

International Symposium
“Research and Education in an Innovation Era”
Physical Education and Sport Section:

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

17th – 20th May 2018, Arad



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- **Prof. Liviu Vasile Andrei, PhD – Dean**
- **Prof. Viorel Bitang, PhD**
- **Prof. Ioan Dorin Galea, PhD**
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- **Dr. Radu Bidiugan – National Institute for Sport Research, Bucharest, Romania,**
- **Prof. Arben Kaçurri, PhD – Sports University of Tirana, Albania,**
- **Prof. Pierre Joseph de Hillerin, PhD – University of Pitești, Romania,**
- **Prof. Dejan Madici, PhD – University of Novi Sad, Serbia,**
- **Prof. Viorel Bitang, PhD – Aurel Vlaicu University of Arad, Romania,**
- **Prof. Eleonora Nițu, PhD – National Center for Training and Development of Coaches, Romania,**
- **Prof. Alexandru Virgil Voicu, PhD – Universities of Chișinău, Republic of Moldova.**



I. INVITED SPEAKERS

Prof.PhD Ferdinand MARA - Positive effects of aerobic gymnastics in the human body

Dr. Radu Bidiugan - "BIOMOTRIC" program - a necessity for childrens in Romania

Prof. PhD. Robert Çitozi - The contribution of faculty of physical activity and recreation in the development of sport tourism in Albania

II. ORAL SECTION

Nr.	Paper title	Authors	Affiliation
1	Evaluation of static balance and the role of vision in elite athletes	Arben Kaçurri, Genti Pano	<i>Institute of Sport Research Sports University of Tirana</i>
2	Risk factors of female athlete triad among water polo players	Andor H. Molnár, Eszter Tóth, Csaba Fintor, Kornélia Orbán	University of Szeged, Institute of PE and Sports Science, Szeged, Hungary
3	Aspects of malpractice in sport and the institution of tort liability - in cases of violation of the right to life, health, physical and psychological integrity	Alexandru-Virgil VOICU	University of Chişinău Republic of Moldova
4	Attitudes of university students towards First Aid and CPR. Pilot study of online questionnaires in teaching and acting First Aid and CPR	Zsolt Katona, Ferenc Gyori	Institute of PE and Sports Science, Szeged, Hungary University of Szeged,
5	The sport tourism economy in the balcan countries	Lumtor Shkreli, Roland Palushi , Andi Baze	Faculty of Physical Activity and Recreation, Sports University of Tirana
6	Good Governance in Sport – the example	Gabriel Roberto	¹ Aurel Vlaicu



	of the Romanian Football Federation	Marconi ¹ , Constantin-Florin Șari ² ,	University of Arad, ² University of Bucharest
7	The role of dietary supplements in physical activity and physical fitness for physically active people: methodological aspects of evaluation	Spartak Bozo, Robert Țitozi,	Faculty of Physical Activity and Recreation, Sports University of Tirana, Albania
8	Qualitative study on the variability of pelvis evolution in martial arts practitioners	Ardelean Viorel Petru ¹ , Vasile Liviu Andrei ² , Viorel Bitang ³ , Pierre Joseph de Hillerin ⁴	^{1, 2, 3} Aurel Vlaicu University of Arad, ⁴ University of Pitesti
9	Aspects on the evaluation of morphological and functional indicators in physical education and sport	Herlo Julien Narcis	Aurel Vlaicu University of Arad, România
10	Study on biomechanical, technical and methodological analysis in learning of the salt element before returned with 360° return for support to brakes at the parallel	Popa Lucian ¹ , Haș Gabriel ²	¹ Aurel Vlaicu University of Arad, România ² CSS Gloria Arad, România
11	Using dance therapy in high school and its effects on motivational persistence in students	Vari Hanna ¹ , Emilia Florina Grosu ² , Vlad Teodor Grosu ³ ,	^{1,2} Babes Bolyai University of Cluj – Napoca, România ³ Universitatea Tehnică, Facultatea de Mecanică și Mecatronică Cluj – Napoca, România
12	Periodization of Mental Training in high performance sports	Octavian Amzulescu	National Institute for Sport Research, Bucharest, Romania

III. POSTER SECTION

Nr.	Paper title	Authors	Affiliation
1	The assessment of the time allocated to the physical activity and food behaviour of a lot of adolescents from 2 highschoools in Suceava	Albu Adriana ¹ , Onose Ionuț ² , Grigoraș Ecaterina ¹ , Hodorcă Raluca Mihaela ²	¹ Grigore T.Popa University of Medicine and Pharmacy, Iași, România ² Alexandru Ioan Cuza University from Iași, România
2	Obesity in adult population of Albania	Edison Ikonomi ¹ , Valbona Golemi ² , Orgest Liçaj ³	Sports University of Tirana, Albania, Department of Sports ¹ , Department of Movement and Health ² , National Coach Federation Wreistling Tirana, Albania ³
3	Functional training in children and its effect on coordinating skills and movement performance	Erton Zekaj	Faculty of Physical Activity and Recreation, Sports University of Tirana
4	Evaluation of body posture in male and female albanian national voleyball team	¹ Genti Pano; ¹ Arben Kaçurri	<i>Institute of Sport Research – Sports University of Tirana, Albania</i>
5	Healthy behavior to children of school age, 11, 13 and 15 years	Jorida Çobaj,	Faculty of Physical Activity and Recreation Sports University of Tirana, Albania
6	Impact of parent involvement in physical activity in their youth over continuity in their children's football team	¹ Bashkim Delia, ² Silvana Delia	¹ Sport University of Tirana, ² UMB
7	Consumption of nutritional supplements among adolescents: usage and perceived benefits	Valbona Zekaj, Robert Citozi, Rovena Elmazi	Faculty of Physical Activity and Recreation, Sports University of Tirana, Albania



8	Plyometric Method Impact on Improving Jump for Basketballs	¹ Arben Fagu, ² Edison Ikonomi	Sports University of Tirana, Albania, Department of Physical Activity, Recreation and Tourism ¹ , Department of Sports ²
9	Nutrition habits and physical activity in 12-14 years old subjects	¹ Elton Spahiu; ² Altin Erindi, ³ Entela Kushta, ⁴ Orgest Liçaj	^{1,2,3} Sports University of Tirana, Albania ⁴ National Coach Federation Wreistling Tirana, Albania
10	Dance and lifestyle education programs in reducing the risk of cardiovascular disease and tipe 2 diabetes melitus between ages 18-21	Surven Metolli, Aisel Oseku, Aledia Kondaj.	Sports University of Tirana, Faculty of Physical Activity and Recreation, Albania
11	Aspects of the relationship between heart rate and precision of throwing in wheelchair basketball. Preliminary study	Ioan Galea ¹ , Corina Dulceanu ¹ , Oana Ungureanu ²	¹ Aurel Vlaicu University of Arad, Romania ² Secondary school “Mihai Eminescu” Arad, Romania
12	Technical and tactical aspects of preparation in football, 12-14 ages	Octavian Claudiu Bulzan, Roberto Gabriel Marconi	Aurel Vlaicu” University of Arad, Romania
13	Knee joint. Cosideration about some clinical tests for the muscular, skeletal and joint system	Caius Călin Miuța, Roberto Gabriel Marconi, Viorel Petru Ardelean	Aurel Vlaicu University of Arad, Romania
14	The game as a learning process and rehabilitation therapy	Ovidiu Gheorghe Serban,	Aurel Vlaicu” University, Arad, Romania