

International Proceedings of Human Motricity/ ICPEK 2019  
Supplementary Issue of Discobolul – *Physical Education, Sport and Kinetotherapy Journal*, 2019

NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS  
BUCHAREST

# DISCOBOLUL

*Physical Education, Sport and Kinetotherapy Journal*

*Supplementary Issue*

International Proceedings of Human Motricity

ICPEK 2019

International Congress of Physical Education, Sports and Kinetotherapy



## Index Coverage of Discobolul

ERIH PLUS, EBSCO, The Journals Impact Factor (JIFACTOR), Index  
Copernicus, Journals Master List, SCIPRO, Romanian Editorial Platform  
DOAJ, J-Gate, DAIJ, SIS - Scientific Indexing Service  
OAJI.net (Open Academic Journals Index)  
Google Academic

December 2019

ISSN 2668-9405 ISSN-L 2668-9405

[www.discobolulunefs.ro](http://www.discobolulunefs.ro)

Copyright © 2019 by *Discobolul* Publishing House

All rights reserved

**International Proceedings of Human Motricity**

**Supplementary Issue of Discobolul – Physical Education, Sport and Kinetotherapy Journal**

ISSN 2668-9405 ISSN-L 2668-9405

©2019 Published by **Discobolul Publishing House**

**Edited by:** Monica Stănescu, Lavinia Popescu & Marius Stoicescu

**Articles:** 1-54

**Pages:** 1- 362 (December 2019)

**Conference:** ICPEK 2019 - International Congress of Physical Education, Sports and Kinetotherapy

**Dates:** 13-15 June 2019

**Location:** National University of Physical Education and Sport from Bucharest (UNEFS), Romania

**Conference Chair:** Professor PhD Florin PELIN, Rector of National University of Physical Education and Sports, Bucharest

**DOI:** 10.35189/iphm(2668-9405).icpek.2019

## CONTENTS

<b>STUDY REGARDING SPORT MANAGERS' PERSONALITY PROFILE.....</b>	<b>1</b>
Sonia ALBU*, Vasilica GRIGORE	
<b>SOMATIC AND MOTOR PROFILE OF THE POPULATION AT RISK OF SOCIAL EXCLUSION.....</b>	<b>6</b>
Dan BADEA*	
<b>CHILDREN'S MOTOR SKILLS VS. VIRTUAL REALITY .....</b>	<b>12</b>
Irina BĂIȚEL*, Luminița PĂTRU	
<b>WAYS TO ACHIEVE PROGRESSION IN THE FOOTBALL GAME .....</b>	<b>21</b>
Dumitru BARBU*, Doru STOICA	
<b>RESILIENCE, STRESSORS AND PROTECTIVE FACTORS IN SPORTS PERFORMANCE .....</b>	<b>29</b>
Roxana BEJAN-MUREȘAN, Adrian CINPEANU*	
<b>ANALYSIS OF THE SPECIFIC EFFORT IN PERFORMANCE JUDO.....</b>	<b>35</b>
Laurențiu BOCIOACĂ*	
<b>STUDY ON THE IMPACT OF AEROBIC EXERCISE ON SELF-IMAGE IN YOUNG WOMEN .....</b>	<b>41</b>
Camelia BRANEȚ*, Oroles FLORESCU, Adrian PRICOP, Iancu RĂCHITĂ	
<b>BODY DIFFICULTIES IN JUNIOR RHYTHMIC GYMNASTICS ACCORDING TO THE FIG CODE OF POINTS .....</b>	<b>48</b>
Ștefania CHIRIAC*, Silvia TEODORESCU, Aura BOTA	
<b>STRATEGIES FOR THE SOCIAL INTEGRATION OF YOUTH THROUGH SPORT ACTIVITIES .....</b>	<b>56</b>
Corina CIOLCĂ*, Iulian Gabriel GHÎȚESCU	
<b>FOOD PRINCIPLES PROVIDING MUSCULAR ACTIVITY ENERGY IN THE SPORTS TRAINING OF STUDENTS PRACTICING POWERLIFTING .....</b>	<b>63</b>
Viorel DORGAN, Dumitru PRODAN*, Natalia NASTAS	
<b>ENTY – A ROMANIAN SYSTEM FOR THE OBJECTIVE EVALUATION OF BALANCE IN HUMANS .....</b>	<b>70</b>
Mădălina GEORGESCU*, Daniel ROSNER, Cristian ALEXANDRESCU, Flavia OPREA, Andrei OSMAN	
<b>GAIT REHABILITATION USING THE HUBER 360 PLATFORM IN MULTIPLE SCLEROSIS .....</b>	<b>76</b>
Carmen Liliana GHERGHEL*, Mariana CORDUN, Gigi TEODORU, Lucian Călin MARIN	

<b>REHABILITATION OF MUSCLE STRENGTH BY MEANS OF THE HUBER 360 PLATFORM IN LUMBAR RADICULOPATHY .....</b>	<b>80</b>
Carmen Liliana GHERGHEL*, Mariana CORDUN, Ovidiu Cristian CHIRIAC, Lucian Călin MARIN	
<b>CONSIDERATIONS REGARDING THE PSYCHOMOTOR ASSESSMENT OF STUDENTS IN THE VOCATIONAL PRIMARY EDUCATION .....</b>	<b>85</b>
Bogdan GOZU, Gabriela PANĂ*	
<b>THE COACH-PARENT RELATIONSHIP IN JUVENILE FOOTBALL .....</b>	<b>91</b>
Gheorghe GRIGORE, Sorin CIOLCĂ, Tudor PALADE*	
<b>THE INFLUENCE OF PHYSIOTHERAPY ON FUNCTIONAL FITNESS OF ADULTS WITH DOWN SYNDROME .....</b>	<b>97</b>
Ilona ILINCA, Eugenia ROȘULESCU, Germina COSMA*, Mircea DANOIU	
<b>PHYSICAL ACTIVITY OF TRUCK DRIVERS .....</b>	<b>104</b>
Jana JURIKOVA*, Sandra BERGEROVA	
<b>RESEARCH ON THE TIME PERCEPTION IN ATHLETES .....</b>	<b>112</b>
Maxim KOCHERYAN*, Igor SEMENET, Elena DAVYDOVA, Stanislava FAGINA	
<b>THE PSYCHOLOGICAL PROFILE OF GROUP RHYTHMIC GYMNASTS .....</b>	<b>118</b>
Mihaela MANOS*, Lavinia POPESCU	
<b>OPTIMISATION OF SELECTION IN AEROBIC GYMNASTICS BY CORRELATING PHYSICAL AND TECHNICAL ELEMENTS .....</b>	<b>126</b>
Mariana MEZEI*, Teodora WESSELLY, Raluca Anca PELIN, Carmen GRIGOROIU	
<b>STUDY ON STRESS LEVEL IN ELITE JUNIOR GYMNASTS .....</b>	<b>135</b>
Georgeta MITRACHE*, Aura BOTA, Constanța URZEALĂ, Ștefania CHIRIAC	
<b>HEART RATE VALUES OF THE ROMANIAN WHEELCHAIR BASKETBALL PLAYERS.....</b>	<b>142</b>
Alina Daniela MOANȚĂ, Gabriel Iulian GHIȚESCU, Alin Mihăiță SĂFTEL*, Nicoleta LEONTE	
<b>DEVELOPMENT OF PRECISION IN PEOPLE WITH DOWN SYNDROME THROUGH THE MEANS OF BOCCE .....</b>	<b>148</b>
Ana Maria MUJEA, Carmen Liliana GHERGHEL, Valeria BĂLAN*	
<b>PHYSICAL TRAINING SPECIFIC TO CADET CYCLISTS IN THE TIME TRIALS .....</b>	<b>155</b>
Narcis NEAGU, Carmen GRIGOROIU*, Raluca PELIN, Mihaela NETOLITZCHI	
<b>INCREASING PRECISION AND OPTIMISING EFFICIENCY IN DISTANCE BASKETBALL SHOOTING (6.75 M) .....</b>	<b>160</b>
Mihaela NETOLITZCHI, Nicoleta LEONTE*, Ofelia POPESCU, Camelia BRANEȚ	

<b>INFLUENCE OF SWIMMING ON WEIGHT CONTROL IN PUBERTAL CHILDREN WITH DOWN SYNDROME .....</b>	<b>165</b>
Ioana OPRIȘESCU, Valeria BĂLAN*	
<b>THE KINEMATICAL MODEL OF THE ELBOW JOINT WITH ONE DEGREE OF FREEDOM .....</b>	<b>174</b>
Petronela PARASCHIV, Ramona CIMPOEȘU*, Mihai DUMITRU, Ciprian PARASCHIV	
<b>HEALTH-RELATED QUALITY OF LIFE IN UKRAINIAN YOUNG CHILDREN: SELF-REPORTS AND PROXY REPORTS .....</b>	<b>181</b>
Iuliia PAVLOVA*, Oksana FEDECHKO, Ivanna BODNAR	
<b>PARTICULARITIES SPECIFIC TO THE TRAINING OF GYMNASTS WITH DOWN SYNDROME FOR HIGH-LEVEL COMPETITIONS .....</b>	<b>188</b>
Gabriel POPESCU*, Silvia STROESCU	
<b>THE ROLE OF SELF-IMAGE AND MOTIVATION IN SPORTS PERFORMANCE .....</b>	<b>195</b>
Ileana Monica POPOVICI*, Cristina Elena MORARU	
<b>ANALYSIS OF THE QUANTITY AND QUALITY PARAMETERS IN THE HIGH BAR COMPETITIVE ROUTINES .....</b>	<b>202</b>
Vladimir POTOP*, Vasilica GRIGORE, Marian CREȚU, Valeriu JURAT	
<b>CONTRIBUTION OF THE BIOMECHANICAL CRITERIA TO THE TEACHING AND LEARNING OF EXERCISES ON BALANCE BEAM .....</b>	<b>210</b>
Vladimir POTOP*, Vasilica GRIGORE, Mariana CÎMPEANU, Victor BUFTEA, Carolina MOGA	
<b>METHODOLOGICAL CONCEPT OF HYPOTHESIS BUILDING AND VERIFICATION IN BEHAVIOURAL RESEARCH .....</b>	<b>217</b>
Ioan Rudi PRISĂCARU*	
<b>ADAPTATION OF MUSCLE METABOLISM AND CARDIAC ACTIVITY IN SPECIFIC ENDURANCE TRAINING .....</b>	<b>223</b>
Mihaela PUIU*, Simona BIDIUGAN	
<b>THE TETANOID TRAINING METHOD IN HIGH-PERFORMANCE ALPINE SKIING ...</b>	<b>230</b>
Iancu RĂCHITĂ*, Nicoleta LEONTE, Ofelia POPESCU, Marian PETROF	
<b>PHYSIOLOGICAL DIFFERENCES BETWEEN PREPUBERTAL AND PUBERTAL SWIMMERS IN PERFORMING AN ANAEROBIC EFFORT .....</b>	<b>235</b>
Adrian RĂDULESCU*, Gheorghe MARINESCU, Laurențiu Daniel TICALĂ	
<b>MONITORING AND TESTING MOTOR SKILLS IN YOUNG SOCCER PLAYERS .....</b>	<b>241</b>
Gaetano RAIOLA*, Francesca D'ELIA, Tiziana D'ISANTO, Gaetano ALTAVILLA	
<b>THE EVALUATION OF ENDURANCE IMPROVEMENT IN THE TRANSITION PERIOD .....</b>	<b>247</b>
Gaetano RAIOLA*, Tiziana D'ISANTO, Francesca D'ELIA, Gaetano ALTAVILLA	

<b>COGNITIVE STIMULATION STRATEGY IN THE PROFESSIONAL TRAINING PROCESS .....</b>	<b>251</b>
Gloria RAȚĂ*, Marinela RAȚĂ, Bogdan Constantin RAȚĂ	
<b>MANIFESTATIONS OF ATTENTION IN JUNIOR FEMALE HANDBALL PLAYERS .....</b>	<b>257</b>
Cristina ROMILA*, Sabina MACOVEI, Florentina TONIȚA	
<b>STUDY ON THE NEED FOR JUDICIOUS PHYSICAL TRAINING OF JUNIOR DANCERS .....</b>	<b>266</b>
Alin Cristian ROSA*	
<b>SPORTS INFLUENCE ON THE FORMATION OF PERSONAL DEFORMATIONS .....</b>	<b>274</b>
Petr RYSKIN*, Igor SEMENET, Irina VASHLIAEVA, Natalia SHURALEVA	
<b>FORMATION AND DEVELOPMENT OF PROFESSIONAL RELIABILITY OF FUTURE PHYSICAL EDUCATION TEACHERS .....</b>	<b>280</b>
Oleksandr SOLTYK, Bogdan VYNOGRADSKYI, Yevgen PAVLYUK, Tetyana CHOPYK, Oleksandr ANTONIUK, Oksana PAVLYUK, Iuliia PAVLOVA*	
<b>DEVELOPING SPORT INTEGRITY COMPETENCES IN PRE-SERVICE COACHES .....</b>	<b>288</b>
Monica STĂNESCU*, Vasilica GRIGORE, Marius STOICESCU, Pompiliu Nicolae CONSTANTIN	
<b>ASPECTS REGARDING THE COGNITIVE TRAINING OF HIGH-PERFORMANCE FOOTBALL PLAYERS .....</b>	<b>298</b>
Marius STOICA, Cornel BLEJAN, Adina DREVE*	
<b>BODY MASS INDEX OF STUDENTS WITH INTELLECTUAL DISABILITIES IN BUCHAREST .....</b>	<b>304</b>
Vicol Eduard ȘUȚĂ*, Tiberiu TĂTARU, Laurențiu OPREA, Lizia Ioana ȘUȚĂ	
<b>POSSIBLE CORRELATIONS BETWEEN AEROBIC POWER AND ANAEROBIC LACTACID CAPACITY IN HANDBALL PLAYERS .....</b>	<b>311</b>
Florin TROFIN*, Cezar HONCERIU	
<b>HEART RATE IN MAXIMUM AEROBIC EFFORT AND ANAEROBIC LACTACID CAPACITY IN FEMALE HANDBALL PLAYERS .....</b>	<b>317</b>
Florin TROFIN*, Beatrice ABALAȘEI	
<b>THE PROFILE OF PERSONAL AUTONOMY IN ATHLETE AND NON-ATHLETE ADOLESCENTS .....</b>	<b>323</b>
Ștefan TÛDÖS, Georgeta MITRACHE*, Radu PREDOIU, Ștefan Dănuț TUDORANCEA	
<b>ANALYSIS OF STICK SHOOTING IN OINA GAME USING THE BIOMECHANICAL PARAMETERS .....</b>	<b>331</b>
Cristian VĂDUVA, Gheorghe MONEA, Mihnea MARIN*, Ligia RUSU	
<b>ROMANIA'S HANDBALL TEAM OFFENCE PLAY AT THE EHF EURO 2018 .....</b>	<b>339</b>
Cristina VĂRZARU*, Virgil TUDOR, Viorel COJOCARU, Marina IGOROV, Ana-Maria MUJEA	

<b>NATIONAL FITNESS TRENDS .....</b>	<b>345</b>
Anastasiia VOROBIOVA*, Marina VASYLENKO, Nadiia VYSOCHINA	
<b>OPTIMISATION OF EXPLOSIVE STRENGTH IN BEGINNER FEMALE VOLLEYBALL PLAYERS .....</b>	<b>351</b>
Teodora WESSELLY*, Mariana MEZEI, Oroles FLORESCU, Narcis NEAGU, Adrian PRICOP	
<b>A PROFILE OF EYE-HAND COORDINATION AND FORM CONSTANCY IN PERFORMANCE DANCESPORT .....</b>	<b>356</b>
Mihaela ZAHIU*, Sabina MACOVEI, Radu PREDOIU, Costinel MIHAIU, Maria GRIGORE	

## INDEX OF AUTHORS

ALBU Sonia, 1	CHOPYK Tetyana, 280
ABALAȘEI Beatrice, 317	CÎMPEANU Mariana, 210
ALEXANDRESCU Cristian, 70	CIMPOEȘU Ramona, 174
ALTAVILLA Gaetano, 241, 247	CINPEANU Adrian, 29
ANTONIUK Oleksandr, 280	CIOLCĂ Corina, 56
BADEA Dan, 6	CIOLCĂ Sorin, 91
BĂIȚEL Irina, 12	COJOCARU Viorel, 339
BĂLAN Valeria, 148, 165	CONSTANTIN Pompiliu Nicolae, 288
BARBU Dumitru, 21	CORDUN Mariana, 76, 80
BEJAN-MUREȘAN Roxana, 29	COSMA Germina, 97
BERGEROVA Sandra, 104	CREȚU Marian, 202
BIDIUGAN Simona, 223	D'ELIA Francesca, 241, 247
BLEJAN Cornel, 298	D'ISANTO Tiziana, 241, 247
BOCIOACĂ Laurențiu, 35	DANOIU Mircea, 97
BODNAR Ivanna, 181	DAVYDOVA Elena, 112
BOTA Aura, 48, 135	DORGAN Viorel, 63
BRANEȚ Camelia, 41, 160	DREVE Adina, 298
BUFTEA Victor, 210	DUMITRU Mihai, 174
CHIRIAC Ovidiu Cristian, 80	FAGINA Stanislava, 112
CHIRIAC Ștefania, 48, 135	FEDECHKO Oksana, 181



FLORESCU Oroles, 41, 351	MARINESCU Gheorghe, 235
GEORGESCU Mădălina, 70	MEZEI Mariana, 126, 351
GHERGHEL Carmen Liliana, 76, 80, 148	MIHAIU Costinel, 356
GHIȚESCU Gabriel Iulian, 56, 142	MITRACHE Georgeta, 135, 323
GOZU Bogdan, 85	MOANȚĂ Alina Daniela, 142
GRIGORE Gheorghe, 91	MOGA Carolina, 210
GRIGORE Vasilica, 1, 202, 210, 288	MONEA Gheorghe, 331
GRIGORE Maria, 356	MORARU Cristina Elena, 195
GRIGOROIU Carmen, 126, 155	MUJEA Ana Maria, 148, 339
HONCERIU Cezar, 311	NASTAS Natalia, 63
IGOROV Marina, 339	NEAGU Narcis, 155, 351
ILINCA Ilona, 97	NETOLITZCHI Mihaela, 155, 160
JURAT Valeriu, 202	OPREA Laurențiu, 304
JURIKOVA Jana, 104	OPREA Flavia, 70
KOCHERYAN Maxim, 112	OPRIȘESCU Ioana, 165
LEONTE Nicoleta, 142, 160, 230	OSMAN Andrei, 70
MACOVEI Sabina, 257, 356	PALADE Tudor, 91
MANOS Mihaela, 118	PANĂ Gabriela, 85
MARIN Mihnea, 331	PARASCHIV Petronela, 174
MARIN Lucian Călin, 76, 80	PARASCHIV Ciprian, 174

PĂTRU Luminița, 12	RAȚĂ Bogdan Constantin, 251
PAVLOVA Iuliia, 181, 280	RAȚĂ Marinela, 251
PAVLYUK Yevgen, 280	ROMILA Cristina, 257
PAVLYUK Oksana, 280	ROSA Alin Cristian, 266
PELIN Raluca Anca, 126, 155	ROSNER Daniel, 70
PETROF Marian, 230	ROȘULESCU Eugenia, 97
POPESCU Gabriel, 188	RUSU Ligia, 331
POPESCU Lavinia, 118	RYSKIN Petr, 274
POPESCU Ofelia, 160, 230	SĂFTEL Alin Mihăiță, 142
POPOVICI Ileana Monica, 195	SEMENET Igor, 112, 274
POTOP Vladimir, 202, 210	SHURALEVA Natalia, 274
PREDOIU Radu, 323, 356	SOLTYK Oleksandr, 280
PRICOP Adrian, 41, 351	STĂNESCU Monica, 288
PRISĂCARU Ioan Rudi, 217	STOICA Marius, 298
PRODAN Dumitru, 63	STOICA Doru, 21
PUIU Mihaela, 223	STOICESCU Marius, 288
RĂCHITĂ Iancu, 41, 230	STROESCU Silvia, 188
RĂDULESCU Adrian, 235	ȘUȚĂ Vicol Eduard, 304
RAIOLA Gaetano, 241, 247	ȘUȚĂ Lizia Ioana, 304
RAȚĂ Gloria, 251	TĂTARU Tiberiu, 304

TEODORESCU Silvia, 48

TEODORU Gigi, 76

TICALĂ Laurențiu Daniel, 235

TONIȚA Florentina, 257

TROFIN Florin, 317

TUDOR Virgil, 339

TUDORANCEA Ștefan Dănuț, 323

TÜDÖS Ștefan, 323

URZEALĂ Constanța, 135

VĂDUVA Cristian, 331

VĂRZARU Cristina, 339

VASHLIAEVA Irina, 274

VASYLENKO Marina, 345

VOROBIOVA Anastasiia, 345

VYNOGRADSKYI Bogdan, 280

VYSOCHINA Nadiia, 345

WESSELLY Teodora, 126, 351

ZAHIU Mihaela, 356