



"AUREL VLAICU" UNIVERSITY OF ARAD

Faculty of Physical Education and Sport



INTERNATIONAL SYMPOSIUM

“Research and Education in an Innovation Era”

6th Edition,

8th – 10th of December 2016, ARAD



**Programme of the Physical Education and Sport
Section:**

**“Health related physical fitness vs skills
related physical fitness – new perspectives
approach to physical fitness”**



Thursday, the 8th of December 2016

19.00 - Welcoming of participants - Hotel Continental Forum Arad

Friday, the 9th of December 2016

9.00 - Welcoming of participants - Complex M - "Aurel Vlaicu" University of Arad

10.00 - Conference opening ceremony - Conference Room - Complex M, "Aurel Vlaicu" University of Arad

- The Rector's special welcome address
- Address of the first Rector of "Aurel Vlaicu" University of Arad
- Addresses of local administration representatives
- Addresses of guests and representatives from other universities

13.00 – Lunch - Complex M - "Aurel Vlaicu" University of Arad

14.20 – 18.30: Plenary and oral / poster Sessions of the Physical Education and Sport section - Complex M - "Aurel Vlaicu" University of Arad – Room C1

14.20 - Welcome address by dean of the Faculty of Physical Education and Sport – Vasile Liviu Andrei, PhD



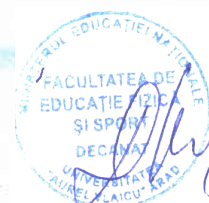
Presentations of Invited Speakers:

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- ✓ 14.30 – **“THE ASSOCIATION BETWEEN EXERCISE AND ACADEMIC PERFORMANCE IN CHILDREN”** - Konstantinos Karteroliotis, PhD., School of Physical Education & Sport Science, National and Kapodistrian University of Athens, **Greece**;
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- ✓ 15.00 – **„TECHNOLOGY AND SPORT - CHALLENGE, OPPORTUNITY, CHANGE”** - Pierre Joseph De Hillerin, PhD., Pitești University; Space Sciences Institute Bucharest, **Romania**;
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- ✓ 15.30 – **„THE FREQUENCY OF EATING DISORDERS AND MENSTRUAL IRREGULARITIES AMONG FEMALE FOOTBALL PLAYERS”** - Andor Molnar, Ph.D., Institute of Physical Education and Sport Sciences, University of Szeged, **Hungary**;
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- ✓ 16.00 – **„SPORT PERFORMANCE SEEN AS VIRTUAL ENVIRONMENT”** - Radu Bidiugan, Ph.D., National Institute for Sport Research, Bucharest, **Romania**.
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16.30 – Orall sesions – Moderator: Emilia Grosu, Phd

Nr.	Paper title	Authors	Affiliation
1.	<i>Habits in healthy nutrition, obesity, alcohol, smoking, among students of the Faculty of Physical Activity and Recreation</i>	Robert Çitozi, Spartak Bozo, Elton Spahiu	Sports University of Tirana. Faculty of Physical Activity and Recreation ALBANIA
2.	<i>How to increase the performance in Special Olympics (SO) table tennis players</i>	Bechar Inbal, Emilia F. Grosu, Vlad T. Grosu	-College Tel – Aviv, Israel; -Babeş-Bolyai University Cluj-Napoca, RO; -Technical University, Cluj –Napoca, ROMÂNIA
3.	<i>The contribution of PA in obesity and weight management: Time to change.</i>	Spartak Bozo, Ferdinand Mara, Kujtim Haxholli	Sports University of Tirana. Faculty of Physical Activity and Recreation ALBANIA
4.	<i>Preliminary study regarding the biometric potential of students living in urban and rural areas in Arad County, Romania</i>	Ioan Galea, Dana Negru, Mircea Crişan, Liliana Renate Bran	-„Aurel Vlaicu” University of Arad – Research Center for Physical Activities -CMI Epidemiologie dr.Negru Dana -Secondary School Pilu, Arad - Post secondary school Arad ROMÂNIA
5.	<i>The Science of Management Connected to the Sport Learning Process</i>	Lumtor Shkreli	Sports University of Tirana. Faculty of Physical Activity and Recreation, ALBANIA
6.	<i>Study regarding the impact of the number of physical education classes at primary level</i>	Viorel P. Ardelean, Ciprian Mert Caius Miuta	-„Aurel Vlaicu” University of Arad – Research Center for Physical Activities, -Secondary School "Sorin Titel" Margina, Timis, ROMÂNIA



7.	<i>Physical activity impact on mental health in 11-14 age old pupils</i>	Ferdinand Canaj, Kostandin Canaj, Ferdinand Mara, Ermal Milla	Sports University of Tirana. Faculty of Physical Activity and Recreation ALBANIA
8.	<i>Artistic preparation through choreography exercises in male artistic gymnastics</i>	Lucian Popa	"Aurel Vlaicu" University of Arad, Faculty of Physical Education and Sport, ROMÂNIA
9.	<i>Influence of stretching type exercise on joint mobility, at adult women</i>	Georgeta Lucia Piscoi	"Aurel Vlaicu" University of Arad, Faculty of Physical Education and Sport, ROMÂNIA

17.50 – Poster sessions – Moderator: Ioan Galea, Phd

Nr.	Poster title	Authors	Affiliation
1.	<i>The effectiveness of molecular hydrogen supplementation in metabolic syndrome: a pilot study</i>	Darinka Korovljević, Valdemar Stajner, Marko Stojanović, Patrik Drid, Sergej M. Ostojic	University of Novi Sad, Faculty of Sport and Physical Education, SERBIA
2.	<i>Eating Habits Among Adolescents in Albania</i>	Elton Spahiu, Robert Çitozi, Spartak Bozo	Sports University of Tirana. Faculty of Physical Activity and Recreation ALBANIA
3.	<i>Behavioral Models on the Players' Activities during the Tennis Matches</i>	Rodica Prodan, Emilia F. Grosu	Babeş-Bolyai University Cluj-Napoca, ROMÂNIA
4.	<i>Impact of 6 months aerobic gymnastics, for improvement of VO₂max & weight control in a group of students of sports University of Tirana</i>	Ferdinand Mara, Jorida Çobaj, Roland Tarja	Sports University of Tirana. Faculty of Physical Activity and Recreation ALBANIA
5.	<i>Ways and means to learning swimming in pools with different depths</i>	Viorel I. Bitang, Andrei Bitang	-"Aurel Vlaicu" University of Arad, Faculty of Physical Education and Sport, -Foundation "House of Champions" ROMÂNIA



6.	<i>Resilience and Psychomotricity: inclusion strategies in Preschool Education</i>	Maria de Lourdes Cró, Ana Mafalda Castro Pinho	College of Education, Polytechnic Institution of Coimbra, PORTUGAL
7.	<i>Study regarding fitness improvement using step aerobics programs</i>	Cristina-Elena Moraru	"Alexandru Ioan Cuza" University of Iași, F.E.F.S., ROMÂNIA
8.	<i>A Survey on the Adaptation to Specific Physical Training by Utilizing the Investigation Methods for Competitive Swimmers</i>	Silviu Șalgău	"Vasile Alecsandri" University of Bacau, Faculty of Movement, Sports, and Health Sciences, ROMÂNIA
9.	<i>Study on application by promotional and guidance for athletics sports in school environment</i>	Corina R. Dulceanu	"Aurel Vlaicu" University of Arad, Faculty of Physical education and sport, ROMÂNIA
10.	<i>Considerations regarding the role of attitude and behaviour in the development of motion thorough physical activity</i>	Vasile-Liviu Andrei	"Aurel Vlaicu" University of Arad, Faculty of Physical education and sport, ROMÂNIA
11.	<i>Technical and tactical aspects of training in football, ages 12-14</i>	Octavian Claudiu Bulzan	"Aurel Vlaicu" University of Arad, Faculty of Physical education and sport, ROMÂNIA
12.	<i>Aspects of bodybuilding history</i>	Herlo Narcis Julien	"Aurel Vlaicu" University of Arad, Faculty of Physical education and sport, ROMÂNIA
13.	<i>Recovery by playing for childs with mental</i>	Șerban Ovidiu Gheorghe	"Aurel Vlaicu" University of Arad, Faculty of Physical education and sport, ROMÂNIA

19.00 – Dinner with participants - Hotel Continental Forum Arad



Saturday, the 10th of December 2016

10.30 - Cultural - religious landmarks around Arad (with foreign guests)

12.30 - Traditional lunch - "Moara cu Noroc" Inn

13.30 - Departure towards:

- „Ioan Slavici and Emil Monția” Memorial Museum - Șiria
- “Maria Radna” Franciscan Monastery

18.00 - Arad`s Wine Road - Rusco Restaurant - Lipova

