



*The 8<sup>th</sup> Edition of the International Conference*

**SPORTS, EDUCATION, CULTURE**

**INTERDISCIPLINARY APPROACHES IN SCIENTIFIC RESEARCH**

SEC – IASR 2025

# **REGISTERED SCIENTIFIC PAPERS**

29 - 31 MAY 2025

Galati, ROMANIA

Friday, May 30, 2025

09:00 – 11:00

## EDUCATIONAL SCIENCE AND MANAGEMENT- A108

**Andreea-Teodora DAMASCHIN**

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

**Cristina – Corina BENȚEA**

*Psychosocial Approaches on Body Image Changes in Contemporary Children and Adolescents*

**Cristina BUTNARU-SANDACHE**

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

**Daniela – Giconda BURAC**

*Psycho-Pedagogy of Game in Swimming Teaching At Preschool Age*

**Eugenia Tatiana BULANCEA**

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

**Florin NICHIFOR, Sebastian VICOL**

*Sport Management in Romania: Success Models and Current Challenges*

**Leonard GARABET**

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

**Leonard GARABET**

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

**Mariana CONSTANTINESCU**

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

**Mihai ANDRONE**

*The Role of Physical Education in John Locke's Philosophy*

**Oxana EȘANU**

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

**Raluca Mădălina BURLUI, Petronel Cristian MOISESCU, Răzvan Marian BUCĂȚARU**

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

**Rodica ȚOCU**

*When Storytelling Meet Technology: a Psychological Approach of Digital Storytelling*

**Sandrina MINDU**

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

**Violeta – Teodora LUNGEANU**

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

**Violeta Nicoleta SIMION, Oana Iuliana ENACHE**

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

**Viorel DORGAN, Gheorghe BRANIȘTE, Igor ARSENE**

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

**Viorica – Torii CACIUC**

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

Friday, May 30, 2025

15:00 – 16:30

## PHISYCAL EDUCATION AND SPORTS – A011

**Albert Sebastian CÎRDEI, Florin Valentin LEUCIUC, Virgil LARIONESCU**

*Device for Testing and Improving Students' Reaction Speed*

**Albert Sebastian CÎRDEI, Virgil LARIONESCU**

*Device for Measuring and Correcting Technique in Sports Games.*

**Alin Mihăiță SĂFTEL, Alina Daniela MOANȚĂ, Alexandru Marius STANCIU, Nicoleta LEONTE**

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

**Alina NINICU, Răzvan Constantin DUMITRU, Ecaterina LUNGU**

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

**Antonia LUPU-BANGĂ, Alexandra STAN, Germina-Alina COSMA**

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

**Cornel MUNTEANU, Constantin CIORBĂ**

*Analysis of the Selection Criteria for Beginning Football Players*

**Ciprian ZANFIR, Laurentiu Gabriel TALAGHIR, Teodora Mihaela ICONOMESCU, Marius Dumitru COSOREANU**

*Management model proposal for using Balanced Scorecard in sport management*

**Cristina Daniela PAȘCAN, Vladimir POTOP**

*The Correlation Between School Physical Preparation and Admission to Military Institutions*

**Cristinel OLARU, Horia CROITORU, Virgil ENE-VOICULESCU, Carmen ENE-VOICULESCU, Alexandru ABRAMIUC**

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

**Daniela PASCARI, Igor ARSENE**

*The Historical Evolution Of Physical Exercise From Primitive Societies To The Modern Era*

**Daniela PASCARI, Igor ARSENE**

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

**Doru GALAN, Doru D. GALAN**

*The Impact of Combat Disciplines on Moral-Volitional Qualities*

**Doru GALAN, Doru D. GALAN**

*Fitness in the Young and Adult Population; Desire and Necessity*

**Dumitru Catalin COHAL**

*Effective Methods for Optimizing Effort Capacity in the Military Pentathlon Event*

**Elena GARABET**

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

**Elena VIZITIU LAKHDARI, Adriana SLUSAR, Tatiana DOBRESCU**

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

**Emir MUSTAFOVIĆ, Ivor DODER, Amila HODŽIĆ, Dan Iulian ALEXE, Elena Adelina PANAET, Denis ČAUŠEVIĆ**

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

**Florin CAZAN, Diana Victoria GIDU, Luca Paolo ARDIGO, George Cosmin MUŞAT, Adrian Dorin GEORGESCU**

*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*

**Florin NINI, Constantin CIORBĂ, Julien Leonard FLEANCU**

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

**Florin NINI, Constantin CIORBĂ, Julien Leonard FLEANCU**

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

**Gabriel Benone ARMANU, Bogdan-Constantin RAŢĂ**

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

**Gheorghe BRANIŞTE, Viorel DORGAN, Igor ARSENE**

*Humanistic Evolutions And Correlations Of The Olympic Games From Antiquity To Modernism*

**Igor ARSENE, Aurelian GHEORGHIU**

*Anxiety Reduction Through Physical Education and Sports*

**Igor ARSENE, Daniela PASCARI**

*The Impact of Ecological Conditionality on Physical and Sports Activities*

**Igor ARSENE, Viorel DORGAN, Gheorghe BRANIŞTE**

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

**Igor ARSENE, Viorel DORGAN, Gheorghe BRANIŞTE**

*Evaluation of Controversial Moments at the Paris 2024 Olympic Games*

**Ilie Andrei BADEA, Luminița GEORGESCU, Julien Leonard FLEANCU, George Silviu CORODI, Ștefan TOMA**  
*The Functional and Motor Profile of the Basketball Players in the Position of Point Guard U16-U17 Male Category*

**Ioana-Adnana DUMBRAVU, Beatrice-Aurelia ABĂLAȘEI**  
*The Influence of Anxiety on the Performance Of Olympic Martial Arts Athletes: A Systematic Review*

**Ioana-Adnana DUMBRAVU, Beatrice-Aurelia ABĂLAȘEI**  
*The Influence of Stress on the Performance of Adolescent Athletes in Olympic Martial Arts: A Systematic Review*

**Koray CANTEZ, Fehmi ÇALIK**  
*Analysis of Personality Traits of Cycling Commissaires According to Demographic Variables*

**Liliana DACICA, Ionică CĂRĂBAȘ**  
*Study on the Perception of a Healthy Lifestyle Among Secondary School Students*

**Loredana ION, Amalia-Raluca STEPAN, Robert MUNTEANU, Marian Alexandru Corneliu COSMA, Germina-Alina COSMA, Dumitru BARBU**  
*The Importance of Individualized Physical Training in Women's Basketball at Junior Level in Achieving Sports Performance*

**Mihaela PLĂEAȘU, Ionel MELENCO**  
*The Importance of the Ready Position at the Table in Table Tennis for the Efficient Execution of Strokes*

**Mihail ONOI**  
*Promoting the Cities of the Republic of Moldova Through Sports Tourism*

**Oana Cristina PAȚA**  
*Development of Joint Mobility and Balance to the Students of the Faculty of Physical Education and Sports Through Aesthetic Gymnastics Means*

**Okba SELMI, Souheir BOUALI, Mouhamed Amine RAHMOUNE, Raluca Elena BOGHIU, Dragoș Ioan TOHĂNEAN, Dan Iulian ALEXE**  
*Training Methods in Youth Football: Physical Benefits of HIIT and Small-Sided Games*

**Olena TIMASHEVA, Ph.D, Boris Grinchenko Kyiv Metropolitan University**  
*The Role of Digital Tools in Enhancing Physical Education Teaching Practices*

**Răducu POPESCU, Antoanela OLTEAN**  
*Relationship Between Isometry, Body Mass Index and Reaction Rate*

**Rahmoune Mohamed AMINE, Okba SELMI, Cristina Ioana ALEXE, Lăcrămioara Nicoleta VIȚALARU, Dan Iulian ALEXE**  
*Comparative Effects of 4 vs. 4 Small-Sided Games and Hoof Technical Circuit Training on Soccer Players Aerobic Capacity*

**Ramona Maria CHIORCEA, Ramona Nicoleta PETRUȘCA, Lucian Nicolae VOINEA, Constantin ȘUFARU, Vasile Cătălin CIOCAN**

*The Influence of Playing Volleyball on the Students (14-15 Yers Old) From the Secondary School*

**Ramona Nicoleta PETRUȘCA, Ramona Maria CHIORCEA, Lucian Nicolae VOINEA, Constantin ȘUFARU, Vasile Cătălin CIOCAN**

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

**Robert DIACONESCU, Nicolae BRAGARENCO**

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

**Silviu CASANDRA, Ion CARP**

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

**Sofia BRATU, Paula IVAN**

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

**Zuzanna KOMAREK, Mateusz ŚWIĄTEK<sup>a</sup> Maria LIPOWSKA, Natalia SOKULSKA, Dan Iulian ALEXE, Michał SPIESZNY, Aleksandra FILIP-STACHNIK**

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

**Ștefan PĂVĂLUC**

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

**Tatiana DOBRESCU, Adrian SAVA, Ana Maria VULPE**

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

**Tatiana DOBRESCU, Adriana SLUSAR, Florin LEUCIUC, Elena VIZITIU LAKHDARI**

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

**Vasile ONICĂ**

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

**Veronica POPESCU**

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

**Veronica POPESCU, Diana Victoria GIDU**

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

Friday, May 30, 2025

15:00 – 16:30

## KINETOTHERAPY AND PHYSICAL RECOVERY – A002

**Adrian Dorin GEORGESCU, Dan-Mihai ROHOZNEANU, Nicoleta TUDORICĂ, Andreea Alexandra GEORGESCU, Ionut DELI-IORGA, Akman ONUR, Türkmen MUTLU, Diana Victoria GIDU, Corina POPA, Ionel MELENCO, Cristian POPA, Florin CAZAN**

*Research on Recovery in Patients With Scapulohumeral Periarthritis*

**Diandra-Florentina ADAM, Cristian POPA**

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

**Alexandra AIFTIMIE, Svetlana SAVIȚCHI, Eugeniu AGAPII, Viorel DORGAN**

*Analysis of Predictive Indicators in the Development of A Physiotherapy Programme for The Recovery of Individuals With Lumbar Pain Syndrome*

**Alexandra-Mihaela IONICĂ, Mihaela APOSTU, Aura BOTA, Daniela-Viorica MOȘOIU, Silvia-Violeta TEODORESCU**

*The Impact of Sensorial and Physical Therapies on Alleviating Physical Discomfort in Pediatric Palliative Care*

**Antoanela OLTEAN, Răducu POPESCU**

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

**Arif ERDAL, Alin LARION**

*Rebuilding Elbows: Tech-Driven Recovery After Olecranon Fractures*

**Felicia RUSNAC**

*Enhancing Interdisciplinary Collaboration Skills in Physical Therapy: A Transformative Approach*

**Florin NINI, Constantin CIORBĂ**

*Fatigue and Recovery in Sports Training*

**Liliana SCÎNTEI**

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

**Miruna MOROIANU, Ana-Maria BEZEM, Aliaa IBRAHIM ABDELMONEIM, Nana AHMED ELDAWY, Daniel DUȚĂ, George Cosmin MUȘAT, Cosmin George DAMIAN, Nicoleta Daniela CALOTĂ, Diana Victoria GIDU**

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

**Nina CEBOTARU, Serghei RACU, Vasile CEBOTARU**

*The Historical Evolution of Occupational Therapy*



Saturday, May 31, 2025

10:30 – 12:00

## PHISYCAL EDUCATION AND SPORTS – A011

**Andreea Maria ADAM**

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

**Andreea Maria ADAM**

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

**Aurelian GHEORGHIU, Igor ARSENE**

*The Modern Perspective on Global Scientific Solutions In The Field of Sport Science and Physical Education*

**Bogdan Sorin OLARU**

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

**Carmen GHEORGHE, Claudiu MEREUȚĂ**

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

**Carmen GHEORGHE, Claudiu MEREUȚĂ**

*The Psychological States an Athlete May Experience in Handball Competitions*

**Carmen PÂRVU, Zukhro Khamraeva BAHADIROVNA, George Dănuț MOCANU, Neculai HARABAGIU, Alice Cristiana ORBU, Iulian Andrei CHERTIF**

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

**Ciprian ZANFIR, Laurențiu Gabriel TALAGHIR, Teodora Mihaela ICONOMESCU, Marius Dumitru COSOREANU**

*Management Model Proposal for Using Balanced Scorecard in Sport Management*

**Cristian Ștefan LIUȘNEA**

*Observations Regarding the Correlation between Effort Capacity and Physical Fitness*

**Cristian Ștefan LIUȘNEA**

*Aspects Concerning the Human Abilities and Motor Skills*

**Daniel Andrei IORDAN, Cătălin Aurelian ȘTEFĂNESCU, Alexandru NECHIFOR, Leonard STOICA, Mădălina Gabriela COMAN, Ilie ONU, Corneliu Mircea CODREANU**

*Assessment of Physical Activity Levels and Sedentary Behavior among University Students*

**Gabriel Marian MANOLACHE**

*The Tactical Plan – Another Pre-Game Swot Approach in Soccer Play*

**Gabriel Marian MANOLACHE, Gheorghe BALINT**

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

**Leonard STOICA, Daniel Andrei IORDAN, Gabriela TOMESCU, Mădălina Gabriela COMAN**

*The Impact of Acrobatic Gymnastics Elements on Coordinative Abilities and Mobility*

**Leonard STOICA, Dana BADAU, Anca - Raluca TANASĂ, Andreea – Georgiana DOBRE, Corneliu Mircea CODREANU**

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

**Liliana NANU**

*Study Concerning The Development Of Fine Motor Skills In Preschoolers*

**Liliana NANU**

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

**Mădălina-Gabriela COMAN, Raluca-Mădălina BURLUI, Andreea-Georgiana DOBRE, Daniel-Andrei IORDAN, Mirela Geanina RADU, Mihaela OLARU**

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

**Mădălina-Gabriela COMAN, Raluca-Mădălina BURLUI, Andreea-Maria ADAM, Daniel-Andrei IORDAN, Ana-Maria RADU, Alexandru CIOCAN**

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

**Neculai HARABAGIU, Carmen PÂRVU, George Dănuț MOCANU, Petronel Cristian MOISESCU**

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

**Petronel Cristian MOISESCU, Dana Lucica CIOCOIU, Nastasia-Nicoleta PERIAN**

*The Influence Of Physical Education On The Short-Term Memory Of Middle School Students*

**Raluca Mădălina BURLUI, Mădălina-Gabriela COMAN**

*The Impact of Physical Activities on Mental Health Among Students*

**Răzvan Marian BUCĂȚARU, Raluca Mădălina BURLUI**

*The impact of Cardio Tennis Lessons on Shot Consistency*

**Teodora Mihaela ICONOMESCU, Bogdan Sorin OLARU, Laurențiu-Gabriel TALAGHIR**

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

**Vasile Cătălin SAVU, Bogdan GROSU, Daniel LOVIN**

*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*

**Vasile Cătălin SAVU, Daniel LOVIN, Bogdan GROSU**

*Study on Improving The Physical Training of Students Who Are Members of the Students' Football Team Through Games Played on Fields of Various Dimensions*

## KINETOTHERAPY AND PHYSICAL RECOVERY – A002

**Florentina CRISTEA**

*Recovery from a herniated disc*

**Florentina CRISTEA, Aurelian GHEORGHIU, Dan Eugen COSTIN**

*The Role of Kinetotherapy In Improving Cerebral Motor Diseases*

**Florentina CRISTEA, Dan Eugen COSTIN, Aurelian GHEORGHIU**

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

**Florentina CRISTEA, Veronica MINDRESCU, Tatiana BALINT**

*Recovery from a meniscus tear*

**Adriana NEOFIT, Liliana BUJOR**

*Study on The Use of Cryotherapy and Kinetic Means in Knee Disorders*

**Maricela DRAGOMIR**

*Ways To Recover Athletes After Effort And To Increase Sports Performance*

**Maricela DRAGOMIR**

*Study on Postural Disorders in Preschool Children*

**Mircea MOCANU, Marcela DRAGOMIR, George MOCANU, Daniel Andrei IORDAN**

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

**Daniel - Mădălin COJA**

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

**Daniel - Mădălin COJA**

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