



UNIVERSITATEA BABEȘ-BOLYAI
BABEȘ-BOLYAI TUDOMÁNYEGYETEM
BABEȘ-BOLYAI UNIVERSITÄT
BABEȘ-BOLYAI UNIVERSITY
TRADITIO ET EXCELLENTIA

CONFERENCE ICU **CLUJ** FEFS

PROGRAMME

11th International Conference of the
Universitaria Consortium
“Education for Health and Performance”

17-18 October 2025 | Cluj-Napoca | Romania



ALEXANDRU IOAN CUZA
UNIVERSITY of IAȘI

CONFERENCE SCHEDULE

17 October 2025

**Location: Babeş-Bolyai University – Aula Magna,
str. M. Kogălniceanu, nr 1., 2nd floor**

8:30 – 10:00 Registration

10:00 – 10:30 Official opening of the conference

10:30 – 12:00 Plenary session

12:30 – 14:30 Lunch break

Location: FEFS Cluj-Napoca, str. Pandurilor nr. 7.

14:00 – 15:00 Registration

15:00 – 17:30 Oral presentations (Rooms 30 and 38)

15:00 – 17:30 Poster presentations (Room 2)

15:00 – 17:30 Deans' Forum

18:30 – Festive dinner (Restaurantul Grand Hotel Napoca)

18 October 2025

Location: FEFS Cluj-Napoca, str. Pandurilor nr. 7.

9:30 – 10:00 Registration

10:00 – 12:00 Workshop 1

10:00 – 12:00 Workshop 2

12:00 – Conference closing

11th International Conference of the Universitaria Consortium
“Education for Health and Performance”

17-18 October 2025 | Cluj-Napoca | Romania

Conference Opening

17 October 2025, 10:00 AM

Babeş-Bolyai University, Aula Magna Hall
Str. Kogălniceanu nr. 1., 2nd floor

The speech of Prof. PhD. **Adrian-Olimpiu PETRUŞEL**, Rector, Babeş-Bolyai University, Cluj-Napoca, Romania

The speech of Prof. PhD. **Călin RUS**, Vice Rector, Babeş-Bolyai University, Cluj-Napoca, Romania

Welcome speech of Prof. PhD. **Leon GOMBOŞ**, Dean, Faculty of Physical Education and Sports, Babeş-Bolyai University, Cluj-Napoca, Romania

The speech of the Universitaria Consortium representatives:

Prof. PhD. **Beatrice ABALAŞEI**, Dean, Physical Education and Sport Faculty, “Alexandru Ioan Cuza” University, Iaşi, Romania

Assoc. Prof. PhD. **Adrian NAGEL**, Dean, Physical Education and Sport Faculty, West University of Timişoara, Romania

Plenary session

10:00 – 12:30, Aula Magna Hall

Prof. PhD. **Markus RAAB**, German Sport University Cologne
Applied Sport Psychology: How Do We Work with athletes

M.D., MPH, PhD. **Georgeta VAIDEAN**, Florida International University
From Evidence to Impact – improving health through Exercise Science and Education

Prof. Dr. **Ignacio CHIROSA RÍOS**, University of Granada
The Science Behind Smart Strength: Functional Electromechanical Dynamometry in the Digital Era

12:30 – 14:00 Lunch Break (Piramida Restaurant)

Oral Presentations – section 1

Faculty of Physical Education and Sport, str. Pandurilor nr. 7.

15:00 – 17:30 (Room 30)

Moderators: Prof. PhD. Rareş D. CIOCOI-POP, Assoc. Prof. PhD. Marius NECULĂEŞ, Assoc. Prof. PhD. Nicoleta MIRICĂ, Assoc. Prof. PhD. Horaşiu N. POP

- **Nicolae Horaşiu POP**, Ancuţa Ramona NUŢ, Gabriela Maria POP, Andras ALMOS, Peter Zsolt SZABO, Alexandra Cristina POP, Ioan Niculaie NEGRU – *Self Reported Physical Activities and Eurofit Performances on The Active University Students*
- **Nicolae Horaşiu POP**, Albertina-Amalia GHERGUŢ – *Balance-Oriented Interventions in Children with Autism Spectrum Disorder: A Pre-Post Clinical Study*
- **Florin COTOS**, Bogdan-Constantin UNGUREAN – *Study on the Impact of Special Educational Needs on Balance and General Coordination in Lower Secondary School Children in Mainstream Education*
- **Zsanett GERE**, Péter SZABÓ – *The Examination of the Effects of Barefoot Training on Running Biomechanics, Sprint Performance, and Agility Development in Children Aged 8 to 11*
- **Dana Ioana ION-MUŞAT** – *Exploring the Use of Artificial Intelligence in Motor Learning in Tennis*

Coffee Break (10 minutes)

- **Ioana Alexandra RADU**, Luisa Cristiana GAMEN – *Explosive Power of the Lower Limbs in Fencing and Track and Field Athletes*
- **Vica IVAŞCU**, Bogdan Constantin UNGUREAN – *Influence of Gender on Motricity in Adolescents*
- **Florentina Camelia MEDEI** – *Psychological Evaluation for Personnel Responsible for Sports Training: Legal Analysis and De Lege Ferenda Proposals*
- **Bianca-Georgiana MIHUŢ**, Adrian COJOCARIU – *The Interaction Between Static and Dynamic Balance Parameters and General and Specific Cognitive Skills in Motor Activities in Preadolescents*
- **Alexis PAUL**, Codruţa-Florina BULDUŞ – *Effects of Local Hypoxia on Hematological Parameters on Athletes*

Oral Presentations – section 2

Faculty of Physical Education and Sport, str. Pandurilor nr. 7.

15:00 – 17:30 (Room 38)

Moderators: Assoc. Prof. PhD. Dan MONEA, Assoc. Prof. PhD. Codruța-Florina BULDUȘ, Lecturer PhD. Alexandru-Rareș PUNI, Lecturer PhD. Ionuț PÎRJOL

- **Marian-Petre PRĂJESCU**, Ștefan CIOBANU, Beatrice-Aurelia ABALAȘEI – *Comparison of Reaction Speed in Junior Athletes Aged 12 to 16 Years Across Handball, Volleyball, and Tennis: A Focus on Manual Action Dominance*
- **Andreea MIHUȚĂ (căș. ROȘCA)**, Adrian COJOCARIU – *The Impact of Body Weight on Postural Malalignment*
- **Vlad POPA** – *The Effect of Physical Exercise on Recovery Time from Delayed Onset Muscle Soreness: A Randomized Controlled Trial*
- **Alexandru-Valentin ENACHE**, Daniela CHEPTANARU, Evelyne GEIGER – *Effects of a Multicomponent Balance and Strength Training Program on Postural Stability in Older Adults: A Repeated-Measures Analysis*
- **Ramona-Maria GRUIESCU**, Ana Maria VUTAN, Corina Marina PANTEA – *Physiotherapeutic Intervention in Huntington's Disease – Case Study*

Coffee Break (10 minutes)

- **Adrian PĂTRAȘCU**, Anca Lucia VĂDAN – *From Tribalism to Private Responsibility: A Philosophical Inquiry into Post-Socialistic Sport*
- **Andreea-Maria STICEA**, Adrian COJOCARIU – *The Prevalence of Bullying Among Primary School Students*
- **Alexandru-Ilie TUDURACHE**, Adrian COJOCARIU – *Particularities of Physical Training for Junior Tennis Players*
- **Adrian Constantin LUNGU**, Elena VIZITIU LAKHDARI – *Evaluation of Motor Abilities of Primary School Pupils in the Context of Hybrid Learning Through Physical Education*
- **Dumitru Cătălin COHAL** – *The Importance of Neuromotor Training in Military Pentathlon. An Analysis Applied to the Preparation of the CISM Obstacle Course*

Poster Presentations

Faculty of Physical Education and Sport, str. Pandurilor nr. 7.

15:00 – 17:30, Room 2

Smart Device no. 1.

Moderators: Assoc. Prof. PhD. Alian Marius BACIU; Lecturer PhD. Béla József BALLA

Alexandru Andrei GHERMAN, Raul-Octavian ACHIM, Adrian PĂTRAȘCU, Leon GOMBOȘ – *The Influence of Taping Techniques Applied to the Phalanges of The Dominant Hand on Throwing Accuracy and Acceleration in Handball*

Alexandru Andrei GHERMAN, Albert OSTAFE, Leon GOMBOȘ – *Pilot Study on the Development of Hand-Eye Coordination in Theoretical High School Students*

Andreea SPINU, Carmen ENE-VOICULESCU, Gabriela TOMESCU – *Body Expressiveness, Motor Skills, and Artistic Presence in Gymnastics and Dance*

Alin Tudor ARDELEAN, Dragoș Adrian MANIU – *Monitoring and Classification of Injuries in a Liga I Football Team During the Calendar Year 2024 – Integrating International Standards into Physiotherapy Practice*

Marius Alin BACIU, Andrei-Cătălin BRISC, Radu-Tiberiu ȘERBAN, Alina Paula APOSTU – *Mathematical Equations Associated with Spline Interpolation for Determining and Analyzing Tennis Stroke Trajectory and Velocity*

Maria Sofia BAIAS, Iosif SANDOR, Iuliana BOROS-BALINT – *Physiotherapy Through Exergames – Influence in the Development of Static Balance for Children with Neuromotor Disabilities*

Ionut Mihai BAJINSCHI, Bianca MIHUȚ – *Is Neck Pain the Effect of Ankle Instability?*

Carla-Silvia BĂLOI, Tiberiu Silviu PUTA, Silvia POPESCU, Csilla GRĂDINARU – *Rationalization of Means for the Development of Abdominal Muscle Strength Through the Sit-Up Test in the Educational Process for Students Aged Between 6 and 10 Years*

Béla József BALLA, Gellérd FARKAS – *Assessing the Availability of Sports Facilities and Equipment in Transylvanian Schools: A Cross-Sectional Analysis*

Ionică CARABAS, Andrade BICHESCU, Liliana DACICA – *Study on the Sociological and Motivational Profile of Fitness Center Users in Resita Municipality*

Claudiu Octavian BULZAN, Viorel Petru ARDELEAN, Vlad Adrian GEANTĂ, Julien Narcis HERLO – *Sport Engagement and Psychological Well-Being in Adolescents: A Quantitative Cross-Sectional Study on Self-Efficacy, Depression, Anxiety and Perceived Stress*

Vlad Adrian GEANTĂ, Pierre Joseph DE HILLERIN – *Critical Considerations on The Use of Vertical Jump Test as a Lower-Limb Power Indicator – Preliminary Findings*

Warlen Ruzgal ALEJANDRIA – *Performance And Attitude Towards Physical Activity Among Virtual Walkathon Participants in the Post-Pandemic Period*

Smart device no. 2.

Moderators: Lecturer PhD. Alexandru GHERMAN, Lecturer PhD. Ancuța NUȚ

Germina-Alina COSMA, Caius DRULĂ, Marian Alexandru COSMA, Raluca STEPAN – *Optimization of Simple Reaction Time and Reaction Time in Choices in Junior Football Players Aged 12-14*

Cosmin Marian TOMESCU, Martin DOMOKOS, Simona PETRACOVSCI – *Effects of a Structured Physical Exercise Program on the Development of Muscular Strength in Prison Populations*

Maria-Andreea COTEATĂ, Bogdan-Constantin UNGUREAN – *Relationships Between Explosive Power and Isometric Strength of Key Upper and Lower Limb Muscles in Young Adolescents*

Cerasela DOMOKOS, Martin DOMOKOS – *Female Students' Perceptions of Male Participation in Rhythmic Gymnastics*

Bogdan-Alexandru HAGIU, Mihai Radu IACOB, Ilie-Cătălin ȘTIRBU – *Prevention of Spinal Injuries Through Roman Bench Extensions*

Mária HAJNAL, Gratiela-Flavia DEAK, Iuliana BOROS-BALINT – *Runners' Pain Attitudes and Behaviors: A Narrative Review*

Mihai Radu IACOB, Emil BUDESCU, Eugen MERTICARU – *Impact Force in Shoulder Dislocation Trauma in Team Sports*

Dragos Adrian MANIU, Emese Agnes MANIU – *Impact of Plyometric Exercise on Balance Regulation in Children with Autism Spectrum Disorder*

Marin CHIRAZI, Luminița CONSTANTIN – *The Impact of the Participation of Children with Special Educational Requirements (SEN) on the Conduct of Physical Education and Sports Lessons*

Florentina-Petruța MARTINAȘ, Adrian COJOCARIU, Bogdan-Constantin UNGUREAN, Mihaela-Gabriela SURMEI-BALAN – *Analysis of Choice Reaction Time in Adolescent Rugby Players: A Pilot Study*

Viorel Petru ARDELEAN, Claudiu BULZAN, Vlad Adrian GEANTĂ, Lucian BOSÎNCEANU, Julien Narcis HERLO – *Effects of a 12-Week 'Insane Workouts' Fitness Program on Motor Performance and Body Composition in Adults: A Quasi-Experimental Study*

Narcis Julien HERLO, Viorel Petru ARDELEAN, Vlad Adrian GEANTĂ, Claudiu Octavian BULZAN – *The Effects of 8-Week of Postural and Ergonomic Education in Preventing Lumbar Injuries in Amateur Bodybuilders*

Smart Device no. 3.

Moderators: Assoc. Prof. PhD. Vasile Septimiu ORMENIȘAN, Lecturer PhD. Ioan Niculaie NEGRU

Dragoș NEAGU, Simona PETRACOVSCI – *Effects of a 12-Week Velocity-Based Training Program with Lactate Monitoring on 50 m Freestyle Performance in Competitive Swimmers*

Ioan Niculaie NEGRU, Gabriela Maria POP, Andras ALMOS, Ancuța Ramona NUȚ – *Competitive Anxiety Among Young Swimmers: The Role of Parental Influence in Shaping Athletic Performance*

Ioan Niculaie NEGRU, Peter Zsolt SZABO, Alexandra Cristina POP, Ramona Ancuța NUȚ – *The Influence of Physical Activity on the Mood of First-Year University Students*

Diana-Ioana NEMEȘ, Cosmin-Vasile IRIMIEȘ, Laura-Maria IRIMIEȘ, Oana RAȚIU – *From Champions to Crisis: Communication Management and Leadership Transition at Farul Constanța*

Raul-Alexandru NEMEȘ, Alexandru GHERMAN – *Supporting the Transition from Youth to Senior Football through PDP and PAP: The Case of FC Universitatea Cluj*

Raluca Maria COSTACHE, Aurora MIHALCEA – *The Importance of Physical Training in the Advancement of Paracyclists from Category H1 To H2 – Case Study*

Razvan-Andrei BERBECARU – *The Importance of Psychological Evaluation in the Selection of Handball Players*

Dan-Mihai ROHOZNEANU, Florin-Valentin LEUCIUC, Adrian-Dorin GEORGESCU – *The Impact of Extracurricular Activities at the University Level. A Systematic Review*

Roxana-Nicoleta POPA, Alex-Paul SECIU, Virgil ENE-VOICULESCU, Carmen ENE-VOICULESCU – *Integrating Digital Technologies in Optimizing Physical Training for U18 Handball Players*

Radu Adrian ROZSNYAI, Paul Ovidiu RADU, Maria Daniela MACRA-OȘORHEAN, Rareș Dumitru CIOCOI-POP, Vasile Septimiu ORMENIȘAN – *The Effect of Dynamic Games on the Harmonious Physical Development of Primary Students*

Cristian SANTA, Sorina-Anca RUS – *Study on the Development of Motor Quality of Strength in Middle School Students Through Alternative Methods*

Florin-Petruț TROFIN, Cezar HONCERIU – *Differences in Body Composition and Handgrip Strength Among 12–15-Year-Old Football Players from Northeastern Romania*

Octavian POPESCU, Simona PETRACOVSCI – *Standardization of Effort Parameters in Accordance with the Physiological Characteristics of Women Applied in Handball. A Systematic Review*

Smart Device no. 4.

Moderators: Lecturer Ph.D. Grațîela-Flavia DEAK; Lecturer Ph.D. Sergiu POP

Virgil RUS, Horea ȘTEFĂNESCU – *The Impact of Professional Activity on The Health Status of Nurses – Risk Factors and Prevention Strategies*

Virgil RUS, Horea ȘTEFĂNESCU – *The Impact of Non-Ejaculatory Orgasm on Fitness, Sports Performance, and Recovery – Bridging Between Taoist/Yogic Traditions and Modern Scientific Data*

Sergiu POP – *Modern Approaches to Technical Training: A Comparative Study of Rugby and Handball*

Silvia Sorina ZUIAC, Roxana Emanuela GHITESCU – *Study on the Education of Psychomotricity in Middle School Students*

Simona PETRACOVSCI, Mircea MACOVEI, Dragoș TIMOFTICIUC, Arseni NADA, Anamaria PAUȚU – *The Manifestation of Whistleblowing in Sports Arbitration in Western Romania*

Bianca Teodora STOICA, Anca Lucia VĂDAN; Adrian PĂTRAȘCU, Andreea LAZĂR; Rareș Dumitru CIOCOI-POP, Dan Mihai GHERȚOIU – *Injury Prevention in Young Basketball Players Through Neuromuscular Training*

Mihaela-Gabriela SURMEI-BALAN, Adrian COJOCARIU, Florentina-Petruța MARTINAȘ – *Assessment of Self-Perception and Self-Attitudes in Women's Rugby Sevens Athletes*

Anca-Raluca TANASĂ, Beatrice-Aurelia ABALAȘEI, Iulian-Marius DUMITRU – *Relationship Between the Decision-Making Process and Achievement Motivation Among the High School Students Involved in Teambuilding Activities Within Physical and Sport Classes*

Razvan-Andrei TOMOZEI, Iulian DUMITRU, Florin HURDUC – *The Influence of Age and Reaction Time on Sprint Performance: An Analytical Study Across the Last Five Editions of the World Athletics Championships*

Oana VUINOV, Denisa BĂLĂNEAN – *Analysis of Sport Recovery Methods – Evidence-Based Recommendations*

Laura CIULEA, Ioan Cristian ȘANTA-MOLDOVAN, Cristian GRAUR – *Study on the Optimization of Physical Education Lessons in 8th Grade Through Volleyball-Specific Methods*

Andrei-Iasmin BĂLOI, Gabriela-Ioana DOMILESCU, Bogdan ALMĂJAN – *The Impact of Peer Evaluation on Learning Motivation Among Physical Education Students*

Marcel RĂȘĂDEAN, Dan Ionuț PÎRJOL, Bianca BĂLAȘ – *Men's 100 Meter Freestyle Analysis from a Temporal and Biomechanical Perspective*

Claudiu MATIȘ, Raluca MOȚ, Bogdan ALMĂJAN-GUȚĂ – *Stakeholders and Sustainable Value Creation in Football Clubs: A Comparative Analysis Between the British Model and Romanian Realities*

17 October 2025

Location: Restaurant Grand Hotel Napoca

18:30 – Festive Dinner

18 October 2025

Location: FEFS Cluj-Napoca, str. Pandurilor nr. 7.

9:30 – 10:00 Registration

10:00 – 12:00 Workshop 1 (Room 30)

PhD. Ignacio JESÚS CHIROSA RÍOS

PhD. Luca CHIROSA RÍOS

From Data to Decisions: Hands-On Training in Strength Profiling

Mandatory Registration (max. 40 participants)

10:00 – 12:00 Workshop 2 (Kinetheraphy Build, 2nd Floor)

dr. Gabriela CARACOSTEA

Overview of musculoskeletal pain in menopause

Mandatory Registration (max. 30 participants)

12:00 – Closing

