

Faculty of Physical Education and Sport

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- **Dr. Radu Bidiugan** – National Institute for Sport Research, Bucharest, Romania,
- **Assoc. Prof. Andor Molnar, PhD** – University of Szeged, Hungary,
- **Assoc. Prof. Ferdinand Canaj, Ph.D** – Sports University of Tirana, Albania,
- **Asist. Prof. Eleonora Nițu, PhD** – National Center for Training and Development of Coaches, Romania

The 24th of May 2019

Section: **Health related physical fitness vs skills related physical fitness – new perspectives approach to physical fitness** - M Building, Room: **Aula A1**

Contact person: **Assist. Prof. Viorel Petru Ardelean, PhD**

14.30 - 15.10 ; Plenary session - Invited speakers

Moderators: **Prof. Vasile Liviu Andrei, Asoc. Prof. Ferdinand Mara, PhD, Assist. Prof. Viorel Petru Ardelean, PhD**

14.30 - 14.50 Title: **Physical activity and physical fitness, resent concepts from health to performance**

Author(s): **Arben Kaçurri, Edmond Bicoku**

14.50 - 15.10 Title: **Considerations for the health promotion of the adult population through recreational sport activities**

Author(s): **Ferenc Győri**

15.10 - 16.20; Oral session (10 min/ presentation)

Moderators: **Asist. Prof. Ardelean Viorel P., PhD, Assoc. Prof. Robert Citozi, PhD;**

15.10 - 15.20 Title: **Needs for curriculum changes in line with changes in labour market demand, in Sports University of Tirana**

Author(s): **R. Çitozi, A. Cuka. B. Misja**

15.20 - 15.30 Title: **Introduction of a longitudinal international (RO-SVK-HU) study about body composition, motor development and quality of life among 6-7-year-old pupils**

Author(s): **A.H. Molnár, V.P. Ardelean, Á.V. Nagy, B. Vári, K. Orbán, C. Fintor, T. Ocskó, R. Szász, F. Győri, B. Dobay, I. Boros-Bálint, G.F. Deak, J. Simonek, N. Halmová, I. Alattyányi, R. Csetreki, V.L. Andrei**

15.30 - 15.40 Title: **Psychological valences associated with sports practice**

Author(s): **Amzulescu Octavian**

15.40 - 15.50 Title: **Eating and sport recreation habits among university students in Szeged**

Author(s): **Beáta Vári, Anetta Pálhidai, Regina Sajben**

15.50 - 16.00 Title: **Ioan Slavici and physical education at the beginning of the XX-th century Romania**

Author(s): **Ioan Galea,**

16.00 - 16.10 Title: **Thoughts about swimming education: facts and opinions**

Author(s): **Zsolt Katona**

16.10 - 16.20 **Title: Actions and examples of best practices to ensure optimal conditions for practicing physical activities for students and for the broad masses of the population in Arad**

Author(s): V. P. Ardelean, V. L. Andrei, V. Bitang

16.20 – 16.30 **Title: Beach Handball from A to O ... Olympic**

Author(s): Lascu Iasmina (undergraduate student and referee)

16.30 - 16.40; Cofee break (besides the Aula)

16.40 - 18.20; Posters session (5 min/ presentation)

Moderators: **Prof. Ioan Galea, PhD, Assoc. Prof. Andor Molnar, PhD;**

16.40 - 16.45 **Title: Combined and complex motor qualities – their role in practicing collective sports games at junior age**

Author(s): C. Pehoiu, C. Savu

16.45 - 16.50 **Title: BMI effects on childhood motor skills**

Author(s): N. Quka, R. Selenica, G. Quka, L.L. Shore

16.50 - 16.55 **Title: The role of didactic strategies in optimizing the training of handball players at the wing post – the analysis of the somatic indicators**

Author(s): A. R. Bernicu, N. Mihăilescu

16.55 - 17.00 **Title: Improvement of speed running through plyometric exercises**

Author(s): R. Selenica, N. Quka, E. Selenica

17.00 - 17.05 **Title: Experimental study on the development of moral-volitional qualities to a group of martial arts practitioners**

Author(s): Galan Doru

17.05 - 17.10 **Title: Importance of walking and aerobic exercises in improving physical performance and weight loss**

Author(s): Jorida Lila, Robert Çitozi

- 17.10 - 17.15 Title: **Scapulo-humeral joint. Functional tests.**
Author(s): **C. C. Miuța, R. G. Marconi**
- 17.15 - 17.20 Title: **Physical Activity and Health**
Author(s): **E. Zhabjaku, F. Caca**
- 17.20 - 17.25 Title: **The use of aerobic gymnastics as meaning the objectives of physical education special education for liceal education**
Author(s): **G.L. Piscoj, C.R. Dulceanu**
- 17.25 - 17.30 Title: **Impact flexibility in strength exercises of young boys gymnasts**
Author(s): **Ferdinand Mara, Edison Ikonomi, Jorida Cobaj**
- 17.30 - 17.35 Title: **The role of technique in improving the performance of junior juniors**
Author(s): **V. Bitang, V. L. Andrei, V.P. Ardelean, C. Dulceanu, E. Zăgrean**
- 17.35 - 17.40 Title: **Dietary habits and physical inactivity of albanian teenagers in high school**
Author(s): **S. Bushati, E. Çela, M. Bushati**
- 17.40 - 17.45 Title: **Aspects of the energogenesis of physical effort in bodybuilding**
Author(s): **J. N. Herlo, C. O. Bulzan**
- 17.45 - 17.50 Title: **Impact of physical activity to avoid obesity and overweight by children 10-12 years**
Author(s): **K. Andrea, O. Licaj, E. Zhabjaku**
- 17.50 - 17.55 Title: **The organizational subsystem in the performance management of the sports organization**
Author(s): **O. G. Șerban**
- 17.55 - 18.00 Title: **Methodological aspects on yourchenko salt learning - salt back with 2 and ½ (900°) return**
Author(s): **G. Haș, L. Popa**

18.00 - 18.05 Title: **Coordinative skills of children in kindergarten**

Author(s): **K. Andrea, O. Liçaj, K. Xhebexhiu**

18.05 - 18.10 Title: **The effectiveness of physical exercise in the disorder of depression in the bullied pupils**

Author(s): **K. Muhaj**

18.10 - 18.15 Title: **Plyometric training in improving the performance of volleyball to girls 14 year**

Author(s): **E. Muka, K. Xhebexhiu, A. Baze**

18.15 - 18.20 Title: **Physical activities to youth outside school**

Author(s): **O. Liçaj, K. Andrea, V. Pelari**

19.00 - Conference Dinner

AVU's Restaurant "Red House" (2 Ursului Str., Arad)

The 25th of May 2019

10.00 – 13.00 **Arad University Sport Day's, the 4th Edition** (Sport competitions between students : Football, BeachVoley, Dragon boat).

14.00 - Visit of the historical, cultural and religious landmarks of Arad (organized by AVU's faculties)