“VASILE ALECSANDRI” UNIVERSITY of BACAU

Faculty of Movement, Sports, and Health Sciences

BOOK OF ABSTRACTS

3RD INTERNATIONAL STUDENTS’ SCIENTIFIC CONFERENCE

” Interdisciplinary Research in the Training of Future Professionals in the Field: Science of Sport and Physical Education“

Bacau, October 19-20, 2024

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Anca Raluca TANASĂ – ”Alexandru Ioan Cuza” University of Iași, Romania

Alexandru Rareș PUNI – ”Alexandru Ioan Cuza” University of Iași, Romania

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PHYSICAL EDUCATION IN SCHOOLS AND UNIVERSITIES

IS THERE A CORRELATION BETWEEN BODY HEIGHT AND BODY MASS WITH HANDGRIP STRENGTH IN ADOLESCENTS?

Brkic Magdalena
Josip Juraj Strossmayer University of Osijek, Croatia

Keywords: anthropometric characteristics, dynamometer, high school students

Abstract

During adolescence, there is a significant increase in height and weight, often accompanied by an increase in muscle and fat mass, which can notably affect the body proportions of adolescents. The aim of this study was to examine the correlation between body height and body weight with handgrip strength in adolescents, and to determine if there are differences between the strength of the left and right hand.

The study involved 154 adolescents (88 girls and 66 boys), and the testing was conducted during regular physical education classes. The Wilcoxon test was used to analyze differences in handgrip strength between the left and right hand, while Spearman's correlation test was employed to investigate the relationship between body height, body weight, and handgrip strength.

The results showed a statistically significant difference in handgrip strength between the left and right hand across the entire sample (z=6,96, p= 0,001), as well as separately for both girls (z=5,96, p= 0,001) and boys (z=3,97, p=0,001). Spearman's correlation test revealed no significant correlation between the variables in girls, whereas significant correlations were found between variable body mass, body height and variable handgrip strength left/right (R=0,52; 0,39; 0,57, p=0,001) among boys. Gender may have a significant impact on the relationship between anthropometric measurements and handgrip strength, and this could be explained by the specific physiological changes and development occurring during adolescence.

THE APPLICATION OF CLIMBING IN THE GENERAL PHYSICAL DEVELOPMENT OF STUDENTS AGED 7 – 11 YEARS

Mițel Virgiliu
The State University Physical Education and Sport Chisinau, Republic of Moldova

Key words: climbing, physical development, motor skills, students

Abstract

Currently, the education system is looking for solutions for the development of students, in the context in which they are absorbed by the age of technologies, but also the lack of movement, which often leads to the appearance of certain ailments. Thus, the specialists in the field of physical education and sports undertake measures to rectify the situation by identifying new content and organizational and methodological tools to reduce these phenomena. This is why, we believe that climbing is a test of sports tourism, which through the feasibility of the elements it has can be able to ensure the physical and mental development of students.

Climbing is a sport activity that involves climbing different vertical surfaces, using hands and feet to reach the highest point. This activity is extremely beneficial for the development of

motor skills in children between the ages of 7 and 11, as it involves a series of physical and mental skills that contribute to achieving an optimal level of coordination, balance, strength and agility.

It is an extremely beneficial sports activity for the development of motor skills in children aged between 7 and 11 years. By engaging in this activity, they improve their coordination, balance, strength and agility, thus acquiring physical and mental skills essential for healthy and harmonious development.

REDUCING THE TIME REQUIRED FOR ANTHROPOMETRIC MEASUREMENTS USING THE MORFIC DEVICE

Pîțu David
”Ștefan cel Mare” University of Suceava, Romania

Key words: anthropometry, measurements, innovation, device

Abstract

This article is based on a patent application in the field of anthropometric measurements for physical education classes, presenting a device, Morphic 1, designed to assist teachers in quickly and accurately assessing students.

The study explores the development, benefits, and applicability of this device, reducing the time budget allocated to anthropometric measurements and helping to create an automatic database through a Wi-Fi module."

TOURIST ACTIVITIES-DEVELOPMENT FACTOR OF STUDENTS IN EDUCATIONAL INSTITUTIONS

Slănină Adelina
The State University Physical Education and Sport Chisinau, Moldova

Key words: students, tourism activities, development.

Abstract

Today's society is subject to permanent changes and therefore all those involved in the educational activity must be able to quickly adapt to them, manage them responsibly by designing the activities in the educational unit. That is why, in the social and cultural context, the only viable way is to change or develop the values and principles of quality education.

In the context of the evolution of information technologies, we statistically observe that the level of movement among the population has decreased, especially among students, reaching a critical level.

According to the World Health Organization, in which it is specified that 80% of them suffer from a lack of physical activity, we can specify that physical activity is one of the three pillars of maintaining fundamental health, in addition to sleep and nutrition found in among the students. Therefore, tourism activities constitute an important direction and perspective in the diversification of physical and mental effort, in which the acquisition of the exclusive and vital survival capabilities needed in the school education system.

Educational tourism activities stimulate students' curiosity and give them the opportunity to explore new perspectives and think critically. Therefore, tourist activities offer both children and

adults the ability to survive in nature, involving equipment specific to tourist activities in nature, which favors their multilateral development.

STUDY ON THE INFLUENCE OF EXTRACURRICULAR ACTIVITIES ON INCREASING ACADEMIC MOTIVATION IN THE UNIVERSITY ENVIRONMENT

Toboc Cristian-Vlad,
Trifu Gabriel
”Ovidius” University of Constanța, Romania

Keywords: extracurricular activities, university environment, academic motivation

Abstract

Participation in extracurricular activities such as sports, arts, and academics provides opportunities for student growth both educationally and in terms of overall development, with many studies showing a positive relationship between participation in after-school physical activities and students' school results (Abruzzo et. al., 2016).

The aim of this study is to highlight the importance of students' participation in practical activities organized outside of compulsory classes. Thus, a questionnaire was administered to a sample of 67 students attending undergraduate studies at the Faculty of Physical Education and Sport in Constanța.

The results indicate that more than 90% of the students participated in extracurricular activities organized within the faculty, and they prefer competitive sports activities (46.3%), voluntary actions organized for children in the community (32.8%) and artistic events (9%). The majority of the students who participated in the study are of the opinion that attendance at the faculty can be stimulated through activities organized outside class hours, considering that they can contribute greatly to improving the educational process and professional development (47.8%).

In conclusion, the practical activities organized outside compulsory courses have a positive influence on academic motivation in the university environment and contribute to the professional development of students, giving them the opportunity to accumulate new knowledge and experience in the field.

ATHLETIC AND MOTOR PERFORMANCE

STUDY ON THE USE OF SMALL-SIDED GAMES ON A REDUCED COURT IN TEACHING VOLLEYBALL IN MIDDLE SCHOOL

Airoaie Mădălina-Andreea
"Vasile Alecsandri" University of Bacau, Romania

Keywords: small-sided games volleyball

Abstract

This study explores the effectiveness of using small-sided games on a reduced court as a teaching method for volleyball in middle school physical education. Traditional methods often

emphasize full-court play, but these can overwhelm beginners with complex rules and strategies.

By implementing small-sided games, the study aims to increase student engagement, improve skill acquisition, and simplify the learning process. The research focuses on the benefits of using fewer players and smaller playing areas, which allows for more touches on the ball, quicker decision-making, and better player involvement.

Data were collected through observational analysis and feedback from both students and teachers. Results indicate that small-sided games improve basic volleyball skills, such as passing, setting, and serving, while also fostering a more enjoyable learning environment. The findings suggest that this approach can be a valuable addition to volleyball instruction in the middle school curriculum, enhancing students' understanding of the game and encouraging active participation.

THE ROLE OF NUTRITION AND SUPPLEMENTATION IN ENHANCING PERFORMANCE IN ANAEROBIC TRAINING AND THE MUSCLE HYPERTROPHY PROCESS

Asimionesei Romeo-Tiberiu
”Aurel Vlaicu” University of Arad, Romania

Keywords: muscle hypertrophy, nutrition, recovery

Abstract

In this paper, I started from the hypothesis that targeted nutrition and supplementation can significantly contribute to muscle mass hypertrophy. The purpose and objectives of this paper are, first and foremost, to provide the basic information needed to achieve our physical ideal and optimize the muscle hypertrophy process through anaerobic training.

This involves understanding the importance of nutrition and supplementation, understanding calories, the role of macronutrients and micronutrients in our body, the necessity of determining basal metabolic rate and consuming calories in a caloric surplus, tracking and monitoring training, what we consume, and our progress, avoiding and overcoming plateaus, and the role of rest, recovery, and other aspects. Secondly, the purpose of the paper is to present the results I have obtained on my own body by applying the principles and information found in this work.

STUDY REGARDING THE EFFICIENCY OF THE SPECIALIZED PLAYER ON THE EXTREME POSITION IN THE IV PHASE OF THE ATTACK

Baba Alice Florentina
"Vasile Alecsandri" University of Bacau, Romania

Keywords: winger position, efficiency, performance, handball

Abstract

The study of the frequency and contribution of the technical-tactical actions on the winger position can lead to the development of a material to complete the game model for the players specialized in the winger position. This study was carried out by monitoring the official games taking into account the following aspects:

1. The role and responsibilities of the winger

- correct positioning in the field
-the ability to move quickly and efficiently to find optimal casting angles

2. Throwing techniques

- the importance of precision in throwing
- evaluation of the force of the throw and how it influences the efficiency

3. Offensive techniques

- synchronization and coordination with teammates

4. Performance factors

- physical and mental state
- analysis of opponents

5. Statistics and analysis

- success rates, the percentage of shots converted into goals out of the total shots made.

6. Direct observation, interviews, testing and evaluations

In conclusion, contributing with concrete data on the efficiency of the player specialized in the position of winger can influence the quality and frequency of the attacking game and can provide valuable insights for coaches, players and researchers in the field.

WAYS TO IMPROVE THE EXECUTION OF FREE KICKS AT THE TOPOLOG WOMAN FOOTBALL TEAM – CASE STUDY

Constantin Diana-Antonia
”Ovidius” University from Constanta, Romania
Năcuță Diana
”Ovidius” University from Constanta, Romania

Keywords: free kicks, woman football, shot accuracy

Abstract

Aim. The aim of this paper is to improve the free kick execution skills of female soccer players.

Matherial and methods. We conducted a case study on one of the central midfielders from the women's football team from Topolog. We recorded the number of valid executions from 10 attempts at the goal divided into 9 rectangles, from different distances (16 m, 18 m and 20 m) and from different areas of the field (central area, left side, right side). After each training session, the midfielder took 20 free kicks from each set distance and from each area of the pitch.

Results. Statistical analysis demonstrates that in final testing, all executions are significantly improved over initial testing.

Conclusions. The working hypothesis was confirmed – the free kick execution skills of female soccer players was improve.

STUDY ON ACHIEVING PHYSICAL EDUCATION AND SPORTS OBJECTIVES THROUGH THE USE OF VOLLEYBALL IN PHYSICAL EDUCATION LESSONS

Gorbe Karina-Iuliana
"Vasile Alecsandri" University of Bacau, Romania

Keywords: volleyball, physical education, lessons

Abstract

This study examines how volleyball can be effectively used to fulfill the objectives of physical education and sports in school curricula. Focusing on middle and high school students, the research investigates how volleyball, as a team sport, contributes to the development of motor skills, coordination, and teamwork, while also promoting physical fitness and social interaction.

The study aims to assess the extent to which volleyball can meet core educational goals, such as improving students' overall physical condition, fostering cooperation, and teaching strategy and discipline. Data were gathered through both qualitative and quantitative methods, including student performance assessments, teacher feedback, and student surveys.

Findings reveal that volleyball, when integrated into physical education lessons, significantly enhances students' motor abilities, encourages active participation, and improves interpersonal skills. The study concludes that volleyball is an effective tool for achieving physical education and sports objectives, supporting both physical and cognitive development in students, while also contributing to a more dynamic and engaging learning environment.

EFFECTS OF FREE EXERCISE AND WEIGHT TRAINING ON MUSCLE STRENGTH DEVELOPMENT IN THE PRESENCE OF INTERMITTENT FASTING IN BBODYBUILDING: A SYSTEMATIC REVIEW

Negru Monica Elisabeth
”Alexandru Ioan Cuza" University of Iași, Romania
Molocia Mihai
"Alexandru Ioan Cuza" University of Iași, Romania

Keywords: free exercise, weight-bearing exercise, intermittent fasting, muscle strength, muscle mass

Abstract

Both free-exercise and weight-bearing exercise workouts that also use intermittent fasting as a manipulative method for body composition and muscle strength development have gained momentum and are recognized among researchers.

Research has demonstrated benefits in this regard in published studies. Therefore, the purpose of this study, a review type, is to analyze and highlight the effects of free and regimented exercise training in the presence of intermittent fasting. Databases such as PubMED, MEDLINE, WEF OF SCIENCE, RESEARCH GATE were used to substantiate the present study. Most studies met the eligibility criteria for inclusion in our research.

The results of the research confirm the hypothesis hypothesized and suggest that training utilizing both free exercises and bodybuilding weighted exercises in the presence of intermittent fasting can have considerable effects on muscle strength development. We propose as future research directions to analyze these effects also in the long term.

STUDY ON THE EFFICIENCY OF THE HANDBALL GOALKEEPER IN THE COMPETITIVE GAME AT THE LEVEL OF THE CSM BACĂU TEAM

Robu Alexandra-Emilia
"Vasile Alecsandri" University of Bacau, Romania

Keywords: goalkeeper, performance, handball, team goals.

Abstract

This paper aims to address the issue of goalkeepers' efficiency in the game of senior handball in relation to the performance of his team. It can be said that the goalkeeper has a very high responsibility in the team, because his activity is not only limited to defending the goal, he participates in the entire course of the game, having an important role in both defense and attack.

The smooth running of the game requires a great deal of preparation, rigorous training in terms of developing technique and tactical sense in order to achieve considerable results within the team. The subjects of the study were the goalkeepers of the CSM Bacău handball team, during the 2023-2024 season, in the matches played either "home" or „away".

The results obtained support the primary hypothesis, namely that the efficiency of the goalkeeper depends on multiple factors, including higher or lower level of training, style of play, etc.

We can therefore conclude by saying that the unity among the players can facilitate good collaboration and the achievement of team goals, leading to the efficiency of the whole team.

PHYSICAL AND OCCUPATIONAL THERAPY

THE IMPACT OF PHYSICAL THERAPY IN IMPROVING THE STATIC AND DYNAMIC BALANCE OF PATIENTS WITH MULTIPLE SCLEROSIS

Apetrei Andrei-Cosmin
"Vasile Alecsandri" University of Bacau, Romania
Tudor Gina-Maria
"Vasile Alecsandri" University of Bacau, Romania

Keywords: anthropometry, measurements, innovation, device

Abstract

In the present study, we aimed to highlight the importance of physical therapy intervention in order to improve functional parameters, thus reducing balance disorders and the risk of falls in patients with multiple sclerosis.

Materials and Methods: We selected and evaluated 2 patients, with the diagnosis of spinal sclerosis, who followed the program for a period of 6 months. In order to highlight the results, specific evaluation tests were used, which were applied periodically. The study was carried out within the GTL recovery clinic and involved a physical therapy intervention program composed of specific methods and techniques, such as: relaxing massage, PNF techniques, active exercises, hydrotherapy and cryotherapy.

Results: After the physical therapy program, we found an improvement in the functional parameters, which represented an important aspect in the balance aspect of each patient, as

well as an influence on the evolution of the disease. In order to maintain the results obtained, we propose a constant observance of a specific lifestyle that particularly involves physical activity.
Conclusion: As a result of the study, we can say that an individualized and constantly applied physical therapy intervention to a patient with multiple sclerosis can improve their functionality and reduce falling risk.

THE ROLE OF THE OCCUPATIONAL THERAPIST IN IMPROVING THE QUALITY OF LIFE FOR CHILDREN WITH TETRAPARESIS

Feciorița Laura
"Vasile Alecsandri" University of Bacau, Romania

Keywords: tetraparesis, children, occupational therapy

Abstract

Occupational therapy is essential in improving the quality of life for children with tetraparesis, particularly in cases of neurological conditions. Recent studies emphasize the need for personalized interventions that address not only the physical but also the psychosocial aspects of these conditions.

Occupational therapy has proven to be one of the most effective methods for increasing functional independence and enhancing the quality of life for these children.

A concrete example shows how a therapeutic program based on the Person-Environment-Occupation (PEO) model can help children develop essential skills for daily life. The therapeutic intervention led to significant improvements in mobility, balance, daily independence, and social participation.

Thus, occupational therapy optimizes functionality, removes participation barriers, and enhances children's overall satisfaction in daily activities.

In conclusion, it plays a crucial role in the rehabilitation and social integration process for children with tetraparesis, significantly contributing to a better life.

THE EFFICIENCY OF PHYSICAL THERAPY IN THE RECOVERY OF WEBER TYPE B BIMALLEOLAR FRACTURE IN THE MATURE ADULT

Gheorghieș Iulian-Gabriel
"Vasile Alecsandri" University of Bacau, Romania

Keywords: bimalleolar fracture, recovery, physical therapy, efficiency.

Abstract

The research took place on a 59-year-old female individual, the medical diagnosis being: bimalleolar fracture type b Weber. The research took place between February 2024 and May 2024, with the recovery sessions being 2-3 times a week and lasting one to one and a half hours. Throughout the research, with a view to a better and prompt recovery, various techniques, methods, kinetotherapeutic procedures, as well as elements of physiotherapy, were used.

Everything that was done with the patient, all the recovery programs individually created for each stage of recovery, was a real success, the individual regaining the functionality of the affected segment.

Also, throughout the research, different information was gathered regarding the effectiveness of the applied programs, all of which concluded that, from the initial evaluation to the final evaluation, progress was made and there were functional "gains" after each session. recovery.

COMPARATIVE STUDY ON THE ROLE OF PHYSICAL THERAPY IN RECOVERY OF BIMALLEOLAR FRACTURE PATIENTS WITH AND WITHOUT SURGERY

Iancu Daria-Isabela
"Vasile Alecsandri" University of Bacau, Romania

Keywords: bimaleolar, fracture, recovery

Abstract

For this conference I decided to participate with the presentation of my undergraduate thesis. In the framework of the work, I collaborated with two patients who suffered bimalleolar fractures in the same period, both following a fall, but with different medical treatments: one underwent surgery, and the other followed a conservative treatment.

I prepared for each patient a functional assessment sheet, based on which I established the functional diagnosis and formulated the physical therapy objectives. Based on these, I selected and applied the physical therapy methods that I considered the most appropriate, carrying out the program over a period of 6 weeks, with 3 weekly sessions.

At the end, I made graphs illustrating the functional progress from one assessment to another, highlighting the differences in the recovery of the two patients. It is important to note that, in the case of both subjects, the recovery process was initiated late, three years after the occurrence of the injuries.

KINETOTHERAPY IN HIP ARTHROPLASTY

Ignat Viorel-Ionuț
"Vasile Alecsandri" University of Bacau, Romania

Keywords: arthroplasty, hip, kinetotherapy

Abstract

The purpose of the paper is to verify the research hypotheses and the analysis of muscle evolution, as well as to verify the extent to which their application will result in restoring the functionality of the lower limb, as well as the selection and adaptation of specific means in the field of physical therapy, which will lead to the resumption of movement in orthostatism, respecting the phases of walking, in the subject with a hip prosthesis.

In order to draw up the recovery program, it is necessary to have an accurate and complete clinical-functional diagnosis at its base.

Considering the increased incidence of hip replacement surgeries, the main objective of this research is to outline some recovery programs that lead to the improvement of joint dysfunctions (reversions, deformities, vicious positions, postures and transfers) in order to achieve a functional level necessary for autonomous travel, meeting needs, family and social needs.

If a physical therapy recovery program focused on rebalancing the musculature of the pelvic girdle and hip will be applied, it will contribute to restoring the functionality of the lower limb. If systematic training, applied 3 times a week, will increase the speed of movement and stability during walking.

EFFICIENCY OF PHYSIOTHERAPEUTIC INTERVENTION IN THE TREATMENT OF POSTURAL CERVICALGIA

Necula Cosmin
"Vasile Alecsandri" University of Bacau, Romania

Keywords: incorrect posture, vertebral degenerations; manual therapy

Abstract

Cervicalgia of various etiologies is one of the most common musculoskeletal disorders, becoming one of the common causes of pain that can occur as a result of vertebral degeneration, trauma, incorrect positions or activities that require the periarticular elements for a long time.

The objectives of the study were to select and combine some treatment methods and techniques, with the aim of reducing the symptoms of the subjects in a shorter time and with lasting effects. The paper represents a study carried out on a group of 6 female subjects with cervical pain of different causes, divided into 2 groups, one control and one experimental.

The subjects of the control group benefited from a program of therapeutic physical exercises and physiotherapy, and the experimental group, from the same therapy, but additionally included in the treatment, manual therapy techniques, such as therapeutic myofascial massage, myotensive techniques, joint mobilizations, techniques of facilitation. The treatment lasted four weeks with a frequency of 3 sessions/week.

The results of the study showed an improvement in the state of health, in a shorter time, as follows: reduction of pain, improvement of muscle trophicity and elasticity, increase of range of motion, improvement of capsulo-ligamentous elasticity, in subjects who had extra during the intervention kinetotherapeutic means.

CASE STUDY ON THE EFFECTIVENESS OF PHYSICAL THERAPY INTERVENTION IN PREPARING A SURGICALLY TREATED PATIENT WITH OSTEOGENESIS IMPERFECTA FOR AMBULATION

Nedelcu Adelina-Ramona
"Vasile Alecsandri" University of Bacau, Romania

Keywords:physical therapy, surgically, osteogenesis

Abstract

Osteogenesis imperfecta, commonly known as brittle bone disease, is a genetic disorder characterized by mutations in the COL1A1 and COL1A2 genes, which are responsible for synthesizing type I collagen, the main protein in bones. These mutations lead to bone deformities and an increased risk of fractures, even from minor trauma.

Although there is currently no curative treatment for osteogenesis imperfecta, extensive research is being conducted on various aspects of this condition. Research Hypothesis: It is hypothesized that physiotherapeutic intervention can address the needs of a surgically treated patient with osteogenesis imperfecta, focusing on ambulation preparation through the enhancement of joint mobility, muscle toning, and increased joint stability in the lower extremities using specific methods, tools, and techniques of physical therapy.

The subject of the research is an 8-year-old boy diagnosed with osteogenesis imperfecta type III, who has undergone multiple surgical interventions. At the end of the rehabilitation program, the hypothesis was confirmed, and the following observations were made: - Improvement in the range of motion in all directions at the level of the lower extremities. - Increased muscle strength across all muscle groups in the lower limbs. - Enhanced joint stability in the lower limb joints. - A slight improvement in the degree of independence and balance. - Increased muscle strength in the upper limbs and trunk, achieved by including upper body activation in each physical therapy session, although these parameters were not included in the study.

THE EFFICIENCY OF PHYSICAL THERAPY IN THE RECOVERY OF PATIENTS OF THE THIRD AGE WITH SEQUELAE AFTER STROKE

Oprea Vasilică-Forinel
"Vasile Alecsandri" University of Bacau, Romania

Keywords: stroke, elderly, electromechanical mobiliser, balance

Abstract

The main and derived objectives of the research were to study the effectiveness of physical therapy in the recovery of patients of the third age with the sequelae of a stroke, to order and systematize the intervention programs, from simple to complex, so that they can be realized efficiently increasing and maintaining the exercise capacity of the subjects and improving the attitude towards physical activities and lifestyle.

It has been claimed that improving exercise programs in impaired elderly subjects through electromechanical mobiliser training in combination with static and dynamic balance exercises is effective in improving gait.

It has been claimed that by completing a therapeutic plan based on controlled physical exercise by gradually increasing the complexity, more than a year after the event, the recovery of the function of the affected lower limb is achieved.

Research data suggests that shortly after the event, the aging brain also has the capacity for neuronal regeneration.

In order to obtain a higher proportion of recovery, a higher intensity of therapy should be considered, adapting it to the individual taking into account the heredocollateral history.

The paper points out that motor impairment is the most common deficit following a neurological event, which increases the risk of falling.

THE EFFECTS OF PHYSICAL EXERCISE IN THE RECOVERY OF LOCOMOTOR FUNCTION IN PATIENTS WITH LEFT CRURAL MONOPARESIS

Tănasă Alina
"Vasile Alecsandri" University of Bacau, Romania

Keywords: physical exercise , locomotor function , left crural monoparesis

Abstract

Crural monoparesis requires a multidisciplinary therapeutic approach, today there are recent advances in diagnosis, treatment and understanding of the mechanisms of production. In the multidisciplinary therapeutic approach, the use of physical exercises is especially included, which by their specificity can speed up or strengthen the process of restoring the affected functions.

Our study included one subject (female, 17 years old), approached at home and in a recovery center in Bucharest. Research period: September 11, 2023 – May 15, 2024, with daily 30-minute sessions. Objectives: prevention of genu-recurvatum deformity, maintenance of joint mobility of the ankle, fingers and hip, prevention of vasculo-trophic disorders, maintenance of tone in denervated muscles, education - re-education of paralyzed muscles, maintenance and increase of muscle tone, functional re-education of the knee within the kinetic chain of the lower limb, re-educating walking and gaining functional independence.

Specific exercises and techniques were applied (massage, Margaret Root method, Kenny method, ice stimulation, rhythmic initiation, repeated force contractions 2-3 and 4-5, slow inversion, slow inversion with opposition, balance exercises, proprioception and walking). In conclusion, the systematic and continuous application of a program with distinct, individualized physical exercises, on the subject with left crural monoaresis, can offer a viable solution for restoring muscle tone, an aspect that will determine the recovery of locomotor function - the re-education of walking.

VARIOUS

THE HISTORY OF DANCESPORT AND ITS SOCIAL COMPONENTS

Comoli Ștefan-Alexandru,
”Ovidius” University of Constanța, Romania
Dosoftei Mario-Alexandru
”Ovidius” University of Constanța, Romania

Keywords: Dancesport, Latino, Ballroom dances.

Abstract

Dancesport is a relatively recently developed sport. Its competitive debut took place at the end of the first decade of the 20th century. It is one of the most complex dance styles, branching into two completely different genres: Latin American and European (Standard).

The name of the *Latino* section reveals the predominant origin of these dances, which originated in Latin America, but also developed in Europe in the mid-20th century with the arrival on the continent of famous music orchestras accompanied by dancers from Central and South America. Their outstanding showmanship, the freedom of their depiction and their cheerful color, made this category of dances a competitive one worldwide. This category includes the dances: Samba, Cha-Cha-Cha, Rumba, Paso Doble and Jive.

The category of *Standard* dances was known as "ballroom dances" during the 19th century. Over time, they became a favorite among high society people because of their elegance, and

were danced at balls. Specific to this category are the dances: Slow Waltz, Viennese Waltz, Tango, Slow Fox and Quick Step.

The first dance competition in Europe was the Tango Tournament in Nice in 1907, and the first Romanian National Sport Dance Championship was held in Bucharest in 1991. In 1992 the Romanian Dancesport Federation (FRDS) became a member of IDSF (International Dancesport Federation).

Seen as a human activity, dance belongs to the category of motor activities in which the biological, psycho-social and spiritual are determinative. From a social point of view, dancesport can be practiced for different purposes, the multiple effects of this sport being subjective in relation to people of all ages. Its social components are: dance for all, performance dance, professional and adapted dance.

THE IMPORTANCE OF DEVELOPING MOTOR SKILLS IN THE CAREER OF A PENITENTIARY POLICE OFFICER

Dileva Jozsef – Gabriele
”Aurel Vlaicu” University of Arad, Romania

Keywords: motor skills, prison police officers, physical fitness, mental health

Abstract

This study explores the significance of motor skills development in the career of prison police officers. Through a structured questionnaire administered to 52 active professionals, the research investigates perceptions regarding the importance of physical fitness, participation in sports activities, and the impact of exercise on mental health and work performance.

Results indicate a strong recognition of the vital role of motor skills such as speed, endurance, agility, and strength in effectively fulfilling professional duties. A high level of engagement in sports activities, both within the institution and during leisure time, was observed.

The study also reveals a perceived positive correlation between physical activity and mental well-being, stress management, and work-related energy levels. These findings underscore the multidimensional impact of motor skills development on the well-being and performance of prison police officers, suggesting the need for tailored physical training programs in penitentiary institutions.