EG, n = 20) performed a specific -technical coordination program twice a week for 6 weeks. Football performance measurements were taken before the start of the program and again after 6 weeks of training. Results showed that there was a significant difference in performance before and after the training program. In conclusion, the performance of basic soccer skills (passing, shooting, dribbling and offensive/defensive movements) improved after participating in the training program for 6 weeks.
Keywords: football coordination abilities, reaction capacity, basic football skills.

The Influence of Physical Education on The Short-Term Memory of Middle School Students

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The main purpose of the study was to explore the impact of physical education class on the active learning process and on students' short-term memory. 70 students from grades V-VII from a school unit in a rural area participated in the study. The research was conducted over six weeks, between November and December 2024, with each week having a specific objective. The experimental design aimed at applying memory tests that monitored the retention and reproduction of words depending on when they were applied before or after physical education class. Thus, the lists of 10 words were pre-established (from the field of a subject) or not previously established (depending on the subject in the school schedule). The measurement of the energy level, mental and physical fatigue of the students was carried out by developing and distributing perceived fatigue questionnaires. The analysis of the results offers a broad and positive perspective on how physical education and sports classes influence the short-term memory, energy level and motivation of students in secondary education, with the mention that the amplitude of the effect varies depending on their age.
Keywords: short-term memory; students; physical education; middle school education.

Study Concerning The Development Of Fine Motor Skills In Preschoolers

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Children entering kindergarten are known to have poorly developed fine motor skills, having trouble getting dressed, buttoning up, tying their shoelaces and holding and using various objects(cutlery, crayons, toys). All of this is determined by the degree to which the central nervous system has matured, motor skills and cognition in children being dependent on both genetics and upbringing. This paper tasks itself with the conception and application of experimental programmes concerning the development of fine motor skills of level I preschoolers from a school in Galați. The sample chosen for this study consists of 15 children, aged 3 to 4 years old. The use of these experimental programmes proved beneficial to the development of psychomotor skills in the participants, concluding that the early implementation of programmes

aimed at improving the psychomotor skills of level I preschoolers can help lay the groundwork for the development of crucial cognitive and motor skills in the years to come.

Keywords: preschoolers, motor skills, psychomotor ability

The Importance of Movement Games in the Harmonious Physical Development of Preschool Children

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Nowadays, device such as smartphones, laptops and iPod’s exert a greater influence on us that ever before, taking more of our children s time and attention, promoting a increasingly sedentary lifestyle. Thus, the task of stimulating children s interest in practicing physical activities falls on parents and educators to ensure their healthy development from a physical, cognitive, emotional and social point of view. This paper aims to emphasize the importance of using movement games as daily physical activities of preschool children (large group, children aged 5-6 years), for their harmonious physical development, offering solution in promoting an active and healthy life style. The research took place during 6 months in the Kindergarten whit Extended Program ”Piticot” in Galati, on a sample of 39 children – the experimental group 20 children (11 girls and 9 boys) and the group witness 19 children (10 girls and 9 boys) aged between 5 and 6 years. After the selection and application of the actuation systems – movement games – positive results were recorded in the general physical development of children and their motor skills, while ensuring the improvement of specific motor skills.

Keywords: harmonious physical development; motor skills; preschool education.

The New 2025 Arbitration Rules and their Influence On Juvenile Judo

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The modifications made over time to the regulations for organizing and conducting competitive activity aimed to increase the dynamism, efficiency and spectacularity of judo, materialized through the increasing number of practitioners, spectators and viewers at official competitions.

The purpose of the study is to establish the role and influence of the new provisions of the arbitration regulations on U.13 judoka athletes and whether they lead to the achievement of technical-tactical objectives at this age level. The changes made in 2025 give new valences to the practice of judo, which has a more modern, spectacular, attractive appearance, requiring a high degree of technical-tactical improvement, mastery, raising new problems regarding the training methodology.
Keywords: arbitration, judo, competion.

Contributions on the Objectiveization of Effort Specific to the Game Of Basketball

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The program proposed in this work and implemented in the preparation of the experimental group has proven its efficiency by improving the performances obtained in the applied tests.
The effectiveness of the implemented methodology is reflected in the progress recorded through the tests carried out, the specific indices of the competitive performance obtained by the experimental group and by the analysis of the effort time required by the modern basketball game; The specially created testing instruments represent an objective means of quantifying the performances achieved by the research subjects; The successful implementation of the experimental program leads to the optimization of the approach to the basketball game from a tactical point of view. The results of the study, the analysis of the conclusions and recommendations, constitute a premise for a potential future research in which to address the problems of achieving the preparation of basketball teams by monitoring the heart rate with the help of the Polar 7 device in order to objectively direct the sports training and obtain superior results in competitions. It is recommended to continue research and participate in specialized conferences to guide the methodology in training high-performance basketball players.
Keywords: basketball, effort, high performance.

A Framework for Constructing Valid and Reliable Instruments to Assess Physical Activity Knowledge

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For effective public health strategies promoting physical activity, grasping the underlying motivational factors is crucial, with theoretical knowledge playing a key role. This paper outlines a comprehensive, seven-step methodology for creating robust tools capable of measuring this crucial knowledge. The process begins with identifying key thematic areas and distributing relevant items, followed by generating a substantial item pool and rigorously selecting the most appropriate questions. Pretesting and subsequent interviews are conducted to refine item clarity and content relevance. The methodology culminates in performing thorough reliability tests and providing a clear guide for the instrument's application. Employing this framework enables the development of a valid and reliable questionnaire featuring well-performing items with balanced difficulty. The resulting instrument ensures consistent measurements across different administrations, offering researchers and physical education professionals a dependable means to assess PA-related knowledge. Utilizing such tools can facilitate comparative analyses and inform targeted interventions aimed at fostering sustained engagement in physical activity throughout life.
Keywords: physical activity, motivation, knowledge & understanding, physical literacy, validation.

Relationship Between Isometry, Body Mass Index and Reaction Rate

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In powerlifting, throwing (weight, disk) or rugby sports, a higher BMI can be an advantage. In contrast, in sports such as gymnastics and speed running, a higher BMI may become a disadvantage to performance. The study represents the statistical relationship between the reaction speed of the hand at the appearance of a light stimulus compared to the maintenance force of a weight and the body mass index. Correlation between response time (TR) and force -0.53 0.006 - significantly negative: lower time ↔ better force (TR) ↔ BM-0.004-0.98-no correlation. Maintain ↔ BMI 0,39 0,053 Poor positive correlation, almost significant.

There is a significant link between the speed of reaction and muscle endurance. BMI does not influence the rate of reaction, but may have a slight influence on muscle strength. The results can support the idea that training for force development can also help improve motor reactions.
Keywords: correlation, reaction time, force development.

Analysis of the Results of Scientific Research with the Participation of Primary School Students Regarding their Physical Development and Physiological Condition

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The article presents the results of the initial and final testing of the scientific experiment with reference to the physical development of students and how the implementation of the research program influenced some physiological indices evaluated in the control and experimental groups of students in the 4th grade. The analysis was carried out based on four indicators of physical development: body mass, waist, hand dynamometry and three indicators of the physiological state of male and female students separately. The experiment demonstrated that in the experimental group, significant improvements were recorded in the dynamometry of the left and right hands and the three indicators of the physiological state: the Ruffier-Dickson test, resting pulse and lung volume. At the end of the experiment, no significant changes were recorded in two anthropometric indices: body mass and waist/height in either the experimental or control group for both boys and girls.
Keywords: anthropometric indices, physiological indices, physical development, physiological state, dynamics of results, level of effort capacity, hand dynamometry, heart rate, lung volume.

PROMOTING THE CITIES OF THE REPUBLIC OF MOLDOVA THROUGH SPORTS TOURISM

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Abstract. The present research aims to highlight the importance and role of sports tourism in promoting the cities of the Republic of Moldova, from a practical perspective based on a range of sporting events held in 2022-2024. The subject of the research were the cities of the Republic of Moldova, cities that stood out for their use of the tertiary sector, namely the service sector, including sports tourism, as a priority form of promotion. The methods used were observation, case study, comparative, tabular and graphical. The results of the study highlight the approach that the strategies of cities in the Republic of Moldova in which sports tourism an essential element for their development, have led to an increase in their visibility at the international

level. At the same time, through sports tourism, the cities of the Republic of Moldova were able to promote their cultural, winemaking, and gastronomic potential, which led to the promotion of other important sectors of the local economy. The number of cities that are experiencing significant promotion due to sports tourism is increasing in the Republic of Moldova, and this is due to intense state policies that ensure and support the organization of major sporting events in cities.

Keywords: *tourism; sports; promotion; cities; strategies.*

Assessment of Physical Activity Levels and Sedentary Behavior among University Students

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Regular physical activity plays a key role in maintaining good physical and mental health. Among university students, prolonged study hours and frequent use of electronic devices often lead to a predominantly sedentary lifestyle. Physical inactivity is linked to an increased risk of chronic diseases and mental health disorders. Objective: This study aimed to assess the level of physical activity and sedentary behavior among university students using the Global Physical Activity Questionnaire (GPAQ). The instrument provides detailed information on physical activity in three domains: occupational activities, active transport, and recreational activities. Methodology: A total of 112 students (58 females and 54 males), aged between 19 and 26 years, completed the GPAQ. Data collection was carried out in compliance with the ethical standards approved by the institutional review board. Results: The average time spent in sedentary behavior was 7.2 hours/day for male students and 6.4 hours/day for female students. Vigorous activity was reported by 26 males (48.1%) and 13 females (22.4%), while moderate activity was more frequently reported by females (37.9%) than by males (27.8%). Conclusions: Sedentary behavior is highly prevalent among university students, and overall physical activity levels fall short of international recommendations. The findings highlight the need for educational interventions and institutional policies aimed at promoting physical activity and reducing sedentary behavior. Such measures could help prevent health issues and foster a healthier, more active lifestyle among young adults.
Keywords: physical activity, sedentary behavior, young adults, prevention.

The Correlation Between School Physical Preparation and Admission to Military Institutions

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Admission to military educational institutions involves several important stages, including aptitude selection, which consists of physical and psychological tests, as well as a final interview. The aim of this research was to analyse the correlation between the level of physical preparation achieved in high school and candidates' performance in the physical tests specific to admission to military institutions. The study was conducted on a sample of 166 participants (students and pupils, 53 females and 113 males) from military educational institutions, who underwent motor capacity evaluation tests between February and June 2024. The questionnaire was applied between March and April 2025, aiming to assess the candidates' perception of the effectiveness of physical training in high school and revealed significant deficiencies in this regard. In this research, we used the bibliographic method, the questionnaire method through which we collected data from participants regarding their physical training and their perceptions of physical education classes, the statistical method through which we processed and analysed the data obtained from the questionnaire, identifying relevant correlations and trends, as well as the data analysis and interpretation method. The results showed that the majority of respondents consider it necessary to introduce a specialized physical training module into the high school curriculum, tailored to the requirements of military exams. Additionally, it was found that many candidates had to undergo extra training, highlighting a gap between the level of school training and the actual demands of the admission process. The study emphasizes the need for a more differentiated and applied approach to physical education in high school education to support a military career path.
Keywords: candidates; admission; educational institutions; physical training; motor skills.

The Historical Evolution Of Physical Exercise From Primitive Societies to the Modern Era

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This article explores the historical evolution of physical exercise, tracing its transformation from primitive survival activities to the structured and scientifically grounded training methods of the modern era. Physical activity has always been an essential component of human life, initially linked to basic survival tasks such as hunting, gathering, and self-defense in primitive societies. These movements, though unstructured, laid the foundation for what would later evolve into organized physical education. As societies progressed, physical exercise began to acquire social, cultural, and even spiritual significance. In ancient civilizations such as Egypt, China, Greece, and Rome, physical training was associated with military preparation, aesthetic ideals, and philosophical values. The Greeks, in particular, emphasized the harmony between body and mind, establishing physical education as a key part of their educational systems. During the Middle Ages, physical activity was often linked to combat training and chivalry, especially among the nobility. However, it was in the Renaissance and Enlightenment periods that physical exercise regained importance, inspired by the rediscovery of classical ideals and the rise of scientific thought. In the 19th and 20th centuries, with the development of modern pedagogy, sports institutions, and medical knowledge, physical education became formalized in school curricula and professional training programs. The article also highlights how perspectives on health, fitness, and physical well-being have evolved, shifting from purely utilitarian functions to a broader understanding of physical activity as a vital component of personal development and public health. Today, exercise is recognized not only for its physiological benefits but also for its psychological, educational, and social roles in building a healthy society.
Keywords: evolution, physical exercise, primitive societies, modern era, health, training.

Development of joint mobility and balance to the students of the Faculty of Physical Education and Sports through aesthetic gymnastics means

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The paper aims to verify the role of introducing aesthetic gymnastics means, within the practical work in the discipline Theory and practice in branches of artistic and acrobatic

gymnastics, in 2nd year students. The aesthetic gymnastics means, introduced in gymnastics lessons for 2nd year EFS students, act correctly and efficiently on the development of joint mobility and muscle elasticity, also making an important contribution to the development of balance capacity to the PE students. Even though these means, by the nature and specificity of aesthetic gymnastics, are relatively easy to perform, they could have an optimal influence on the development of joint mobility and muscle elasticity, but also of balance capacity in students of the Faculty of Physical Education and Sports.
Keywords: aesthetic gymnastics, means, development, mobility, balance.

Development of Coordination in 6-8 Years Old Children Through Football Means

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The purpose of this research was to find the most effective means specific to the football game in order to improve coordination in children aged 6-8. The subjects of the research are athletes from the ACS LUCEAFĂRUL BUCOVINA 2012 football club and they are between the ages of 6-8. The study was conducted on the sports field of the Stefan cel Mare University in Suceava, which is covered with an artificial surface. Although the playing surface is 60 meters long and 40 meters wide, the research was conducted on a reduced field with dimensions of 40 meters long and 20 meters wide. At 6-8 years old, children play in matches or competitions in the 4+1 system (4 players on the field and a goalkeeper). In this age range, the fields can have various sizes, the minimum being 25 meters long and 15 meters wide, and the maximum being 42 meters long and 25 meters wide. Football fields must be rectangular and it is recommended that the width be 3 quarters of the length. The research started on January 6th, 2025 and completed it on May 12th, 2025. During this time, the subjects had 3 training sessions per week, taking place on Tuesdays, Thursdays, and Fridays from 4:30 p.m. to 5:30 p.m. We started from the hypothesis that if specific exercise structures for general and intersegmental coordination adapted to the age of 6-8 are used, with an appropriate dosage, then an improvement in coordination can be achieved at this age. As a research tool, we used the experimental method, this experiment being a challenged one to confirm the established hypothesis. The research results highlight the effectiveness of the specific means of the football game in developing general and intersegmental coordination in children aged between 6 and 8 years. The implementation of motor structures adapted to age-specific characteristics, along with an appropriate dosage of effort, led to the motor progress of the entire group investigated. It was also found that the initial level of motor skills influences the pace of progress, children with previous motor experiences having increased adaptability. Therefore, individualization and psychopedagogical support provided to children with a low level of motor development represent essential factors in making the instructional-educational process more efficient.
Keywords: coordination, progress, football, dosage.

Wearable Technology for Personalizing Effort in Physical Education: Correlations Between BMI and Physiological Response to Effort Among Middle School Students

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The integration of wearable technology in physical education provides an effective method for monitoring physical effort and enables activity adjustment based on students' individual physiological characteristics. This approach promotes personalized, health-centered physical development in school-aged children. Purpose: This study aims to highlight how heart rate monitoring using Xiaomi Smart Band 8 smartwatches and the Mi Fit mobile application can reveal significant differences in physiological responses to physical effort based on students' Body Mass Index (BMI). The central hypothesis is that students with higher BMI levels exhibit distinct cardiovascular responses compared to their normal-weight peers, justifying the need for differentiated physical education content. Methods: The study was conducted on a sample of 55 students, with a mean age of 11.5 years. Body composition (weight, fat percentage, and muscle mass) was measured using the Garmin Index S2 smart scale. Heart rate was tracked at seven specific points during a standardized physical education lesson, using Xiaomi Smart Band 8 smartwatches connected to the Mi Fit app. Based on BMI, students were categorized into three groups: normal weight, overweight, and obese. Results: Statistically significant differences ($p < 0.01$) were found among the three BMI groups regarding maximum heart rate during exercise: obese students reached an average of 174 bpm (beats per minute) overweight students 161 bpm, and normal-weight students 149 bpm. Recovery time to resting heart rate was noticeably longer in students with elevated BMI. Additionally, overweight and obese students entered anaerobic effort zones more quickly, while normal-weight students maintained aerobic effort for longer durations. Conclusion: The integration of Xiaomi Smart Band 8 smartwatches and the Mi Fit app with body composition analysis from the Garmin Index S2 scale enables precise assessment of physiological responses to exercise among schoolchildren. These findings support the importance of adapting physical education programs to the body profile and fitness level of each student, promoting a modern, inclusive, and health-oriented approach to school-based physical education.
Keywords: wearable technology, physical education, heart rate, effort monitoring, smartwatch, physiological response

The Role of Physical Exercise with Elements of Dancesport on Adaptation to the Age Of 40-60

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Dancesport is a great exercise choice for people between the ages of 40 and 60. It not only improves physical well-being, but also contributes to a general state of well-being, both physically and emotionally. Adapting the exercises correctly to the needs of each person is important to maximize the benefits and avoid possible injuries. A rather pressing problem is occupied by age-related changes in skeletal muscles and joints, which are characterized by changes in motor activity and deterioration of manifestations of physical qualities. The study involved 66 women and men aged 40-60 years, with pathological menopausal syndrome and divorced for no more than 5 years, with adult children. The classes took place in the gym for 6 months with a frequency of 2-3 times a week and a duration of 45 minutes. The entire program was carried out under the patronage of medical staff who kept track of somatic changes in people of that age. We took 66 people aged 40-60 as a control group, not having menopause, living married and having adult children, but not using exercise.
Keywords: dance, physical exercise, adult, emotional.

The Importance of the Ready Position at the Table in Table Tennis for the Efficient Execution of Strokes

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The ready stance is the fundamental posture a table tennis player adopts between shots, playing an essential role in preparing for the next strokes. This article analyzes the importance of maintaining a correct ready position to ensure the efficiency of both offensive and defensive strokes. It describes the key elements of an optimal stance (feet shoulder-width apart, knees slightly bent, body weight on the balls of the feet, torso inclined forward, racket arm positioned forward at table height) and how these factors contribute to reduced reaction times and movement stability.

The connection between the ready stance, the biomechanics of stroke execution (efficient weight transfer and coordinated movements), and the player's ability to quickly return to the prepared position after each shot is also highlighted. Overall, consistently maintaining a proper ready stance minimizes the risk of imbalance or slow reactions, helping the player control rallies even at the high speeds of modern table tennis. The conclusions emphasize that mastering the ready position leads to improved performance in table tennis, allowing strokes to be executed with greater consistency, accuracy, and power.
Keywords: ready position, table tennis, stroke execution, balance, quick reaction.

The Ethical Dimension of Training Specialists in Physical Education and Sport - Theoretical Foundations and Critical Perspectives

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The ethical dimension of professional training in physical education and sport has become increasingly relevant in the context of contemporary educational and societal challenges. This article explores the theoretical foundations and critical perspectives underpinning the integration of ethical values in the formation of future specialists in this field. Drawing on interdisciplinary literature from pedagogy, moral philosophy, sport sociology, and educational psychology, the paper outlines a conceptual framework for understanding how ethics can be embedded in the curriculum, pedagogical practices, and institutional culture of professional training programs. Particular attention is given to the development of ethical reasoning, integrity, responsibility, and respect within both academic and practical learning environments. The analysis highlights the potential of physical education and sport to function not only as vehicles for physical development but also as platforms for cultivating moral character and civic engagement. Critical reflections are offered on the existing gaps in educational policies and the need for a more deliberate, coherent ethical orientation in the preparation of professionals. This contribution aims to provide a theoretical basis for further applied research and for designing ethically informed strategies in the education and continuous training of physical education and sport specialists.
Keywords: ethical training; curriculum design; educational values; moral development; critical reflection

Promoting Fair-Play Values Through Physical Education and Sport - A Conceptual and Interdisciplinary Perspective

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Promoting fair-play values among students is a fundamental objective of contemporary education, with profound ethical, social, and cultural implications. This article proposes a conceptual and interdisciplinary approach to how physical education and sport can contribute to the formation and consolidation of these values within the formal education system. The analysis draws on specialized literature from pedagogy, educational psychology, sports sociology, and moral education, outlining an integrative theoretical framework that highlights the potential of physical activities to support the development of prosocial behaviors and respect for rules, opponents, and oneself. Central to this approach is the idea that sport, when intentionally and pedagogically structured, can become an effective educational tool for cultivating fair-play, especially in early educational settings. The article also addresses implications for educational policies, teacher training, and curriculum design. The scientific endeavor aims to provide a solid theoretical foundation for future applied research and educational interventions in this field.
Keywords: fair-play; physical education; educational values; moral education; formal education.

Comparative Effects of 4 vs. 4 Small-Sided Games and Hoof Technical Circuit Training on Soccer Players Aerobic Capacity

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This study aimed to compare the effects of small-sided games (4 vs. 4) versus training in the Hoof technical circuit on improving aerobic capacity in soccer players. The study included 16 soccer players with similar characteristics (average age: 24.7 ± 3.28 years, average weight: 76.4 ± 4.2 kg, average height: 180.6 ± 3.2 cm), divided into two distinct training methods:

small-sided games (4 vs. 4) and circuit training using the Hoof technical circuit. The results, analyzed statistically using SPSS, indicated no statistically significant differences between the two integrated training methods—small-sided games (4 vs. 4) and the Hoof technical circuit—in enhancing aerobic capacities such as maximal aerobic speed (VMA) and maximal oxygen consumption (VO2 max). Both methods contributed to improving aerobic capacity at comparable levels, with a slight advantage observed in the post-test compared to the pre-test for both groups.

Keywords: Small-Sided Games; Hoof Technical Circuit; Maximal Aerobic Speed; Maximal Oxygen Consumption.

Correlation Between the Diversity of Offensive Actions and Team Performance in Basketball: A Case Study of the Romanian National Men's Basketball League (LNBM)

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This study presents a quantitative and descriptive analysis of offensive actions in basketball within the Romanian Men's National Basketball League, focusing on the 2024–2025 regular season. The research examines the diversity and efficiency of team offensive systems using statistical data provided by the Synergy Platform. A total of 18 teams were analyzed, with a focus on identifying correlations between offensive diversity, efficiency, and team performance outcomes. The diversity of offensive actions was quantified using the Herfindahl-Hirschman Index (HHI), while team performance was evaluated based on Points Per Possession (PPP) and Win Percentage (Win%). The study also investigated the correlation between PPP and the frequency of various offensive play types, such as pick-and-roll, transition, spot-up, and post-up plays. Pearson correlation coefficients were calculated to assess relationships between variables. The results indicate that teams with more diverse offensive systems (lower HHI values) tend to achieve higher PPP and greater win percentages. Furthermore, specific offensive actions, such as transition and spot-up plays, showed strong correlations with improved efficiency. These findings suggest that promoting offensive versatility can enhance team success. The research offers a data-driven model that may assist coaches and analysts in optimizing tactical planning and performance strategies in competitive basketball.

Keywords: basketball performance; offensive diversity; team efficiency

Study on Improving the Physical Training of Students who are Members of the Students' Football Team Through Games Played on Fields of Various Dimensions

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The purpose of the research is to improve the physical training by implementing a training program based on games played on fields of various dimensions in students who make up the student football team. There are 40 subjects under research, divided into two groups of 20 each, all are selected for the student football team. The experimental research took place in the academic year 2024-2025. The evaluation was done by applying specific tests using the Catapult monitoring system. In order to carry out the statistical analysis of the data we used the IBM SPSS Statistics software package, version 28. The analysis of the results revealed that by using the games on fields with different sizes in order to improve the physical training of the students who are members of the students' football team, the statistical analysis proved the higher performances of the students in the experimental group compared to the ones in the control group ($p<0,05$), on all the tests performed.
Keywords: physical training; football; students; playing field.

Developing Coordinative Abilities in School Football Team Students Through the Implementation of a Training Program Based on Games Executed with the Help of Training Aids

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The purpose of the research is to develop the coordinative abilities of students in secondary school by implementing in the team training sessions an operational training program, based on games executed with the help of training aids. The sample group consists of 14 students, aged 11, students of ,,Ștefan cel Mare" Secondary School in Galați. The experimental group consists of the 14 members of the school team, coming from No.28 Secondary School in Galați. The experimental research took place in the gym and on the sports field of the school. The training program was implemented during the 2024-2025 school year, in the training sessions. The assessment was performed by applying specific tests, in order to quantify the development

of coordinative abilities, tests held at the beginning and at 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 independent samples. The statistical comparison data for average values was provided by the use of IBM SPSS Statistics version 28. For all the tests used we chose the significance threshold $\alpha = 0.05$. The results validate the working hypotheses and ascertain the significant progress ($p < 0.05$) for all the tests used in evaluating the development of coordinative abilities of the school team students.
Keywords: football; coordinative abilities; students; school team; training aids.

Migration of Sports–Related Professional Workforce. Analysing The Causes and Effects of the Phenomenon

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Migration has been a multidimensional phenomenon, strongly impacting numerous fields of activity in the structure of the societies. It is a challenge for the governments of all states but also a topic to be addressed by specialists of various areas of expertise. This topic must be constantly approached and updated, particularly nowadays when the dynamics of modern societies and the ever–changing labour market generate new economic and social realities. The research endeavours conducted over time have revealed various aspects: from the causes and types of migration, the *pull factors* or, on the contrary, *push factors*, to the economic and social effects of migration. Moreover, *brain drain*, a relevant concern of the governments of many states, has led to numerous debates and opposing perspectives among researchers and stakeholders in various countries. We witness *brain drain* in sports area as well, where this phenomenon displays certain particularities we will further address in this research.
The core objective of this paper is identifying the causes and effects of the migration of sports–related professionals as well as potential steps to create a more appealing domestic work environment in order to foster workforce retention. There are also some ancillary objectives correlated with the aforementioned one, as introducing the fundamental elements of certain representative theories belonging to various paradigms on migration and *brain drain*, as well as demonstrating the need to rethink the meaning of *brain drain* collocation in that it must be updated or even replaced with other collocations.
Research methodology derives precisely from the paper objectives: in order to meet the objectives set, we refer to qualitative research to interpret the data collected from specialist literature reviews and from a few discussions with Romanian coaches working abroad.
To sum up, studying migration must be a constant concern for all governments and should help strengthen the public development strategies without infringing upon the individual rights and freedoms set forth by international treaties.
Keywords: migration, brain drain, migration theories, migration causes, migration effects, sports–related migration.

Motor Development through Adventure Education: A Meta-Analysis of Recent Research

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This study aims to investigate, through a systematic meta-analysis, the effects of adventure education activities on motor development, as reported in scientific literature from the past five years. The analysis is based exclusively on studies published in prestigious journals indexed in the Web of Science (WOS) database, reflecting the growing interest in innovative educational methods and their impact on the motor dimension of children's and youth's development. The selection process followed strict inclusion criteria, considering only experimental and quasi-experimental studies that assessed motor variables such as strength, balance, coordination, speed, or dexterity, within adventure education programs conducted in both formal and non-formal settings. The statistical analysis included calculations of effect size (Cohen's d), heterogeneity tests (Q and I^2), as well as funnel plots to assess potential publication bias. The meta-analysis results highlight a significant positive impact of adventure education activities on motor development, particularly in static and dynamic balance, overall coordination, and agility. These findings support the integration of such activities into physical education curricula and non-formal educational programs as effective tools for promoting harmonious physical development. The study provides recommendations for practitioners and policymakers, emphasizing the importance of incorporating adventure-based education into educational policies focused on students' holistic development.
Keywords: meta-analysis, adventure education, motor development, physical activity

The Impact of Acrobatic Gymnastics Elements on Coordinative Abilities and Mobility

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The present study aims to analyze the influence of an acrobatic activity program on the development of coordination and mobility skills in primary school students. Given the essential role of acrobatics in stimulating balance, spatial orientation and flexibility, the research aims to highlight the progress achieved following a specific motor program. The intervention was applied to a sample of 312 fourth-grade students, over eight weeks and was part of the current school curriculum. The evaluation followed balance and mobility and used the validated tests: Flamingo Balance Test, Y Balance Test and Trunk Lift Test. The pre- and post-intervention analysis indicated significant improvements in the performance of students in the experimental group, the statistical results, interpreted by the t-test and Cohen's d coefficient, confirm the positive impact of acrobatic elements on motor development. The conclusions support the systematic integration of acrobatics into the content of primary school physical education lessons, as an effective means of training coordination capacities and joint and functional mobility.

Keywords: coordinative abilities, functional mobility, primary physical education, motor development

The Functional and Motor Profile Of The Basketball Players in The Position of Point Guard U16-U17 Male Category

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Abstract. The purpose of this research involves the realization of a relative model of preparation for the position of Point Guard by developing and experimenting with a didactic strategy of individualized training for the position, taking into account the functional and motor particularities specific for this age. For each playing position, means and methods of carrying out sports training must be established, in this case Point Guards position, strategies that ensure the efficient fulfillment of tasks and responsibilities by the occupant of this playing position. The characteristics of the basketball game specific to the position of Point Guard, at the U16-U17, involves the creation of a specific physical training program, with well-defined elements that lead to the growth and development of motor skills and sports performance during competitions also it must be adapted according to the morpho-functional requirements of individuals, physical and mental capacities at the level of this age category. In conclusion, the training for the Point Guard at this age, must be correlated with the complex, bio-psycho-social changes of the individual, which take place within human development, which involves an extensive and complex physical exercise program able to contribute to the development of the basketball player's capacities and skills.
Keywords: Point Guard; junior Under 16 male; sports training.

The Impact of Aquatic Activities on the Fitness Level of Second-Year Students

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Physical fitness is an important component of an individual's health and functional capacity, especially among the young population. In the context of university life, students often face a sedentary lifestyle, influenced by the academic schedule, daily stress, and limited access to sports activities. Regular physical exercise, especially in unconventional environments such as

aquatic ones, can significantly contribute to maintaining and improving general physical fitness. Hypothesis of the work: It is assumed that, by regularly practicing a structured aquatic activity, the physical fitness of second-year students will improve significantly, especially in terms of cardiovascular endurance, muscular strength and flexibility. The main purpose of this work is to analyse and highlight the impact of practicing aquatic activities on the physical fitness level of second-year students. The objectives include: 1.Assessing the initial physical fitness level of the participating students; 2.Implementing an aquatic program over a period of 14 weeks; 3.Comparing pre- and post-program results. The study's conclusion reveals a significant increase in fitness parameters, especially in terms of cardiovascular endurance and muscle tone. Aquatic activities are therefore an effective and accessible method of improving physical fitness among students.

Keywords: impact, swimming, fitness, students.

Management model proposal for using Balanced Scorecard in sport management

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Abstract.

Balanced Scorecard (BSC) is an organizational performance management system and a strategic framework for change and planning. The cluster analysis in this study, for examining the structural components of the BSC in Romanian sports management, has the role of identifying key performance indicators that influence both evaluation and strategic transformation. Structured and data-driven approach leads to tangible improvements in all aspects of organizational performance and significantly contributes to the development of management practices in the Romanian fitness industry. This approach helped us focus on the relevant variables that influenced the organization's performance, thus obtaining a clearer and more representative picture of the organization's performance within each BSC component. This study can represent an important step in the evolution of performance management, providing a model for other organizations in the industry that want to improve their strategic and operational performance.

Keywords: sports management, organizational performance, cluster analysis, balanced scorecard.

Effects of Sleep Restriction on Sports and Cognitive Performance: A Systematic Review and Study Protocol

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Sports performance relies not only on physical abilities but also on cognitive functions such as decision-making, attention, and reaction time. Sleep restriction is known to negatively affect both areas. However, existing research and systematic reviews tend to examine physical and cognitive consequences separately, without accounting for their interplay — a critical oversight given the integrated nature of performance in sport. This systematic review and study protocol aim to comprehensively assess the effects of sleep restriction on both physical and cognitive performance in athletes and physically active individuals. The goal was to better understand how reduced sleep affects the combined demands of athletic functioning. A systematic review was conducted in accordance with PRISMA guidelines, searching databases including PubMed, Scopus, and Web of Science. Studies were included if they investigated the impact of partial or total sleep restriction on physical and cognitive performance in healthy, physically active populations. Data were extracted and categorized to identify trends, overlaps, and research gaps across domains. The review revealed a clear division in the literature, with most studies focusing on either physical or cognitive performance, rarely both. Psychological factors such as mood, stress, or motivation were also underexplored, particularly in female populations. This review highlights the need for integrative research examining how sleep restriction affects multiple dimensions of performance simultaneously. Additionally, we present a study protocol titled ""*Only" or "as much as" 3 hours? The impact of sleep restriction on cognitive functions, physical performance, stress levels, mood, and motivation in physically active women*" which aims to address the key gaps identified in this review by integrating cognitive, physical, and psychological outcomes in a physically active female population.

Keywords: partial sleep deprivation, cognitive performance, physical performance, mood, stress, motivation

★ KINETOTHERAPY AND PHYSICAL RECOVERY ★

Modern Research Methodologies in Arm Kinetics: Integrating Digital Wall in Ball Team Sports

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This paper investigates the use of the Digital Wall technology as a modern tool for evaluating and developing explosive arm strength in ball team sports. In the current context of training digitalization, this interactive platform offers advanced biomechanical analysis opportunities, with real-time measurements of parameters specific to throwing and passing actions. The focus is on the explosive strength of the dominant upper limb, a crucial component in the technical-tactical efficiency of athletes.
The system enables objective and personalized evaluation, providing instant feedback during exercises, thus helping to correct technical deficiencies and prevent injuries. Through varied and adaptive training, Digital Wall supports neuromuscular development and improves motor control in dynamic game conditions. The study highlights the essential role of this technology in increasing sports performance, especially concerning the optimization of explosive arm movements.
The results support the integration of Digital Wall into modern training strategies, confirming its broad applicability in team sports that require intense upper limb demands.
Keywords: Explosive strength, upper limb, team sports, Digital Wall, performance optimization.

Analysis of predictive indicators in the development of a physiotherapy programme for the recovery of individuals with lumbar pain syndrome

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This study investigates the role of specific clinical and functional indicators as predictors in the development of physiotherapy programmes for individuals diagnosed with low back pain. The primary objective is to identify relevant predictive markers that could inform the formulation of methodological guidelines for therapeutic intervention. A total of 28 participants were divided equally into two groups (C1 and C2), each comprising 14 individuals experiencing low back pain. The following assessment tools were employed: the Visual Analogue Scale (VAS), Schober Test, and Waddell's Signs. Statistical analysis revealed that Group C2 exhibited significantly higher pain levels as measured by the VAS (7.6 ± 0.28) compared to Group C1 (5.8 ± 0.19), with a highly significant difference ($t = 5.32$, $p < 0.001$). Mobility scores assessed through the Schober Test were lower in C2 (1.8 ± 0.23) than in C1 (2.4 ± 0.16; $t = 2.14$, $p < 0.05$). Waddell's Signs, reflecting the psychobehavioral aspect of pain, also registered higher in Group C2 (8.3 ± 0.32) versus C1 (7.2 ± 0.42; $t = 2.08$, $p < 0.05$). These findings suggest the need for initial physiotherapeutic interventions focused on muscle relaxation, joint mobilization, and motor control retraining, prior to engaging patients in more complex dynamic motor activities.
Keywords: pain syndrome, rehabilitation, physiotherapy, motor control retraining.

REBUILDING ELBOWS: TECH-DRIVEN RECOVERY AFTER OLECRANON FRACTURES

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This multicenter prospective analysis included 6 patients with olecranon fractures, aiming to assess the impact of new medical technologies on elbow functional recovery. Assessments were performed using the TANITA system for body composition analysis and HUR medical fitness equipment for assisted strength training. The rehabilitation protocol covered 12 weeks, with three measuraments (at 1 week, at 6 weeks and 12 weeks) monitoring of muscle mass, fat percentage, and elbow extension strength. Results showed significant *increases in total muscle mass* (+8.5%), *range of motion (+22°) and muscle strenght, (+20 kg/force),* compared to the control group. The integration of these technologies enables objective, standardized monitoring and the individualization of rehabilitation programs, leading to faster and more efficient functional recovery.
Keywords: body composition, clinical outcomes, elbow rehabilitation, HUR, , muscle strength, physiotherapy, TANITA.

The Historical Evolution of Occupational Therapy

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The history of this field begins thousands of years ago and is confused with the history of various forms of occupations with therapeutic values in the historical development of mankind. Thus, work, play, and exercise, mostly physical, were used a few thousand years ago for their healing qualities for the people who practiced them. Within the Framework, occupational therapy is defined as "the therapeutic use of daily life activities with individuals or groups to enhance or enable participation in roles, habits, and daily routines at home, school, work, community, and other settings. Occupational therapy practitioners use their knowledge of an individual's transactional relationships, commitment to valued activities, and context to develop occupational-based intervention plans that promote change or increase in client factors (body function, body structure, values, beliefs, and spirituality) and skills, (drivers, processes and social interaction) required for successful participation." (OCCUPATIONAL THERAPY PRACTICE FRAMEWORK: Domain & Process 3rd Edition)
Keywords: activities, history, development, skills, occupational therapy.

The Correlation Between Sleep Position and Pain Severity in Subacromial Impingement Syndrome: A Systematic Review

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Sleep position may influence shoulder biomechanics, potentially aggravating symptoms in patients with subacromial impingement syndrome (SIS). This systematic review aims to investigate the correlation between habitual sleep posture and pain intensity in individuals diagnosed with SIS. A comprehensive literature search was conducted in databases including PubMed, Scopus, and Web of Science for studies published between 2000 and 2024. Inclusion criteria focused on observational and experimental studies involving adult subjects with clinically or radiologically confirmed SIS, evaluating their sleeping position and associated pain metrics. Data extraction and quality assessment were independently performed by two reviewers using PRISMA guidelines. A total of 11 studies met the inclusion criteria, comprising both cross-sectional and cohort designs. Results indicated a consistent association between side sleeping on the affected shoulder and increased morning pain and stiffness. Conversely, sleeping in a supine position was associated with lower reported pain levels and better functional outcomes. The studies also highlighted compensatory postural habits that

could exacerbate symptoms over time. Overall, findings support a moderate to strong correlation between sleep position and pain severity in SIS, suggesting that sleep posture may be a modifiable risk factor. Further longitudinal studies are needed to establish causality and to design targeted sleep hygiene interventions in rehabilitation programs.
Keywords: Subacromial impingement syndrome; sleep position; shoulder pain; biomechanics; systematic review

The Effect of Head and Cervical Spine Position on Subacromial Tension: A Posturographic Approach

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Altered cervical and head posture may influence scapular kinematics and increase subacromial tension, potentially exacerbating symptoms in individuals with subacromial impingement syndrome (SIS). This systematic review investigates the effect of head and cervical spine alignment on subacromial space and related shoulder tension. Electronic databases including PubMed, Scopus, Web of Science, and Embase were systematically searched for studies published between 2000 and 2024. Eligible studies included adult participants with diagnosed SIS, where cervical or cranial posture and its impact on subacromial mechanics were evaluated using clinical, radiographic, or posturographic methods. Two reviewers independently conducted screening, data extraction, and quality appraisal according to PRISMA guidelines. A total of 9 studies met inclusion criteria, comprising cross-sectional analyses, biomechanical simulations, and posturographic assessments. Results demonstrated that forward head posture and cervical kyphosis are associated with decreased scapular posterior tilt and upward rotation, resulting in narrowing of the subacromial space. Increased upper trapezius activity and compensatory shoulder mechanics were also observed. Findings suggest that cervical and head alignment significantly affect subacromial tension and may contribute to symptom persistence in SIS. These results emphasize the importance of addressing cervical posture in both assessment and rehabilitation strategies for affected patients.
Keywords: Subacromial impingement; cervical posture; head alignment; scapular mechanics; posturography

Recovery from a Meniscus Tear

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Meniscus tear can be complicated by the detachment of a portion of the meniscus and its displacement into the joint. Treatment for meniscus tear is prescribed by the orthopedic doctor and depends on the location, type of tear, size, age of the patient and type of activity performed. To evaluate the knee joint for meniscus and/or cartilage lesions, we used the McMurray Test, and to evaluate the integrity of the anterior cruciate ligament, we chose the Lachman Test. The research took place in Galați, between October 30, 2023 and January 22, 2024, at the Kineto Reability Center office in Galați, on 20 patients diagnosed by an orthopedic surgeon, based on clinical and paraclinical examination, with various knee conditions (patellar dislocation and subluxation, meniscus cruciate ligament injuries, gonarthrosis, mixed injuries), 18 of them undergoing knee surgery. Materials used: physiotherapy table, physiotherapy chairs, elastic band, walking frame, medical rehabilitation ladder, ergometric bicycle, stepper, orthoses, Canadian crutches, physiotherapy mattress, safety belts, Swiss ball, treadmill, goniometer. Conclusions: The research results, obtained by evaluating the measured parameters, show the progress made by the 20 subjects involved in the study, who followed the physical exercise program once a week for 3 months. At the end of the kinetic program, an improvement in the mobility indices for the affected lower limbs, as well as their muscle strength, with a decrease in pain. The proposed exercise program resulted in better mobility, improved stability, and increased endogenous analgesia for the affected joint of all subjects included in the study.
Keywords: recovery, pain, inflammation.

Recovery from a Herniated Disc

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Through an in-depth analysis of the benefits of physical therapy in the recovery of disc herniation, it can be demonstrated that a personalized intervention—based on thorough evaluations and a program tailored to the specific conditions of each patient—can have a decisive impact on restoring functionality and improving quality of life. The proposed operational model contributes to improving functional capacity and quality of life in patients with lumbar spine pathologies, starting from the importance of recovery and social reintegration of people with lumbar discopathy – non-operated disc herniation – in different stages. Physiotherapy and massage apply the means of medical kinesiotherapy with the aim of somato-functional, motor, and psychological recovery or the reduction of secondary, compensatory functions, in the case of partially or irreversibly reversible conditions. The study

was conducted on a group of 16 patients diagnosed with lumbar discopathy, aged between 25 and 60 years, during the period of November 2024 – April 2025, in the Kineto Reability Center office in Galați. The effects of the applied therapy were monitored over six months. The parameters monitored to evaluate the analgesic effect of the therapy included the Visual Analogue Scale (VAS) for therapeutic outcome, the Waddell and Main Chronic Disability Index for patients with low back pain, and the Roland–Morris Questionnaire for evaluating disability caused by lumbar pain (Low Back Pain Disability Questionnaire of Roland and Morris). Materials used: physical therapy table, therapy chairs, elastic band, fixed recovery ladder, ergometric bicycle, stepper, therapy mat, Swiss ball, treadmill, and goniometer. Conclusions:The functional evaluation of disability caused by disc herniation, using the Waddell and Main Chronic Disability Index and the Roland–Morris score, demonstrated a significant increase in these values when comparing evaluation moments, with a marked decrease in scores occurring after 4 weeks of rehabilitation. It was observed that 10 patients showed almost complete functional recovery following the physical-kinesiotherapy program, with a final Roland–Morris score of less than or equal to 3. The therapeutic means used led to a reduction in pain in all patients at all evaluation times, with the mention that the decrease in the pain parameter was significant regardless of the sex and age group of the patients.
Keywords: physical therapy, pain, disability.

The Physiotherapist's Concept in The Recovery of Elbow Dislocation at Athletes

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The continuous analysis and modification of these programs are aimed at achieving a better health standard. Maintaining physical form and recovery differ in terms of starting points, end goals and intensity of exercises in pursuit of these goals. The objective of the physiotherapist is to return the injured athlete to the competition as quickly and safely as possible , with the minimum risk that the condition will recur. This requires accurate diagnosis in order to provide proper care , establish an optimal recovery program and make a responsible forecast of the period during which the intended purpose can be achieved. In the kinetic chain of the upper limb , the elbow is functionally subordinate to the shoulder, and from the point of view of finality, to the hand. The elbow is considered as the most difficult joint for the recovery of mobility , not only due to the structure itself , but also the ease of developing periarticular calcareous deposits or muscle retractions that further limit mobility. The trauma of the elbow itself , as well as the immobilization of the elbow imposed by these traumas, often causes tight, hard reducible stiffeners.
Keywords: dislocation, trauma, sports, recovery, physiotherapy.

The Role of Kinetotherapy in Improving Cerebral Motor Diseases

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Cerebral motor infirmity is not a disease, but a syndrome, a set of lesions, changes and symptoms, respectively. This field permanently attracts specialists who dedicate their effort to elaborating strategies intended to recover these categories of patients. Kinetotherapy tries to educate or re-educate, through movement, the disturbed balance in the neurodevelopment of those affected, of young people lacking the possibility of movement. The motivation for choosing this theme comes from the need to have a broader picture of the therapeutic possibilities applicable in kinetic recovery. Research Hypothesis - This paper aims to verify whether the kinetic means deployed in the sequential phase, when brain lesions are stabilized, can contribute to minimal physical and communication recovery. Specifically, it has been examined whether the spasticity can be reduced, in parallel with the increase in the amplitude of movement at the articular level. The recovery was aimed at developing the possibilities of moving and communicating with the work and supervision team, leading to the conclusion that the statement according to which "there are no recoverable cases" is correct.
Keywords: spasticity, infirmity, physical-kinetic recovery, sequelae, posture.

Ways to Recover Athletes After Effort and to Increase Sports Performance

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Physical exertion during training and competitions subjects the athlete to various imbalances, including accumulation of lactic acid, muscle destruction, loss of electrolytes, and depletion of the body's reserves. The most common clinical manifestations are fatigue, muscle and ligament tears, decreased immunity or the appearance of autoimmune diseases, anxiety, insomnia or marked drowsiness, depression, and panic attacks, all of which increase the risk of injuries and decrease sports performance.

Many athletes resort to various substances, dietary supplements, and procedures to recover, some of which are on the List of Prohibited Substances issued by the World Anti-Doping Agency (WADA). The recovery plan must be personalised based on the imbalances that have occurred. We need tests through laboratory tests (periodic and whenever the athlete's condition requires it), noninvasive determinations (electromagnetic bioresonance, cardiopulmonary exercise testing, determination of functional anaerobic deficit), or minimally invasive determinations (determination of lactate in capillary blood). The therapeutic plan will emphasise hydration, nutrition, supplementation of deficits, and physical recovery procedures and techniques. Ozone therapy, autologous regenerative therapies (PRP, Exosmart, Sanakin), low-power laser therapy, and polyphenols represent modern, natural physical recovery methods after exercise and increasing sports performance. Unfortunately, there is significant dysfunction in correctly informing athletes, coaches, and physical trainers about the recovery of athletes after physical effort and the permitted therapeutic modalities that can improve sports performance.

Keywords: sport, physical recovery, performance, ozone therapy, polyphenols, regenerative therapies.

Study on Postural Disorders in Preschool Children

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Excess or deficit weight, increased attention and time spent on various smart devices, to the detriment of movement and outdoor activities, are the reasons why most children have postural dysfunctions. How we walk, how we distribute plantar pressures, how our dental occlusion works, how our external oculomotor muscles work, and information from integumentary (scar) or visceral receptors influence our posture. The musculoskeletal system functions through kinematic chains, and the peripheric receptors transmit information to the brain through ascending nerve pathways. After integrating and processing the information received, the brain generates appropriate, compensatory, motor, and secretory responses, which it transmits to the effector organs through efferent pathways. There

is a theory that the connective fascia also transmits this information, which surrounds all muscles and organs. In Romania, the postural examination is not included in the family doctor's screening examination, and many children have postural changes. A study we conducted on 100 preschool children aged between 5 and 6 years highlights the existence of valgus/varus foot and knee, scoliosis, hyperlordosis, and hyperkyphosis. There are correlations between the presence of vertebral static disorders and knee (valgus / varus / recurvatum) or foot (flat/valgus / varus) damage. The time allocated to outdoor activities during the kindergarten program between 8 a.m. and 5 p.m. is zero in the autumn-winter period when children carry out activities only inside the educational unit. In many cases, kindergartens do not have a playground in the yard. This study highlights the importance of postural screening in children, starting at 5-6, to promptly discover and treat postural deviations.

Keywords: preschool, posture, vertebral statics, baropodometry.

Research on Recovery in Patients with Scapulohumeral Periarthritis

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This study was conducted to highlight the importance of physiotherapy and a well-structured exercise program in the recovery process of scapulohumeral periarthritis. The objective of this bachelor's thesis is to develop a physiotherapy program that facilitates efficient and rapid recovery, aiming to restore the individual's physical condition to its pre-pathological state. Hypothesis: We hypothesize that physiotherapy, when applied correctly and tailored to each individual, contributes significantly to full or partial recovery — which is the main goal of this research. Materials and Methods: The study was carried out in a physiotherapy room adequately equipped for the implementation of the exercise program prescribed by the physiotherapist. Results: Following the recovery protocol, the 22-year-old subject exhibited near-complete functional recovery.

Data Analysis and Interpretation: Post-treatment goniometric measurements revealed a marked improvement in the patient's condition. Conclusion: The recovery program was designed to reduce shoulder pain and discomfort, enhance joint range of motion, and improve muscular strength and stability.

Keywords: recovery, research, scapulohumeral periarthritis.

THE IMPACT OF SENSORIAL AND PHYSICAL THERAPIES ON ALLEVIATING PHYSICAL DISCOMFORT IN PEDIATRIC PALLIATIVE CARE

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Lobstein disease is a genetic bone dysplasia caused by mutations in the COL1A1 and COL1A2 genes, affecting the biosynthesis of type I collagen. Children with Lobstein disease exhibit muscle hypotonia, ligamentous hyperlaxity, joint instability, recurrent fractures and skeletal deformities, leading to delayed motor development. The aim of this paper is to highlight the effects of kinetic and sensory therapies on improving self-control, personal care and ambulation in a 13-year-old patient receiving palliative care, using the standardized WeeFIM test. The interventions focused on improving the degree of independence in daily activities through specific and non-specific methods, taking into account the principles of neuroplasticity and motor re-education. The objectives included preventing fractures and secondary complications, promoting cognitive and social development, increasing muscle strength, joint mobility, postural control and balance. The therapeutic approaches were adapted to the patient's current capabilities, respecting the existing level of motor deficit. The implementation of the therapeutic protocol was carried out through continuous collaboration with the patient's parent, reducing neuropsychomotor impairment by quantifying the progress achieved following the final evaluation. The prevention of complications associated through physical and sensory therapies contributed to improved adaptation to daily activities and functional independence, despite the bone fragility characteristic of this condition.

Keywords: lobstein disease; physical therapy; sensory therapy; pediatric palliative care.

Formative Valences of the Psychomotor Recovery Program in Children with Autism Spectrum Disorders (ASD)

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Aim. The aim of this paper was to create a psychomotor recovery program with formative valences for children with autism spectrum disorders. Material and methods. The recovery program is supported by two complementary components (consigliere's helpful landmarks and the active participation/involvement of tutors), which complete and optimize the effectiveness of the applied recuperative physical exercises. This program has as its main objectives improving the level of motor skills and improving adaptive compensatory behavior in children with atypical development. The paper also includes an applied case study, which aims to support and validate the research hypothesis. The Portage Assessment Scale for children aged 5-6 was used to assess the effectiveness of the recovery program. Results. The values recorded on the Portage scale show a statistically significant increase at the final testing compared to the initial one. Conclusions. The application of the recovery program we developed had the expected efficiency, and the research subject significantly improved his motor skills and behavior amelioration.

Keywords: recovery program, autism spectrum disorders, formative valences, children 5-6 years old

The Influence of Posture and Somatics on Motor Performance on Utilitarian-Applicative Routes Specific to Admission to Educational Institutions of the Ministry of Interior

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We consider to be relevant our direction of research, this being a way of improving the life quality of the candidates, future officers and non-commissioned officers of the Ministry of Internal Affairs and of scientific interest regarding the influence of postural improvement in relation to the physical training in physical education and the motor performance specific to the admittance exam. The evaluation instruments used at the level of the group of 9 subjects aged between 18 and 19 years, consisting of the FreeMed® postural analysis system, the computerized analyzer for the body composition InBody 720 and the Garmin Fenix S5 smartwatch for the motric-type qualitative evaluation on the utilitarian-applicative route specific to the admission within the Ministry of Internal Affairs showed, by comparing the level of postural improvement to the C-shaped scoliosis, an average improvement value of 1.110, the improvement of the adipose tissue by 25.4% and a percentage increase of 4 units of water in the body. The values obtained as a result of the statistical-mathematical interpretation regarding the Pearson index calculated for the evaluated parameters, showed a strong correlation between the adipose tissue in relation to the Body Mass Index, the diameter of the thighs and arms with a value of r between 0.890 and 0.940, as well as the inverse-proportionality ratio between the degree of inclination and the bitrohanterian diameter r= - 0. 695.

Keywords: posture, somatics,motor performance, utilitarian-applicative routes .

Study on the Use of Cryotherapy and Kinetic Means in Knee Disorders

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This topic is being extensively treated by more and more specialists, because the number of people with knee disorders is increasing, due to insufficient development of the lower limb muscles or insufficient preparation of the body's muscles before performing the effort.
Thus, the present work aims to demonstrate that a kinetic program in which modern cryotherapy devices are used, can have a significant value in the recovery process of knee injuries. Research tasks - studying and capitalizing on specialized documents and practical-methodical experience of specialists;conducting the study, developing a physiotherapeutic and

kinetic program for the recovery of people with knee injuries, processing and capitalizing on the data obtained from the study, highlighting practical-methodical conclusions and recommendations.
Keywords: cryotherapy, kinetic means, knee disorders.

Fatigue and Recovery in Sports Training

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In the specialized literature, fatigue is described as a physical and psychological state that arises as a result of physical exertion. It manifests through a functional imbalance within the body and a progressive decline in performance over time. This state is temporary and reversible and represents a complex phenomenon encompassing both physical and mental processes. Fatigue is a determining factor in the progress of sports training, serving as a decisive trophic element in enhancing physical capacity. It is considered a stimulative factor for the body's functional resources, setting the limits for training volume and participation in competitions, and ensuring effective adaptation for competitive success. Fatigue disrupts homeostasis by altering biochemical processes, thereby facilitating the body's transition to a new and superior adaptive state. Simultaneously, recovery is regarded as a key factor in optimizing the balance between work and rest within sports training. It must meet at least two essential requirements: the correlation of training and competition efforts at an optimal level that promotes the improvement of training components and the achievement of planned performance, and the provision of optimal conditions for long-term adaptation while preventing functional system overload. This article aims to further develop and elaborate on various aspects of the aforementioned phenomenon, from both theoretical and practical perspectives.
Keywords: fatigue; recovery; sports training; basketball.

The Impact of Participation in Adapted Sports Activities on Motor Development in Individuals with Intellectual Disabilities

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This study explores the effects of adapted sports activities on motor development in individuals with intellectual disabilities involved in a specialized sports club. The research focused on assessing changes in balance, coordination, strength, and general motor skills resulting from regular participation in adapted physical exercises. The sample included 31 participants aged 9 to 47 years, all with an IQ below 70. Participants were grouped by age (9–11, 12–14, 15–17,

18–25, 26–47) and IQ levels (<50, 50–60, 60–70). Motor performance was assessed before (T1) and after (T2) the intervention period using standardized indicators: static balance (time held), coordination (successful trials out of 5), general motor skills (simple task scores), and strength (adapted repetitions or weight). Statistical analysis included descriptive statistics, paired sample t-tests, ANOVA, and Spearman correlation. Significant improvements were observed in balance (mean difference of 1.5 seconds, $p < 0.05$) and coordination scores across IQ groups ($F = 4.21$, $p = 0.03$). A positive correlation was found between IQ and strength ($r = 0.45$, $p < 0.01$). The results suggest that adapted sports activities positively influence motor development, regardless of age or cognitive level, and support their role in promoting integration and functional improvement among individuals with intellectual disabilities.
Keywords: Adapted physical activity, intellectual disabilities, motor development.

Enhancing Interdisciplinary Collaboration Skills in Physical Therapy: A Transformative Approach

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Interdisciplinary collaboration is a fundamental element in the field of physical therapy, directly contributing to the success of the rehabilitation process. Physical therapists are often part of complex teams that include physicians, psychologists, nurses, nutritionists, and other healthcare professionals. The effectiveness of therapeutic interventions depends largely on the ability of these professionals to work together in a coordinated and complementary manner. Therefore, improving interdisciplinary collaboration skills is essential for enhancing the quality of care and achieving better clinical outcomes in patient rehabilitation. This article proposes a transformative educational approach aimed at developing these skills within university-level physical therapy programs. The approach focuses on cultivating transversal competencies such as effective communication, empathy, teamwork, and adaptability—key elements in an interdisciplinary context. By implementing active learning methods such as clinical simulations and case studies, students are better prepared to face the real challenges of medical practice. This training not only strengthens their professional capabilities but also fosters a collaborative and patient-centered culture in healthcare. Ultimately, the integration of a transformative model in physical therapy education supports the development of competent, empathetic, and cooperative professionals who are equipped to contribute meaningfully to interdisciplinary care teams.
Keywords: transformative skills, physical therapy, education, rehabilitation process.

Participatory Schooling in the Digital Age: Integrating Technology and Extracurricular Activities to Support Inclusion and Competence Development

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Teachers' openness to diversifying the educational offer and their willingness to initiate changes within the school environment have led to the infusion of formal education with strategies and resources drawn from non-formal education and digital technologies. Within this framework, the modern participatory school emerges as an educational model that encourages the active involvement of students, teachers, and educational partners, while also promoting the integration of technology into teaching and learning practices. The projects developed are community-oriented, fostering collaboration and extending learning beyond the traditional classroom space. This model contributes to the development of positive student behaviors, enhances engagement in instructional activities, and reduces the occurrence of inappropriate behaviors or undesirable emotional reactions. The fusion of extracurricular activities and technology creates authentic and meaningful contexts for the application of knowledge, thus supporting deep learning processes. Furthermore, extracurricular activities that leverage technology and encourage collaboration and communication contribute to increased student participation and the construction of an inclusive school environment, one capable of mitigating the risks of social exclusion or marginalization.

Through this integrated approach, both key and transversal competences are developed—such as critical thinking, communication, collaboration, and problem-solving—essential for preparing young people to adapt to the evolving demands of a rapidly changing society.

Keywords: extracurricular activities; technology; inclusion; competences.

The Role of Physical Education in John Locke's Philosophy

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John Locke (1632-1704) was one of the most important (empiricist) English philosophers of the modern era, who made a major contribution to the development of epistemology and political philosophy. John Locke was also deeply concerned with the field of forming a harmonious personality in children; his book titled "Some Thoughts Concerning Education" (1693) is one of the most important works in the philosophy of education of all time, a mature work that continues to equally attract the interest of both philosophers and educators. John Locke is not only interested in metaphysics but also in physical reality, not only the spiritual but also the corporeal. This accounts for why he ascribes an important role to physical education and sports, arguing that a healthy mind can only exist in a healthy body. In fact, the English philosopher seeks through his texts to emphasize how closely linked intellectual education, moral education, and physical education are. This article aims to demonstrate the extent to which some ideas contained in the writings of John Locke, both in "Some Thoughts Concerning Education" and in "An Essay Concerning Human Understanding" (1689), are highly relevant today and can serve as a plea for increased attention to physical education in the Romanian education system.
Keywords: John Locke; physical education; sport; philosophy; philosophy of education.

Psychosocial Approaches on Body Image Changes in Contemporary Children and Adolescents

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The present study aims to examine the body image changes in actual digital generation of children and adolescents. This article reviews the literature regarding developmental perspectives on body image and physical appearance. The main questions that will be addressed are the following: how do body image and its perceptual, attitudinal, and behavioral components develop throughout life?; what are the internal and external factors that may influence them?; what is the relationship between body image and gender? Particularly, personal and social meanings and influences of variations in physical appearance in certain

contexts are discussed. Moreover, this article focuses on body image difficulties, dysfunctions, and disorders in contemporary digital generation of children and adolescents and concludes with recommendations concerning psychosocial assessment, interventions, and strategies of improving and preventing body image problems.
Keywords: body image, physical appearance, self-perception competence, adolescent.

Methodical Benchmarks for Teaching Children's Literature in the New Communicative-Functional Paradigm af A. I.

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In the context of the global reforms proposed by the insertion of artificial intelligence in the teaching-learning-evaluation process, the objectives and contents of the subjects in the *Language and Communication* curricular area configure a methodological perspective adaptive to what digitalization and innovation mean. Understanding learning as a permanent process in the development of personality in general, as well as establishing a performative institutional framework, at each stage of psychic development, presupposes the cultivation of intrinsic motivation as the basis for the formation of the learner. *Language and literature* occupy an important place among the subjects studied in preschool and primary education, aiming at the cultivation of language and its competent use, with the development of critical and creative thinking. The discovery of the secrets of reality through literature, as an opening towards the three functional levels: instrumental / informational, formative-educational and aesthetic, marks the didactic approach in the process of selection and valorization of the contents of the subject.
Keywords: adaptation, communication, didactic, narrative perspective, semantic map.

Assessment of the Challenges of Contemporary Romanian Education; Challenges and Opportunities

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This paper represents a complex analysis of the problems facing the Romanian education system, in the context of current social and economic transformations, but also the identification of accessible and relevant opportunities that can influence the quality of

education. The main goal of this research is to emphasize the need for a structural reform in Romanian education, which would address both the problems and the identified opportunities, proposing concrete and sustainable solutions. By analyzing the voices of all actors in the education system, from teachers and students to experts and policymakers, the paper aims to provide not only an analysis of the current situation, but also recommendations for the implementation of strategic measures aimed at improving the quality of education. Among the main problems identified are inequities in access to quality education, stress and burnout felt by teachers, but also a curriculum insufficiently adapted to the current needs of students. At the same time, the research highlighted positive aspects, such as pedagogical innovations and continuous training initiatives for teachers, which may represent opportunities for transforming the Romanian education system. In conclusion, this research aims to contribute to debates on educational reforms, identifying not only the challenges facing the system, but also his potential for development and transformation.

Keywords: education system, quality of education, problems and opportunities.

The Teaching Profession in the Digital Age: Adaptation, Resilience and Innovation

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The paper contains a theoretical analysis of the transformations in education because of accelerated digitalization, from the perspective of the professional roles of teachers. Three directions are explored: the need to adapt to new educational technologies, the relationship between the challenges generated by these technologies and the resilience of teachers, the development of an innovative vision for the use and creation of digital tools in the teaching-learning-evaluation process. Studies and results from the last five years are synthesized, with a focus on the changes that occurred because of the reconfiguration of education during the pandemic. The paper highlights the need for a balance between tradition and innovation, standardization and personalization, direct interactions and those mediated by digital technologies. New challenges are highlighted that reconfigure the teacher's professional identity through didactic flexibility and the need for institutional support and continuous training is argued. The components of the educator's digital competence are analyzed from the perspective of how they can support the process of adaptation, resilience and innovation. The conclusions converge towards the need for an educational paradigm in which the teacher becomes a facilitator of learning, competent to respond to dynamism and digitalization, through education adapted to both the individual needs of students and the characteristics of the digital native generation.

Keywords: digital skills; professional resilience; flexible teaching; digital natives.

The Role of Educational Platforms and ICT Tools in Enhancing Academic Learning

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In the era of digitalization, information and communication technologies (ICT) and educational platforms play a crucial role in transforming the academic learning process. The integration of these tools into education offers numerous advantages, such as increased accessibility to resources, flexibility in the study process, and the ability to personalize the learning experience. Online platforms, such as learning management systems (LMS), enable efficient interaction between teachers and students, fostering collaboration and real-time information exchange. The use of ICT optimizes teaching methods by diversifying educational materials and adapting them to students' individual needs. Tools such as artificial intelligence and data analysis contribute to monitoring academic progress and identifying optimal learning strategies. Furthermore, students' ability to harness these technologies enables efficient and active learning, facilitating a deeper understanding of content as well as the development of intellectual work techniques. By utilizing these technologies, students can strengthen their academic learning style. Educational platforms and ICT not only simplify the teaching process but also significantly enhance the efficiency of academic learning, promoting an interactive and adaptable environment that prepares students for the demands of an ever-changing society.
Keywords: online platforms; academic learning style; learning strategies; students' individual needs.

Monitoring in the Educational Environment to Develop Resilient Personalities of Young People

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Resilience is an innate capacity for self-repair that exists in all human beings, and facilitating the process of self-repair requires a focus on promoting protective factors that enhance young people's resilience, rather than focusing more on risk factors for their resilience Benard (2007). Protective factors can reduce, ameliorate, the impact of risk factors and stress, and also enable young people to develop healthily.
Schools by their very nature contain protective factors, although teachers and staff may be protective factors without specific knowledge of the processes that produce them. For schools to become more effective as institutions in building resilience, all stakeholders in the school

community need to better understand protective factors as a crucial component in the process of overcoming difficulties in students' lives and achieving academic success.
The reason why teachers have such a strong impact on resilience is that of the deeper level of relationships, beliefs and expectations (Benard, 2009). Teachers have the primary role in creating resilient relationships, using more consciously the power they have to build well-behaved children. Although research on resilience repeatedly confirms that student-teacher relationships are among the most important protective factors in a student's life, it is suggested that curricular and programmatic strategies are also important (Benard, 2004; Werner, 2003). Given the importance of such relationships, schools should ensure that each student has a supportive relationship with at least one adult/teacher well-trained in the counseling component. The importance of educational mentoring in teacher training on the support component in developing resilience is very important
Keywords: resilience, educational environment, students, personality

The Inclusion of Children with Disabilities in the School Environment: Perspectives from the Scholarly

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Children with special educational needs (SEN) are at a higher risk of neglect and isolation compared to children without medical conditions, due to their dependence on the support they require. Studies in the specialized literature emphasize that the inclusion of children with disabilities represents a real challenge in the majority of school institutions, for various reasons. The lack of support teachers, poor infrastructure in schools to meet the needs of children with SEN, the absence of an adapted curriculum, as well as social exclusion, are among the main reasons why their inclusion in mainstream education is difficult. In addition to its social and educational values, sport plays a very important role in children's lives. It supports harmonious physical development, improves physical condition, helps correct and alleviate certain postural deficiencies, and fosters essential values such as perseverance, fair play, and integrity. The aim of this article is to review the literature from the last decade regarding the inclusion of children with disabilities in the school environment, the criteria used in the analyzed studies, and the methods by which these children can be included in mainstream education. The study was conducted using the Web of Science, Google Scholar, and MDPI databases over a 10-year period (from January 2015 to March 2025).
Keywords: disability, inclusion, school environment.

Psycho-Pedagogy of Game in Swimming Teaching at Preschool Age

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The game is the physical and mental activity that contributes most to the formation and development of the child's personality, especially at pre-school age. The variety and creativity of the game reflect the mental, emotional and health status of the child. In terms of swimming instructional activity, the implementation of the game in learning to swim is beneficial at all developmental stages of pre-schoolers, in varying weights depending on the developmental stage of the children. The movement games are grouped in the preschool activity on two levels: the 3-5 years level and the 5-7 years level. The research aims to investigate how two groups of children aged 3-5 years and 5-7 years learn to swim by adapting traditional didactic movement games to aquatic games, aiming to assimilate knowledge, skills and motor skills at the two levels of development of the pre-schoolers.
The water games can be used for beginners, initiated, advanced or all these levels, as well as for large groups, even groups, 2 or more children, Water has about 12 times the resistance of air, making every movement in water a real exercise. On top of that, the water provides both buoyancy and support for the body.
Keywords: game, pre-schooler, psycho-pedagogy, swimming.

Comparative Aspects Regarding the Application of Lease Contracts under the Legislation of the Republic of Moldova and Romania

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In Romania, the regulation of lease contracts is governed by the Civil Code adopted in 2009, specifically through Articles 1761 to 1797. These provisions thoroughly outline the rights and obligations of the contracting parties, define the legal grounds for termination, and establish protective mechanisms in favor of tenants. Among the mandatory rules set forth by Romanian law is the prohibition against unilateral modification of contract terms by the lessor, thereby reinforcing the tenant's legal position and ensuring a high degree of legal security. In contrast, the legal framework applicable in the Republic of Moldova is established by the Civil Code adopted in 2002, which has since undergone revisions to reflect contemporary legal

standards. While there are notable similarities with Romanian law, Moldovan legislation is distinguished by a higher degree of contractual flexibility. The law allows for the inclusion of specific clauses negotiated freely between the parties, provided they conform to the mandatory legal provisions, thus enabling the lease agreement to be tailored to the unique circumstances of each case. As a result, Moldovan law grants greater contractual autonomy to the parties, which, although beneficial in terms of adaptability, can occasionally lead to reduced legal protection for tenants, particularly in the absence of standardized or protective clauses. In such instances, the role of judicial bodies and dispute resolution mechanisms becomes vital for safeguarding the rights and interests of those involved. Romanian legislation, on the other hand, provides tenants with clearly defined rights, including the right to inhabit a property in proper condition and to seek restitution in the event of non-compliance. At the same time, landlords are obligated to maintain the premises according to legal standards and to strictly adhere to the agreed contractual terms. These legal safeguards contribute to a more stable and predictable legal environment. Regarding formal requirements, Romanian law mandates that lease contracts be concluded in written form in order to be enforceable against third parties. Furthermore, registration with tax authorities is recommended, as it enhances transparency and strengthens legal protection for both parties. By comparison, Moldovan law permits lease agreements to be concluded verbally; however, written documentation is strongly advised to avoid future disputes. Although registration is not compulsory, it may provide significant legal and evidentiary advantages..A comparative analysis of lease contract regulations in Romania and the Republic of Moldova reveals that both jurisdictions offer functional legal frameworks for governing lease relationships. Nevertheless, Romanian legislation tends to prioritize tenant protection through stricter, more prescriptive rules, whereas Moldovan law favors contractual freedom and negotiation. Accordingly, a comprehensive understanding of these legal differences is essential for practitioners, as well as for individuals or entities seeking to conclude lease agreements in either country.

Keywords: Lease contract, comparative analysis, disputes, standards

MOODLE vs. Other Educational Platforms: A Comparative Study on Efficiency and Accessibility

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In the context of the rapid digitalization of education, online learning platforms have become essential tools for supporting the educational process. This comparative study analyzes the efficiency and accessibility of the MOODLE platform in relation to other popular educational platforms, such as Google Classroom, Canvas, and Blackboard. The research is based on surveys administered to both teachers and students at "Dunărea de Jos" University of Galați, evaluating criteria such as ease of use, available functionalities, support for collaboration, and customization options. The findings highlight the strengths and weaknesses of each platform and offer recommendations for selecting the most suitable digital solutions according to institutional and user needs.

Keywords: MOODLE; educational platforms; e-learning; accessibility; digital tools.

Integrating Open Educational Resources into MOODLE: Challenges and Best Practices in a Romanian University

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Open Educational Resources (OER) represent a significant opportunity to improve access to quality education. This study explores ways to integrate OER into the MOODLE platform at "Dunărea de Jos" University of Galați, highlighting both the benefits and challenges encountered by teaching staff. The research focuses on aspects such as content organization, copyright issues, material adaptability, and student engagement. Examples of best practices and effective strategies for using OER in online environments are presented, aiming to enhance the quality and sustainability of the educational process.
Keywords: open educational resources; MOODLE; digital education; best practices.

Integrating Multimodality in the Creation of Digital Educational Resources: A Semiotic Perspective on Digital Tools for Narrative Text Reception

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This study explores the methods of integrating various representation modes – linguistic, visual, auditory – in teachers' creation of digital educational resources to optimize narrative text reception for middle and high school (lower secondary level) students. Combining theoretical research on the semiotic dimension and inherent multimodality of digital resources with empirical investigation, the research identified optimal didactic tools and strategies for narrative text comprehension through comparative application on a sample of 50 students.
Results demonstrate the necessity of reconfiguring pedagogical approaches to prioritize active reception and continuous student engagement in meaning-making processes. While implementing strategies that leverage the dialogue between narrative texts and visual representation (from conceptual maps and chronological charts to visual-artistic associations) proves time-consuming and labor-intensive, their positive impact manifests in gradually increased student participation during reception acts and enhanced comprehension levels. The study further emphasizes the didactic value of multimodality in teacher-created digital resources during pre-reading and reading stages of narrative texts. This is achieved through the development of semantic networks operating at both representational-ideational and interactive-interpersonal levels, fostering deeper textual engagement and interdisciplinary connections.
Keywords: multimodality; digital educational resources; narrative texts; semiotic approach

Predictive Factors in Managing Occupational Stress in the Teaching Profession. The Role of Psychoeducation and Psychosocial Interventions

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The role of psychoeducation and psychosocial interventions in the educational environment regarding the recognition and management of occupational stress in the teaching profession has become increasingly significant in the context of rising rates of anxiety-depressive disorders and burnout syndrome. This study investigates the predictive factors contributing to the alleviation of occupational stress among teachers, as well as the positive impact of developing personality protective factor - such as resilience, self-efficacy, optimism, and hardiness. The practical-applied objective of this paper is to identify psychosocial intervention methods aimed at promoting self-awareness and personal development among teachers, with the goal of preventing and/or alleviating occupational stress-related disorders.
Keywords: resilience; self-efficacy; support programs in education; personality protective factors.

Sport Management in Romania: Success Models and Current Challenges

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Sport management is a strategic domain within the development of contemporary sports organizations, influencing both athletic performance and long-term sustainability. In the Romanian context, the evolution of this sector has mirrored the broader transition from a centralized system to a free-market model, resulting in heterogeneous outcomes. This study analyzes relevant examples of best practices in sport management, such as the Gheorghe Hagi Academy and Sepsi OSK Sfântu Gheorghe, highlighting the positive impact of professional management and public-private partnerships. At the same time, major dysfunctions are identified, including dependence on public funding, managerial instability, and the absence of long-term development policies—issues particularly evident in several traditional clubs. The paper underscores the critical role of sports academies and the discrepancies in financial resource allocation among clubs, especially when compared to UEFA-recommended standards. Emerging trends in Romanian sport management are also discussed, including the integration of modern performance monitoring technologies and the professional development of sport managers through specialized training programs. Furthermore, the importance of creating

partnerships between educational institutions and sports clubs is emphasized as a means of optimizing youth development processes. The study includes an analysis of the ranking of football academies in Romania based on scores obtained during national licensing procedures, tracking their annual progress and evolution. This evaluation provides an objective perspective on the efficiency of youth sport management. In conclusion, the study advocates for the accelerated professionalization of sport management in Romania through increased private investment, infrastructure modernization, and the implementation of sustainable development strategies aligned with the demands of the European sports environment.
Keywords: sports management, public-private partnerships, football club management, european standards for football academies.

Emotional Intelligence as a Predictor of Leadership Behavior in Digital Contexts – A Pilot Study

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This pilot study explores the predictive relationship between emotional intelligence and leadership behavior in digital contexts among students specializing in the Pedagogy of Primary and Preschool Education. A total of 60 undergraduate students participated in this preliminary investigation. Emotional intelligence was assessed using the standardized Romanian questionnaire developed by Mihaela Roco, which evaluates essential components such as self-awareness, emotional regulation, empathy, and motivation. Digital leadership behavior - manifested through online collaboration, initiative in virtual academic environments, and emotional influence in group communication - was measured using a custom-designed scale developed for the study. A quantitative correlational research design examined the relationship between emotional intelligence and leadership traits in digital settings. Pearson correlation coefficients revealed a moderate to strong positive association between emotional intelligence scores and digital leadership behavior, with emotional regulation and empathy emerging as the most significant predictors. The results from this pilot study suggest that emotional intelligence, as assessed by Roco's instrument, is a relevant factor in anticipating leadership tendencies in online educational and social environments. These preliminary findings support the need for broader research and emphasize the importance of integrating emotional intelligence training into preparing future educators for effective leadership in digital spaces.
Keywords: emotional intelligence, digital leadership.

When Storytelling Meet Technology: A Psychological Approach of Digital Storytelling

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This article presents the advantages of using digital storytelling from a psychological perspective. Storytelling is used in many societies as an intergenerational way to transmit values, norms and life experiences. It is a method that facilitates the socio-emotional and cognitive development of the individual. Digital storytelling emerged as a result of the constant development of technology, the individual's increasing involvement in the digital communication environment. This study highlights the potential of using digital storytelling as psychotherapy method, as a teaching and learning tool that engages both teachers and students, as a method for personal development.
Keywords: digital storytelling; psychotherapy method; personal development; learning tool.

Significant Correlations in Cross-Border Education: Romania – Republic Of Moldova

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This study explores the significant correlations established through cross-border education between Romania and the Republic of Moldova, focusing specifically on the collaboration in the field of physical education and sports. The research analyzes institutional cooperation between the Institute of Physical Education and Sports of the State University of Moldova (USM) and “Dunărea de Jos” University of Galați. These partnerships exemplify how cross-border educational initiatives contribute to academic excellence, research development, and the professional growth of students and teaching staff. The study applies both qualitative and quantitative research methodologies to evaluate the effectiveness of joint educational programs, academic mobility, and bilateral curricular development. Results show that students involved in cross-border programs benefit from broadened perspectives, exposure to modern pedagogical models, and access to improved educational resources. Teachers and researchers also gain valuable insights through knowledge exchange, collaborative projects, and shared access to innovation platforms. Furthermore, the research identifies how these academic ties promote the harmonization of study programs in accordance with European standards, reinforcing the regional integration of higher education systems. Such collaborations foster intercultural dialogue, enhance language

competencies, and contribute to the development of a common educational space that supports sustainable growth and European cohesion. The findings emphasize the need to expand these partnerships through increased institutional support, joint applied research programs, and long-term strategic planning. Cross-border education is not only a means of improving academic performance but also a key driver in promoting regional solidarity and professional competitiveness in the domain of physical education and sports.
Keywords: cross-border education, physical education and sports, academic cooperation, student and teacher mobility, educational innovation, applied research