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

CONFERENCE

PROGRAM

12th EDITION

July 4th 2024

TÂRGU-JIU, ROMANIA

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Keynote speakers:

PhD Assoc. Prof. **Aydın KARAÇAM**, Faculty of Sport Sciences, Bandırma Onyedi Eylül University, Turkey

PhD Assoc. Prof. **Oana Maria PĂSTAE**, Faculty of Medical and Behavioral Sciences, "Constantin Brâncuși" University of Târgu-Jiu, Romania

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CONFERENCE PROGRAM

THURSDAY, JULY 4th 2024, 13⁰⁰ – 20⁰⁰

- ✓ 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 Faculty of Medical and Behavioural Sciences.
- ✓ PhD Professor **Gheorghe BALINT**, Vice-president of FIEPS Europe-Romania, “Vasile Alecsandri” University of Bacău, Romania

- ✓ 13³⁰ – 14⁰⁵ – Messages from the conference guests:

Dario NOVAK, PhD FIEPS Europe President, University of Zagreb, Zagreb, Croatia;

Yağmur AKKOYUNLU, PhD Professor, Dean of Faculty of Sport Sciences, Bandırma Onyedi Eylül University, Turkey;

Miglena SIMONSKA, PhD Assoc. Prof., Dean of the Faculty of Public Health, Health Care and Sport, South-West University “Neofit Rilski”, Bulgaria;

Mustafa Can KOÇ, PhD Assoc. Prof., School of Physical Education and Sports, Department of Recreation, Istanbul Gelişim University, Turkey;

Vassilis GOURAVAS, Handball Coach, Larissa Club of Greece.

- ✓ 14⁰⁵ – 20⁰⁰ – Paper presentations.

- ✓ 20⁰⁰ Closing of ***The 12th Edition of the International Scientific Conference – “The Infinity of Human Performance” - ISC-IHP 2024***

- **Keynote speakers:**

- 14⁰⁵-14²⁰ PhD Assist. Prof. **Anna ANDREEVA**, “*THE IMPACT OF HEARING LOSS ON QUALITY OF LIFE*” Faculty of Public Health, Health Care and Sport, Department of Logopedics, South-West University “Neofit Rilski”, Bulgaria

- 14²⁵- 14⁴⁰ PhD Assoc. Prof. **Aydın KARAÇAM**, “*INVESTIGATION OF SELF-EFFICACY IN TERMS OF REFEREE PERFORMANCE*”, Faculty of Sport Sciences, Bandırma Onyedi Eylül University, Turkey

- 14⁴⁵- 15⁰⁰ PhD. Assoc. Prof. **Veli Volkan GÜRSES**, “*ALL ASPECTS OF ATHLETIC TRAINING WITH ISCHAEMIC PRECONDITIONING*” Head of the Department of Coaching Education Faculty of Sport Sciences, Bandırma Onyedi Eylül University, Turkey

- 15⁰⁵-15²⁰ PhD Assoc. Prof. **Oana Maria PĂSTAE**, "ARTIFICIAL INTELLIGENCE: THE IMPACT ON ENGLISH LANGUAGE TEACHING", Faculty of Medical and Behavioral Sciences, "Constantin Brâncuși" University of Târgu-Jiu, Romania
- 15²⁵-15⁴⁰ PhD Assoc. Prof. **Camelia-Daniela PLĂSTOI**, "ASPECTS THAT FACILITATE SWIMMING AS A FREE TIME ACTIVITY", Faculty of Medical and Behavioral Sciences, "Constantin Brâncuși" University of Târgu-Jiu, Romania
- 15⁴⁵-16⁰⁰ PhD Assoc. Prof. **Iacob-Daniel CHIVU**, "ANALYSIS OF TACTICAL DYNAMICS IN MODERN FOOTBALL USING MACHINE LEARNING ALGORITHMS TO OPTIMIZE GAME STRATEGIES", Faculty of Medical and Behavioral Sciences, "Constantin Brâncuși" University of Târgu-Jiu, Romania
- 16⁰⁰- 16¹⁵ PhD **Eduard- Robert SAKIZLIAN**, "ASPECTS OF THE BIOMECHANICAL ANALYSIS OF THE UPPER LIMB IN HANDBALL", Faculty of Medical and Behavioral Sciences, "Constantin Brâncuși" University of Târgu-Jiu, Romania

SECTION
Sports Science
THURSDAY, JULY 4th 2024, 13⁰⁰ – 20⁰⁰
THE TITLE OF THE PAPER
Author /-s
<p>1. THE IMPACT OF PERSONALIZED PHYSICAL EDUCATION PROGRAMS ON THE DEVELOPMENT OF MOTOR SKILLS AND STUDENT HEALTH <i>Iacob Daniel CHIVU, PhD Assoc. Prof.</i></p>
<p>2. INVESTIGATION OF SELF-EFFICACY IN TERMS OF REFEREE PERFORMANCE <i>Aydın KARAÇAM, PhD Assoc. Prof.</i></p>
<p>3. ANALYSIS OF TACTICAL DYNAMICS IN MODERN FOOTBALL USING MACHINE LEARNING ALGORITHMS TO OPTIMIZE GAME STRATEGIES <i>Iacob Daniel CHIVU, PhD Assoc. Prof.</i></p>
<p>4. DEVELOPING MEN'S STRENGTH USING BODYBUILDING METHODS AND EXERCISES <i>Florin NEFERU, PhD Lecturer</i></p>
<p>5. THE BENEFITS OF FITNESS EXERCISES ON THE BODY <i>Florin NEFERU, PhD Lecturer</i></p>
<p>6. ALL ASPECTS OF ATHLETIC TRAINING WITH ISCHAEMIC PRECONDITIONING <i>Veli Volkan GÜRSES, PhD Assoc. Prof.</i></p>
<p>7. CURRENT CHALLENGES OF ROMANIAN UNIVERSITY SPORTS <i>Virgil-Ion POPOVICI, PhD Lecturer</i></p>

<p>8. SHIFT FROM MODERN PENTATHLON TO MILITARY PENTATHLON IN THE PHYSICAL TRAINING OF MILITARIES <i>Cristina-Daniela, PAȘCAN, PhD Student</i></p>
<p>9. ASPECTS THAT FACILITATE SWIMMING AS A FREE TIME ACTIVITY <i>Camelia-Daniela PLĂSTOI, PhD Assoc. Prof.</i></p>
<p>10. LEISURE ACTIVITIES IN THE STUDENTS' VIEW IN 2024 <i>Anemari Simona TEODORESCU, PhD Assoc. Prof. Ioana Maria, BUȚU, PhD Assoc. Prof.</i></p>
<p>11. <u>EFFECTIVENESS OF AN ACTIVE BREAKS INTERVENTION IN THE ITALIAN SCHOOL CONTEXT</u> <i>Sabrina, ANNOSCIA, Phd Student Dario, COLELLA, Full Professor</i></p>
<p>12. THE EFFECT OF PROACTIVE PERSONALITY AND SPORT ON PSYCHOLOGICAL RESILIENCE <i>Serkan Necati, METİN, Assoc. Prof. Dr. Gizem, BAŞKAYA, Assist. Prof. Dr. Veli Volkan, GÜRSES, Assoc. Prof. Dr. Yağmur, AKKOYUNLU, Prof. Dr.</i></p>
<p>13. OPTIMIZING AGILITY BY USING THE ILLINOIS TEST IN FOOTBALL AT THE SENIOR LEVEL <i>Paul-Bogdan, CHIRIAC, PhD Lecturer</i></p>
<p>14. EVALUATION OF MAXIMUM AEROBIC SPEED IN FOOTBALL BY USING THE YOYO TEST <i>Paul-Bogdan, CHIRIAC, PhD Lecturer</i></p>
<p>15. THE SPORTS, A MEANS OF SOCIAL INCLUSION <i>Adriana Marinela, DĂNCIULESCU, Teacher</i></p>
<p>16. ERASMUS+ OPPORUNITIES FOR SPORTS AND INCLUSION <i>Teodora, DRAGOTĂ, PhD</i></p>
<p>17. CONTRIBUTIONS REGARDING THE DEVELOPMENT OF THE TRAINING MODEL OF 5-6 YEAR OLD SKIERS <i>MARIA JURCA, Teacher</i></p>
<p>18. ASPECTS REGARDING THE COMPLEMENTARY APPROACH TO THE TRAINING OF BEGINNER SKIERS <i>MARIA JURCA, Teacher</i></p>
<p>19. THE TRANSFORMATION OF LEISURE EXPERIENCE: DIGITAL LEISURE <i>Batuhan ER, Assist. Prof.</i></p>
<p>20. <u>SELF-ASSESSMENT OF THE PHYSICAL PREPARATION OF ELITE BULGARIAN TENNIS PLAYERS</u> <i>Dimitar TOMOV, Assoc. Prof. PhD Anton MANCHEV, Chief Assistant, PhD</i></p>

<p>21. THE EFFECT OF RELATIVE AGE ON THE POSITIONS OF VOLLEYBALL PLAYERS COMPETING IN THE SULTANS LEAGUE <i>Melike, BAKIRCI, Lect.</i></p>
<p>22. <u>SUPERVISION AND MENTAL HEALTH</u> <i>Silviya, Miteva, PhD</i></p>
<p>23. <u>COMPARISON OF MATCH PERFORMANCE OF PROFESSIONAL FOOTBALLERS WITH GPS TECHNOLOGY</u> <i>Mustafa Serdar, BAŞARAN, Ömer, ÖZER, PhD Assoc. Prof</i></p>
<p>24. RELATIVE AGE EFFECT IN JUMPING BRANCHES OF ATHLETICS <i>Sare BOSTANCI, Lecturer Kamil UZGUR, Research Assistant Veli Volkan GÜRSES, PhD Assoc. Prof. H. Ahmet PEKEL, PhD Professor</i></p>
<p>25. ATTENTION AND EMOTIONS IN BASKETBALL TRAINING OF 9-10-YEAR-OLD CHILDREN <i>Georgian, BADEA-MISS, PhD Assoc. Prof.</i></p>
<p>26. IMPORTANCE OF SECONDARY SELECTION PROCESS IN BASKETBALL <i>Georgian, BADEA-MISS, PhD Assoc. Prof.</i></p>
<p>27. THE INCREASING OF INCLUSION IN THE PHYSICAL EDUCATION LESSON BY PRACTICING THE GAME OF HANDBALL <i>Vassilis GOURAVAS, Coach</i></p>
<p>28. THE STUDY OF INCREASING PHYSICAL ACTIVITY IN THE 12TH GRADES THROUGH MEDITATION AND YOGA <i>Claudia JANKO, Teacher</i></p>
<p>29. <u>PLAYING WITHOUT THE BALL AND INTERCOMPARTMENTAL COLLABORATION IN THE GAME OF FOOTBALL</u> <i>Eduard-Leonard GUȚĂ, PhD Student Dorina ORȚĂNESCU, PhD Professor</i></p>
<p>30. <u>METHODS OF IMPROVING LOWER TRAIN STRENGTH AND RELAXATION IN JUNIOR FOOTBALL PLAYERS</u> <i>Eduard-Leonard GUȚĂ, PhD Student Dorina ORȚĂNESCU, PhD Professor</i></p>
<p>31. THE IMPORTANCE OF MOTOR DEVELOPMENT IN THE PHYSICAL EDUCATION LESSON FOR STUDENTS AGED 6-7 YEARS <i>Gabriela CĂPRARU, Teacher</i></p>
<p>32. THE ROLE OF ADOLESCENT TEAM LEADERS IN SPORTS COMPETITIONS <i>Gabriela CĂPRARU, Teacher</i></p>
<p>33. EDUCATING THE PERCEPTION OF RHYTHM IN CHILDREN AGED 6-7 YEARS THROUGH THE PROVISION OF SPECIFIC MEANS FOR AEROBIC GYMNASTICS <i>Karina PICA, Teacher</i></p>

<p>34. THE IMPORTANCE OF TECHNICAL AND TACTICAL TRAINING IN THE GAME OF HANDBALL <i>Bogdan Ion CHEPEA, PhD Lecturer</i></p>
<p>35. THE MOVEMENT GAMES AND THEIR CONTRIBUTION TO AN ADEQUATE INTERACTION BETWEEN THIRD GRADE STUDENTS <i>Anișoara DINU, Teacher</i></p>
<p>36. ASPECTS REGARDING THE PRACTICE OF SKIING IN ADULthood <i>Adrian PICA, Teacher</i></p>
<p>37. ASPECTS OF THE BIOMECHANICAL ANALYSIS OF THE UPPER LIMB IN HANDBALL <i>Eduard- Robert SAKIZLIAN, PhD</i></p>
<p>38. THE TEACHING COORDINATION TO STUDENTS BY MEANS SPECIFIC TO AEROBIC GYMNASTICS <i>Bianca Ferrario, PhD Assoc. Prof.</i></p>
<p>39. THE CONSIDERATIONS FOR LEARNING ADULT LATIN DANCES <i>Bianca Ferrario, PhD Assoc. Prof.</i></p>
<p>40. THE ROLE OF BALANCE SKILLS IN JUNIOR GYMNASTS <i>Bogdan Ion CHEPEA, PhD Lecturer</i></p>

<p>SECTIONS <i>Physical Therapy and Health</i> & <i>E-learning and teaching innovation</i></p>
<p>THURSDAY, JULY 4th 2024, 13⁰⁰ – 20⁰⁰</p>
<p>THE TITLE OF THE PAPER Author /-s</p>
<p>1. PHYSICAL EXERCISE IN THE RECOVERY OF LATERAL EPICONDYLITIS <i>Monica-Delia BÎCĂ, PhD Professor</i> <i>Denisa Daniela SAKIZLIAN, Assist. Prof.</i> <i>Tiberiu TĂTARU, PhD Assoc. Prof.</i> <i>Paula TĂTARU, Assist. Prof.</i></p>
<p>2. THE IMPACT OF HEARING LOSS ON QUALITY OF LIFE <i>Anna ANDREEVA, PhD Assist. Prof.</i></p>
<p>3. RECOVERY OF SHOULDER INJURIES IN SPORTS PRACTICE <i>Tiberiu TĂTARU, PhD Assoc. Prof.</i> <i>Paula TĂTARU, Assist. Prof.</i></p>

4.	<p>THE INFLUENCE OF MANAGEMENT IN PERFORMANCE BASKETBALL THROUGH TRAINING AND RECOVERY SPORTSMANSHIP <i>Tiberiu TĂTARU, PhD Assoc. Prof.</i> <i>Paula TĂTARU, Assist. Prof.</i></p>
5.	<p>TECHNICS OF STROKE RECOVERY DURING SPASTICITY PHASE <i>Denisa Daniela SAKIZLIAN, Assist. Prof.</i> <i>Andreea POPESCU, PhD Lecturer</i> <i>Tiberiu, TĂTARU, PhD Assoc. Prof.</i> <i>Paula TĂTARU, Assist. Prof.</i></p>
6.	<p>GENERAL CONSIDERATIONS REGARDING THE PHYSICAL THERAPIST – PATIENT RELATIONSHIP <i>Virgil-Ion POPOVICI, PhD Lecturer</i></p>
7.	<p>ARTIFICIAL INTELLIGENCE: THE IMPACT ON ENGLISH LANGUAGE TEACHING <i>Oana Maria PĂSTAE, PhD Assoc. Prof.</i></p>
8.	<p><u>DIAGNOSTIC BIOMARKER PROFILES WITH swLORETA qEEG FOR AUTISM SPECTRUM DISORDERS IN CHILDREN. A SYSTEMATIC REVIEW</u> <i>Elka GORANOVA, PhD Assoc.Prof.</i> <i>Lazaros MEGALOMISTAKIS, PhD Student</i></p>
9.	<p>VOLUMETRIC ULTRASOUND ASSESSEMENT OF UTERINE SCAR AFTER CESAREAN SECTION. CORRELATION WITH INTRAPARTUM ASPECTS <i>Maria ȘOROP-FLOREA, PhD Lecturer</i></p>
10.	<p><u>COMPREHENSIVE LOGOPAEDIC AND KINESITHERAPEUTIC ASSESSMENT OF MOTOR FUNCTION IN CHILDREN WITH CEREBRAL PALSY</u> <i>Miglena, SIMONSKA, Associate Professor</i> <i>Dimitar, KOLEV, Associate Professor</i> <i>Elka, GORANOVA, Associate Professor</i> <i>Mariela, FILIPOVA, Associate Professor</i> <i>Ekaterina, MITOVA, Associate Professor</i> <i>Rosen, KALPACHKI, Associate Professor</i> <i>Anna, ANDREEVA, Chief Assistant</i> <i>Radostina, KOSTOVA, Chief Assistant</i> <i>Krasimira, ZLATKOVA, Chief Assistant</i> <i>Yuliyana, ZLATKOV, Chief Assistant</i> <i>Miglena, TSVETKOVA-GABERSKA, Chief Assistant</i> <i>Dobrinka, KALPACHKA, Assistant</i></p>
11.	<p><u>ASSESSMENT OF QUALITY OF LIFE IN ASTHMA PATIENTS: IDENTIFICATION OF KEY FACTORS AND STRATEGIES FOR IMPROVEMENT</u> <i>Eli BAYRAKOVA, PhD Assoc. Prof.</i> <i>Mariana BACHEVA, PhD Assoc. Prof.</i> <i>Rositsa DOYNOVSKA, PhD</i></p>

12. CONSIDERATIONS REGARDING THE ROLE AND IMPORTANCE OF NATURAL ANTIOXIDANTS IN MAINTAINING HEALTH AND PREVENTING DISEASE

*Daniela CÎRȚÎNĂ, PhD Professor
Valentin NĂNESCU, Assist. prof.*

13. MALIGNANT PERITONEAL MESOTHELIOMA- STUDY CASE

*Camelia FIROIU, PhD, Lecturer
Mihnea FIROIU, Doctor
Lucian BRATU, Doctor
Diana STĂNCULESCU, PhD Lecturer*

14. THE EFFECTIVENESS OF SCHROTH EXERCISES ON THE POSTURAL CONTROL OF ADOLESCENTS WITH SCOLIOSIS

Andreea Popescu, PhD Lecturer

15. THE ROLE OF THE MULTIDISCIPLINARY TEAM IN LIVING BETTER WITH TYPE 2 DIABETES

*Ekaterina MITOVA, Assoc. prof., PhD, MD,
Stamenka MITOVA, Assoc. prof., PhD,
Cvetelina HADZIEVA, Chief Assistant, PhD,
Mariya TYUFEKCHIEVA, MD PhD,
Snezhana POPOVSKA, State expert,
Kristiyan HRISTOV, Chief expert,
Bianka RAVNACHKA, Health specialist*

16. HOW TO MANAGE STRESS THROUGH MEDITATION

Claudia JANKO, Teacher

17. THE ROLE OF PHYSICAL EXERCISES IN MAINTAINING THE HEALTH OF STUDENTS WITH AUTISM

*Roxana BOGDAN, Support Teacher
Simina SGONDEA, Teacher*

18. DANCE THERAPY FOR STUDENTS WITH DOWN SYNDROME

*Roxana BOGDAN, Support Teacher
Adela VLĂDOIU, Teacher*

19. VIRTUAL AND AUGMENTED REALITY IN EDUCATION

Luiza Maria DRAGOMIR, PhD Student

20. RHYTHM AND MOVEMENT - A DISCIPLINE WITH AN IMPORTANT ROLE IN THE PHYSICAL AND MENTAL DEVELOPMENT OF PRIMARY SCHOOL STUDENTS

*Nicoleta BANIȚA, Primary school Teacher
Roxana BOGDAN, Support Teacher*

21. TEACHING ASSISTANCE IN A DIGITAL ERA

Luiza Maria DRAGOMIR, PhD Student

**22. ACUTE RESPIRATORY FAILURE IS THE MAIN DREADED
COMPLICATION OF PNEUMONIA**

*Rodica DÎRNU, PhD Lecturer
Natalia GUȚĂ, PhD Lecturer*

23. LIVER CIRRHOSIS – COMPLICATIONS

*Natalia GUȚĂ, PhD Lecturer
Rodica DÎRNU, PhD Lecturer*

**24. ASPECTS REGARDING THE INCIDENCE OF CHRONIC DISEASES IN
CHILDREN**

Dorin PLUTĂ, Doctor

25. CHRONIC DISEASES AND THEIR TREATMENT IN CHILDREN

Dorin PLUTĂ, Doctor

**26. THE IMPORTANCE OF ONLINE INFORMATION IN THE SELECTION OF
LOCATIONS THAT OFFER HYDROKINETOTHERAPY SERVICES**

Anișoara DINU, Teacher

27. POST-COVID PSYCHOLOGICAL DISORDERS

Diana ȚÎȘTEA-MARCOCI

28. THE CONSIDERATION REGARDING GALEOPSIS SPECIES IN HEALTH

Roxana MECU, Assist. Prof.

**29. NEW TRENDS IN THE CHEMISTRY OF COSMETICS AND PHARMACO-
COSMETIC INGREDIENTS**

Valentin NĂNESCU, Assist. Prof.

**30. COMMUNICATION – SOCIAL INTERACTION THROUGH THE SYSTEM
OF SYMBOLS AND MESSAGES**

Ionela Maria MIHALE, Phd student