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Faculty of Medical and Behavioral Sciences
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ASSOCIATION FOR THE SCIENCE OF PHYSICAL AND
SPORTS EDUCATION (ASEFS), ROMANIA

**INTERNATIONAL
SCIENTIFIC
CONFERENCE**
**"THE INFINITY"
OF HUMAN
PERFORMANCE**

**CONFERENCE
PROGRAM**

14th EDITION

SEPTEMBER 17, 2026
TÂRGU JIU, ROMANIA

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 - Asst. Prof. **Paula TĂTARU**, Faculty of Medical and Behavioral Sciences, "Constantin Brâncuși" University of Târgu Jiu, Romania
-

Keynote Speakers:

- PhD Professor **Cenk TEMEL**, Akdeniz University, Faculty of Sports Sciences, Department of Sport Management Antalya, Türkiye
- PhD Assoc. Prof. **Mehmet KARTAL**, Adiyaman University, Faculty of Sports Sciences, Department of Physical Education and Sports Teaching, Türkiye
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- PhD Lecturer **Andreea POPESCU**, "Constantin Brâncuși" University of Targu Jiu, Faculty of Medical and Behavioral Sciences, Department of Health and Motricity, Romania
- PhD Asst. Prof. **Anna ANDREEVA**, Faculty of Public Health, Health Care and Sport, Department of Logopedics, South-West University "Neofit Rilski", Blagoevgrad, Bulgaria
- Asst. Prof. **João FREITAS**, Escola Superior de Desporto de Rio Maior, Portugal
- **Emmanouela KARAGIOTA**, Irene Peristery Gymnastic Club, Greece
- Asst. Prof. **Denisa SAKIZLIAN**, "Constantin Brâncuși" University of Targu Jiu, Faculty of Medical and Behavioral Sciences, Department of Health and Motricity, Romania
- Asst. Prof. **Miglena TSVETKOVA-GABERSKA**, Faculty of Public Health, Healthcare and Sports, Department of Anatomy and Physiology, South-West University "Neofit Rilski", Bulgaria
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CONFERENCE
THURSDAY, SEPTEMBER 17th 2026, 13⁰⁰ – 18⁰⁰

- ✓ 13⁰⁰ Opening of the conference
Welcome message:
- ✓ **PhD Professor Luminița-Georgeta POPESCU**, Rector of “Constantin Brâncuși” University of Târgu Jiu.
- ✓ **PhD Professor Monica Delia BÎCĂ**, Dean of The Faculty of Medical and Behavioral Sciences.

- ✓ 13¹⁵ – 13⁴⁰ – *Messages from the conference guests:*
 - ✓ **PhD Assoc. Prof. Miglena SIMONSKA**, Head of Department, Faculty of Public Health, Health Care and Sport, South-West University “Neofit Rilski”, Bulgaria
 - ✓ **PhD Professor Yurii MOSEICHUK**, Dean Faculty of Physical Culture, Sports and Rehabilitation, Yuriy Fedkovych Chernivtsi National University, Ukraine
 - ✓ **PhD Assoc. Prof. Habil., Ľuboslav ŠIŠKA**, Catholic University, Faculty of Education, Department of Physical Education and Sport, Ruzomberok, Slovakia
 - ✓ **Vassilis GOURAVAS**, PhD Coach of Larissa Handball Club, Greece

- ✓ 13⁴⁰ - 15³⁰ *Keynote speakers:*
 - **PhD Assist. Prof. Anna ANDREEVA**, Faculty of Public Health, Health Care and Sport, Department of Logopedics, South-West University “Neofit Rilski”, Bulgaria - *“SHAPING LIFELONG POTENTIAL: EARLY HEARING SCREENING AND INTERVENTION IN CHILDREN”*
 - **PhD Assoc. Prof. Mehmet KARTAL**, Faculty of Sports Sciences, Department of Physical Education and Sports Teaching, Adıyaman University, Turkey - *“BEYOND THE SCREEN: DISABILITY, INCLUSION, AND THE FUTURE OF ESPORTS”*
 - **Assist. Prof. Miglena TSVETKOVA-GABERSKA**, Faculty of Public Health, Healthcare and Sports, Department of Anatomy and Physiology, South-West University “Neofit Rilski”, Bulgaria - *“APPLICATION OF INERTIAL SENSORS FOR MOVEMENT ANALYSIS IN MUSCULOSKELETAL DYSFUNCTIONS OF THE LOWER LIMBS”*
 - **PhD Professor Cenk TEMEL**, Akdeniz University, Faculty of Sports Sciences, Department of Sport Management Antalya, Türkiye – *“TÜRKİYE'S PHYSICAL EDUCATION CURRICULA: PAST AND PRESENT”*

- **Asst. Prof. João FREITAS**, Escola Superior de Desporto de Rio Maior, Portugal - *"MODERN SPORT: WHO IS FOOLING WHOM? CHALLENGES, ILLUSIONS, AND THE CRITICAL ROLE OF FUTURE PROFESSIONALS"*

- **Coach Emmanouela KARAGIOTA**, Irene Peristery Gymnastic Club, Greece - *"THE GYMNASTICS FOR ALL DISCIPLINES"*

- **Asst. Prof. Anastasiia MOSKALIUK**, Department of Therapy, Rehabilitation and Healthcare Technologies, Yuriy Fedkovych Chernivtsi National University, Ukraine - *"APPLICATION POSSIBILITIES OF THE ISCHEMIC COMPRESSION METHOD IN FUNCTIONAL REHABILITATION"*

- **PhD Assoc. Prof. Oana-Maria PĂSTAE**, Faculty of Medical and Behavioral Sciences, "Constantin Brâncuși" University of Târgu Jiu, Romania - *"REFRAMING ENGLISH LITERACY THROUGH MULTIMODAL ASSESSMENT"*

- **Asst. Prof. Denisa SAKIZLIAN**, "Constantin Brâncuși" University of Targu Jiu, Faculty of Medical and Behavioral Sciences, Department of Health and Motricity, Romania - *"PREDIABETES AND NEWLY DIAGNOSED TYPE 2 DIABETES MELLITUS"*

- **PhD Assoc. Prof. Iacob-Daniel CHIVU**, Faculty of Medical and Behavioral Sciences, "Constantin Brâncuși" University of Târgu Jiu, Romania - *"SMALL-SIDED GAMES AS AN INTEGRATIVE METHOD FOR DEVELOPING PERFORMANCE IN FOOTBALL: PHYSIOLOGICAL, TECHNICAL-TACTICAL AND METHODOLOGICAL IMPLICATIONS"*

- **PhD Assoc. Prof. Eduard- Robert SAKIZLIAN**, Faculty of Medical and Behavioral Sciences, "Constantin Brâncuși" University of Târgu Jiu, Romania - *"THE EFFECTS OF A STRUCTURED PHYSICAL EXERCISE PROGRAMME ON MOTOR FITNESS, STRESS AND WELL-BEING IN UNIVERSITY STUDENTS"*

- **PhD Lecturer Andreea POPESCU**, Faculty of Medical and Behavioral Sciences, "Constantin Brâncuși" University of Târgu-Jiu, Romania - *"ARTIFICIAL INTELLIGENCE AND DIGITAL TECHNOLOGIES IN MODERN PHYSIOTHERAPY: EMERGING OPPORTUNITIES FOR PERSONALIZED REHABILITATION"*

- **PhD Assoc. Prof. Camelia-Daniela PLĂSTOI**, Faculty of Medical and Behavioral Sciences, "Constantin Brâncuși" University of Târgu Jiu, Romania - *"ADAPTING KNOWLEDGE ACQUISITION IN PHYSICAL EXERCISE: A SYSTEMATIC REVIEW OF CLASSROOM TEACHING AND TECHNOLOGY-ASSISTED LEARNING"*

✓ 15³⁰ – 18⁰⁰ – Paper presentations.

✓ 18⁰⁰ Closing of the 14th Edition of the International Scientific Conference – *"The Infinity of Human Performance"* - ISC-IHP 2026.

SECTION I	
<i>Sports Science</i>	
THURSDAY, SEPTEMBER 17, 2026, 13⁰⁰ – 18⁰⁰	
<i>THE TITLE OF THE PAPER</i>	<i>Author /-s</i>
1. THE IMPACT OF SYSTEMATIC PHYSICAL ACTIVITY ON PHYSICAL FITNESS AND QUALITY OF LIFE IN UNIVERSITY STUDENTS	<i>Monica Delia BÎCĂ, Professor PhD., Eduard Robert SAKIZLIAN, Assoc.Prof</i>
2. THE EFFECTS OF A STRUCTURED PHYSICAL EXERCISE PROGRAMME ON MOTOR FITNESS, STRESS AND WELL-BEING IN UNIVERSITY STUDENTS	<i>Monica Delia BÎCĂ, Professor PhD. Eduard Robert SAKIZLIAN, Assoc. Prof.</i>
3. SMALL-SIDED GAMES AS AN INTEGRATIVE METHOD FOR DEVELOPING PERFORMANCE IN FOOTBALL: PHYSIOLOGICAL, TECHNICAL-TACTICAL AND METHODOLOGICAL IMPLICATIONS	<i>Chivu Iacob Daniel, Assoc. Prof.</i>
4. ACTIVE GAMES IN PHYSICAL EDUCATION CLASSES AS A MEANS OF FOSTERING SOCIAL ACTIVITY IN PRIMARY SCHOOL-AGE CHILDREN	<i>Svitlana DUDITSKA, Assoc. Prof. Anzhela MEDVID, Assoc. Prof.</i>
5. PSYCHOSOCIAL REFLECTIONS OF RECREATIONAL EXERCISE: ALTRUISTIC ATTITUDES AND LIFE SATISFACTION	<i>Ezgi KURŞUN, PhD Candidate, Gümüş HÜSEYİN, Prof. Dr.</i>
6. THE IMPACT OF A PHYSICAL THERAPY PROGRAM ASSOCIATED WITH VIRTUAL REALITY ON PROPRIOCEPTION AND FUNCTIONAL INDEPENDENCE IN CHILDREN WITH NEUROPSYCHIATRIC IMPAIRMENTS	<i>Floroiu Elena ANCUȚA, PhD Student</i>
7. PSYCHOMETRIC EVALUATION OF THE TURKISH SMART DIGITAL HEALTH SCALE IN OLDER ADULTS WITH CANCER	<i>Zehra GOK METIN, Professor, PhD Nur IZGU, Associate Professor, PhD Kadir BAYSOY, Research Assistant, MSc</i>

**8. ACADEMIC SELF-EFFICACY, MINDFUL SELF-CARE AND
DECISION-MAKING ORIENTATION IN NURSING STUDENTS:
CROSS-CONTEXT CORRELATIONAL FINDINGS**

*Zehra GOK METIN, Professor
Nur IZGU, Assoc. Prof.
Iacob Daniel CHIVU, Assoc. Prof.*

**9. EXAMINING THE RELATIONSHIP BETWEEN
RECREATIONAL FLOW EXPERIENCE AND FEAR OF
MISSING OUT IN NATURE AND ADVENTURE SPORTS**

*Hakan ÜNLÜ, M.A. Graduate,
Gümüş HÜSEYİN, Prof. Dr.*

**10. ANALYSIS OF STRESS LEVELS AMONG UKRAINIAN
STUDENT-ATHLETES UNDER CONDITIONS OF CHRONIC
WAR-RELATED STRESS**

*Anna HAKMAN, Dr.
Ivan VASKAN, Associate Professor*

**11. VIRTUAL REALITY AS AN INNOVATIVE MEANS OF
DEVELOPING COACHES' PROFESSIONAL COMPETENCE IN
THE PROCESS OF SPORTS ACTIVITY**

*Yurii MOSEICHUK, Doctor of Pedagogy
Ratmir TURCHANINOV, PhD Student*

**12. ADAPTING KNOWLEDGE ACQUISITION IN PHYSICAL
EXERCISE: A SYSTEMATIC REVIEW OF CLASSROOM
TEACHING AND TECHNOLOGY-ASSISTED LEARNING**

Camelia-Daniela PLĂSTOI, Assoc. Prof. PhD

**13. EVOLUTION OF EXECUTION TIME AND TECHNICAL
ERRORS ON THE UTILITARIAN-APPLIED COURSE IN
MILITARY STUDENTS FOLLOWING A SPECIFIC TRAINING
PROGRAM**

Cristina-Daniela PAȘCAN, PhD Student

**14. MANAGEMENT AND LEADERSHIP IN ROMANIAN
BASKETBALL: FROM VOLUNTEERING TO
PROFESSIONALISM**

Virgil - Ion POPOVICI, Lecturer PhD

**15. MANAGEMENT AND LEADERSHIP IN ROMANIAN
HANDBALL: BETWEEN TRADITION AND
PROFESSIONALIZATION**

Virgil - Ion POPOVICI, Lecturer PhD

**16. ANALYSIS OF MARKETING STRATEGIES IMPLEMENTED IN FITNESS
CENTERS**

Florin NEFERU, Lecturer PhD

**17. MODERN SPORT: WHO IS FOOLING WHOM?
CHALLENGES, ILLUSIONS, AND THE CRITICAL ROLE OF
FUTURE PROFESSIONALS**

João FREITAS, Asst. Prof.

**18. TÜRKIYE'S PHYSICAL EDUCATION CURRICULA: PAST AND
PRESENT**

Cenk TEMEL, Prof. PhD

**19. THE ACQUISITION OF HANDBALL SKILLS AMONG
BEGINNERS THROUGH THE INTEGRATION OF DIGITAL
TECHNOLOGIES**

Vassilis GOURAVAS, Coach

**20. INDIVIDUALIZING ENDURANCE RUNNING TRAINING IN
HIGH SCHOOL STUDENTS USING A DANIELS VDOT-BASED
EXPERT SYSTEM**

Ecaterina-Natalia ANDRONACHE, Teacher
Georgian BADEA-MISS, Assoc. Professor PhD

**21. AGE-ADAPTED OFFICIATING IN YOUTH BASKETBALL:
EVIDENCE FROM REFEREE PERCEPTIONS AND
COMPETITION OBSERVATIONS**

Georgian BADEA-MISS, Assoc. Professor PhD.
Camil-Iulian BERCULESCU-ROVINARU, Coach - PhD Student

**22. LOWER BODY STRENGTH AND FLEXION IN JUNIOR SOCCER
PLAYERS – IMPORTANCE OF IMPROVEMENT METHODS**

Eduard-Leonard GUȚĂ, Lecturer PhD

23. DEVELOPING AGILITY IN YOUTH FOOTBALL PLAYERS

Paul-Bogdan CHIRIAC, Lecturer PhD

**24. THE USE OF PLAY-BASED GAMES IN DEVELOPING
COORDINATION IN CHILDREN AND JUNIOR FOOTBALL
PLAYERS**

Paul-Bogdan CHIRIAC, Lecturer PhD

**25. THE INFLUENCE OF COGNITIVE-MOTOR EXERCISES ON
REACTION SPEED AND DECISION-MAKING IN YOUTH
FOOTBALL**

Gabriel-Adrian RĂSCOL, Teacher

**26. ANALYSIS OF FACTORS INFLUENCING SPORTS
PERFORMANCE IN MEN'S HANDBALL**

Bogdan-Ion CHEPEA, Lecturer PhD.

27. THE GYMNASTICS FOR ALL DISCIPLINES

Emmanouela KARAGIOTA, Coach, Irene Peristery Gymnadtic Club

28. A FOOTBALL LESSON: THE JOY OF THE GAME AND MOVEMENT

Daniela-Corina ȘEIMEANU, Teacher

29. DEVELOPING TEAM SPORTS SKILLS AND THE JOY OF BEING ACTIVE

Daniela-Corina ȘEIMEANU, Teacher

30. THE INFLUENCE OF PERCEPTION ON SPORTS AND PHYSICAL ACTIVITY

Ioan STELESCU, Assoc. Prof. PhD

31. INNOVATIVE STUDENT-CENTERED METHODS USED IN PHYSICAL EDUCATION AND SPORTS CLASSES

Ștefania CIOPĂNOIU, Teacher

32. MINIMAL-EQUIPMENT STRENGTH AND CONDITIONING PROTOCOLS FOR TENNIS ATHLETES DURING TOURNAMENT TRAVEL

Constantin STOLOJAN, Student

33. BIOMECHANICAL ANALYSIS AND OPTIMIZATION OF TRAINING TECHNIQUES IN ARTISTIC GYMNASTICS: STRATEGIES FOR MAXIMIZING PERFORMANCE AND INJURY PREVENTION

Adriana DĂNCIULESCU, Teacher

SECTION II

Physical Therapy and Health

THURSDAY, SEPTEMBER 17, 2026, 13⁰⁰ – 18⁰⁰

THE TITLE OF THE PAPER

Author /-s

1. DIAGNOSTIC HISTOPATHOLOGICAL CHALLENGES IN TRANSURETHRAL PROSTATIC RESECTION SPECIMENS

Camelia FIROIU, MD Pathologist, PhD, Lecturer

Mihnea-Cristian FIROIU, MD, Asst. Prof., Student PhD

Ana-Maria CÎMPEANU, MD, Psychiatrist, Lecturer PhD

Diana STĂNCULESCU, MD Pathologist, Lecturer PhD

2. KINEMATIC VERSUS ANATOMIC ALIGNMENT IN KNEE ARTHROPLASTY

Bogdan NICULESCU, Assoc. Prof. PhD

3. APPLICATION OF INERTIAL SENSORS FOR MOVEMENT ANALYSIS IN MUSCULOSKELETAL DYSFUNCTIONS OF THE LOWER LIMBS

Miglena TSVETKOVA-GABERSKA, Asst Prof. PhD
Margarita AVRAMOVA, Asst. Prof. PhD

4. CEREBROVASCULAR ACCIDENT AND ADDICTIONS

Diana ȚÎȘTEA-MARCOCI, Lecturer PhD.

5. APPLICATION POSSIBILITIES OF THE ISCHEMIC COMPRESSION METHOD IN FUNCTIONAL REHABILITATION

Anastasiia MOSKALIUK, Asst. Prof.

6. ARTIFICIAL INTELLIGENCE AND DIGITAL TECHNOLOGIES IN MODERN PHYSIOTHERAPY: EMERGING OPPORTUNITIES FOR PERSONALIZED REHABILITATION

Andreea POPESCU, Lecture PhD

7. HOLISTIC APPROACH TO THE IMMOBILIZED PATIENT – BETWEEN PHARMACOLOGICAL TREATMENT AND PHYSICAL THERAPY

Tiberiu TĂȚĂRĂ, Assoc. Prof. PhD
Paula TĂȚĂRĂ, Asst. Prof.

8. EFFECTS OF A STRUCTURED KINESIOTHERAPY PROGRAM ON POST-TRAUMATIC SYMPTOMS AND BALANCE DISORDERS IN ELITE ATHLETES: A PILOT PRE-POST STUDY

Tiberiu TĂȚĂRĂ, Assoc. Prof. PhD
Paula TĂȚĂRĂ, Asst. Prof.

9. MECHANICAL VENTILATION STRATEGIES IN ACUTE RESPIRATORY DISTRESS SYNDROME (ARDS)

Rodica DÎRNU, Lecturer PhD

10. BEYOND THE SCREEN: DISABILITY, INCLUSION, AND THE FUTURE OF ESPORTS

Mehmet KARTAL, PhD Assoc. Prof.

11. SHAPING LIFELONG POTENTIAL: EARLY HEARING SCREENING AND INTERVENTION IN CHILDREN

Anna ANDREEVA, PhD Asst. Prof.

12. ENERGY DRINKS AND POTENTIAL HEALTH RISKS

Delia, NICA-BADEA, Assoc. Prof. PhD

13. THE ROLE OF KINESIOTHERAPY IN THE FUNCTIONAL RECOVERY OF PATIENTS WITH OSTEOARTHRITIS

Mihaela-Denisa UDREA, Asst. Prof.

14. PHYTOCHEMICAL COMPOSITION OF CAPSELLA BURSA-PASTORIS <i>Elisabeta-Camelia OZON, Asst. Prof.</i>
15. MANAGEMENT OF CARE FOR PATIENTS WITH DECOMPENSATED LIVER CIRRHOSIS <i>Natalia GUȚĂ, Lecturer PhD</i>
16. IMPAIRMENT OF ROTATIONAL MOVEMENT IN INSTABILITY INJURIES AMONG HANDBALL PLAYERS <i>Simona-Elena DOROBĂȚ, Physiotherapist</i>
17. PREDIABETES AND NEWLY DIAGNOSED TYPE 2 DIABETES MELLITUS <i>Denisa Daniela SAKIZLIAN, Asst. Prof.</i>
18. INFERTILITY ASSESSMENT USING ADVANCED ULTRASOUND TODAY <i>Maria ȘOROP-FLOREA, Lecturer PhD</i>
19. MANAGEMENT OF PATIENTS WITH DIABETES MELLITUS IN THE FAMILY DOCTOR'S OFFICE <i>Ion-Dorin PLUTĂ, Lecturer PhD</i>
20. MANAGEMENT OF PATIENTS WITH DYSLIPIDEMIA IN THE FAMILY DOCTOR'S OFFICE <i>Ion-Dorin PLUTĂ, Lecturer PhD</i>
21. PROMOTING ACTIVE AND HEALTHY LIFESTYLES THROUGH EDUCATION AND SPORT <i>Ana -Maria GOGELESCU- Primary School Teacher</i>
22. APPLICATIONS OF NETTLE (URTICA DIOICA) EXTRACT IN THE COSMETIC INDUSTRY <i>Valentin NĂNESCU, Lecturer PhD.</i>
SECTION III <i>E-learning and teaching innovation</i> <i>&</i> <i>Varia</i>
THURSDAY, SEPTEMBER 17, 2026, 13⁰⁰ – 18⁰⁰
THE TITLE OF THE PAPER <i>Author /-s</i>
1. REFRAMING ENGLISH LITERACY THROUGH MULTIMODAL ASSESSMENT <i>Oana-Maria, PĂSTAE, Assoc. Prof. PhD</i>

**2. THE SCHOOL REGISTER OF UNRECORDED ABSENCES:
INTERRUPTED LIVES AND EDUCATIONAL GAPS IN ROMA
COMMUNITIES**

Leontina PIRVULESCU, Primary School Teacher

**3. INCLUSIVE LEARNING STRATEGIES FOR STUDENTS
WITH SPECIAL EDUCATIONAL NEEDS IN MAINSTREAM
SCHOOLS. THE ROLE OF THE SUPPORT TEACHER**

Florentina VACARU, Itinerant and Support Teacher

**4. BEYOND THE TRADITIONAL CLASSROOM: INNOVATION,
TECHNOLOGY AND HUMAN PERFORMANCE IN
EDUCATION**

Ionela Maria MIHALE, Assist prof.

**5. THE IMPORTANCE OF WELL-BEING IN PROMOTING THE
SCHOOL'S IMAGE**

Ionela-Luiza CORCODEL, Teacher

**6. ADAPTED MOTOR ACTIVITIES AS A TOOL FOR
INCLUSION AND SOCIO-EMOTIONAL DEVELOPMENT OF
STUDENTS WITH SPECIAL EDUCATIONAL NEEDS**

Roxana, BOGDAN, Support Teacher

**7. DIGITAL TECHNOLOGIES IN MILITARY PHYSICAL
TRAINING: A SCIENTIFIC REVIEW**

Sorin ENĂCHESCU, Asst. Prof.

**8. MOVEMENT OR SEDENTARINESS: AN ASSESSMENT OF
PHYSICAL ACTIVITY IN SEDENTARY WORK
ENVIRONMENTS**

Ioan STELESCU, Assoc. Prof. PhD

**9. INNOVATIVE E-LEARNING STRATEGIES IN PHYSICAL
EDUCATION: ENHANCING STUDENT ENGAGEMENT AND
LEARNING OUTCOMES**

Marius-Petre GOGELSCU, Teacher