

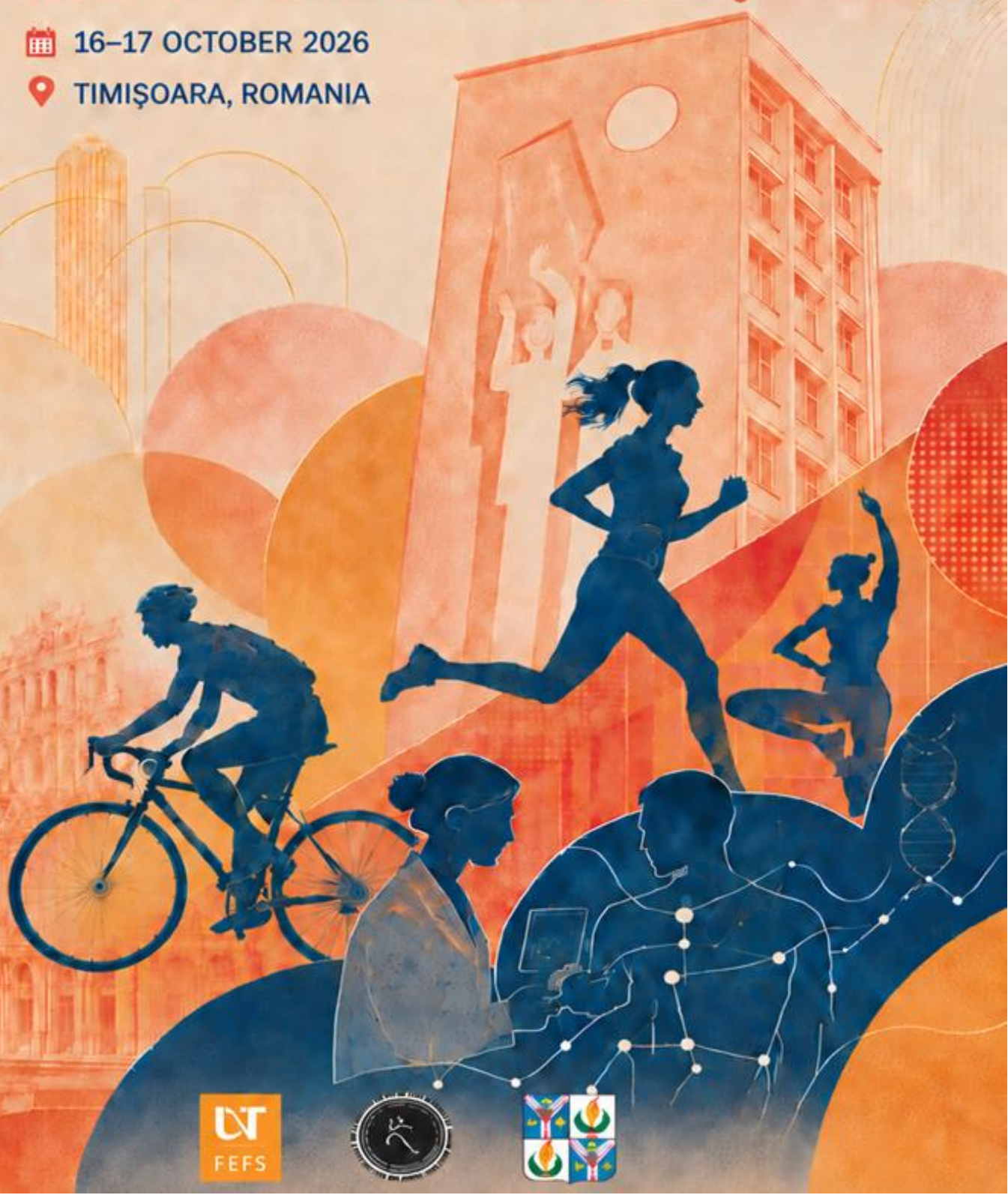
FEFSTIM 2026

THE 12TH INTERNATIONAL CONFERENCE
OF UNIVERSITARIA CONSORTIUM

**PHYSICAL EDUCATION, SPORT, PHYSICAL
THERAPY AND ACTIVE LIVING**

 16–17 OCTOBER 2026

 TIMIȘOARA, ROMANIA



Programul conferinței FEFSTIM 2026

16-17 octombrie 2026 • Timișoara, România

Programul reunește conferințe keynote, prezentări orale, sesiuni digitale de postere, un simpozion de ergospirometrie și patru workshopuri aplicate.

PROGRAM GENERAL

Ora	Activitate	Locația
Vineri	Sesiunea plenară, prezentări orale, postere și simpozion	ICAM, Str. Oituz nr. 4C
Sâmbătă	Keynote și workshopuri aplicate	UVT, Bd. Vasile Pârvan nr. 4

Vineri 16 octombrie 2026

Toate activitățile zilei au loc la ICAM, Str. Oituz nr. 4C, Timișoara

Ora	Activitate	Locația
09:00-09:30	Înregistrarea participanților și coffee break	ICAM
09:30-10:00	Deschiderea oficială	Sala A102-107
10:00-10:45	Keynote Speaker · Dr. Stephen Sowulewski (USA) <i>Primary, Secondary, & Tertiary Prevention in Sports and Exercise: A Prescription for Well-being</i>	Sala A102-107
10:45-11:30	Keynote Speaker · Prof. Alfonso Valero-Valenzuela (Spain) <i>The Ludotechnical Model: From Theory to Practice in the Teaching of Individual Sports</i>	Sala A102-107
12:00-14:30	Masa de prânz	Zaza
14:30-16:00	Sesiunea orală 1	Sala B022-024
14:30-16:00	Sesiunea orală 2	Sala A210-213
14:30-17:30	Sesiunea de postere 1	Holul de la parter
14:30-17:30	Sesiunea de postere 2	Holul de la etaj
15:00-18:00	Simpozion de ergospirometrie <i>Performanța sub lupă: Ergospirometria în sportul modern</i>	Sala B122-124
16:00-16:15	Pauză între sesiunile orale	ICAM
16:15-18:00	Sesiunea orală 3	Sala B022-024
16:15-18:00	Sesiunea orală 4	Sala A210-213
19:30	Cină festivă	Rivière Brasserie

Sesiunea orală 1

14:30-16:00 • Sala B022-024

Moderatori: Cojocariu Adrian, Gherman Alexandru, Nagel Adrian

Nr.	Prezentarea
1	Readiness, Neuromuscular Status and Movement Coordination in Youth Basketball Shooting: A Scoping Review CĂLIN Andi Florin, PÎRJOL Ionuț, GROSU Emilia Florina, MONEA Dan
2	Multidimensional Profile of Handball Referees: Morphological, Motor, Functional, and Cognitive-Motor Characteristics CIOBANU Ștefan, ABĂLAȘEI Beatrice-Aurelia
3	Wushu Kungfu vs. Track and Field: Comparing Resilience and Risk-Taking Behavior Across Open and Closed Skill Sports CIUDOIU Ionuț-Alexandru, STOICA Marius, PREDOIU Radu, DREVE Adina, GOZU Bogdan, MAKAROWSKI Ryszard
4	Theoretical Approaches to the Use of Physical Preparation in Developing Combat Strategies in U14 Jiu-Jitsu HART Bogdan-Alexandru
5	Weight Cutting in Female Boxing: Risks and Implications for Performance and Health JORNEAC Xenia, PETRACOVSCI Simona
6	Relationship Between Hand-Eye Coordination and First-Serve Return Characteristics Across U12, U14 and U16 Junior Tennis Players PRĂJESCU Marian-Petre, ABĂLAȘEI Beatrice-Aurelia
7	Effects of a Neuromuscular Training Microdosing Strategy on Acceleration, Linear Sprint Speed, and Agility in U18 Female Rugby Sevens Players TUDOSIU Elena, BADEA Dan, STOICA Marius
8	Influence of Foot-Up and Foot-Back Techniques on Serve Jump Height in U12-U14 Junior Tennis Players TUDURACHE Alexandru-Ilie, COJOCARIU Adrian, BUZATU Gabriel

Sesiunea orală 2

14:30-16:00 • Sala A210-213

Moderatori: Ciocoi-Pop Rareș, Oravițan Mihaela, Gligor Șerban

Nr.	Prezentarea
1	Residential Environment and Body Composition in Students With and Without Special Educational Needs: A Comparative Study DAMASCHIN Andreea-Teodora
2	Clinical Posturology in Athlete Training: Assessment of Functional Imbalances, Injury Prevention, and Performance Optimisation DRAGOMIR Maricela, BÎRSĂȘTEANU Ștefan-Victor
3	Craniosacral Therapy versus Therapeutic Massage, both Combined with Physical Therapy, in Patients with Neck Pain: Effects on Pain, Cervical Posture, and Neck Disability DRĂGAN Anca Maria, GLIGOR Șerban
4	Predictors of Return-to-Play Time after Badminton Injuries: A Clinical Physiotherapy Perspective HARANGUȘ Paul-Cristian, ALMĂJAN-GUȚĂ Bogdan
5	Risk Factors Associated with Injury Anatomical Location in Badminton: A Cross-Sectional Analysis on Romanian Players HARANGUȘ Paul-Cristian, ALMĂJAN-GUȚĂ Bogdan
6	Functional Recovery Following Burn Injury Through a Structured Physical Therapy Program: A Case Study POPA Vlad, CIOCOI-POP Dumitru Rareș, ILEA Narcisa Iasmina
7	Effects of a 12-Week Pilates Intervention on Neuromuscular Parameters and Motor Control in University Students: An OptoJump Analysis STĂNESCU Rareș, COSMESCU Vlad
8	The Individualized Approach in the Postoperative Recovery of a Handball Player with a 3rd Degree Ankle Sprain – A Case Study VUTAN Ana Maria, PANTEA Corina, ȘTEFAN Raul

Sesiunea orală 3

16:15-18:00 • Sala B022-024

Moderatori: Monea Dan, Șanta Cristian, Domokos Cerasela

Nr.	Prezentarea
1	Digital Variable Resistance and Muscle Hypertrophy: A Critical Narrative Review BĂLTĂREȚU Cristian, IONIȚĂ Constantin, TUDOR Virgil
2	Study on the Attitude of Physical Education Teachers Regarding the Integration of Children with Special Educational Needs in Mainstream Education COTOS Florin
3	Freestyle Wrestling Exercises and Strength Outcomes in Physical Education Students GOZMAN Claudiu-Ciprian, PĂUNA Răzvan Dorel, POP Sergiu, ȘERBAN Radu-Tiberiu
4	Identification and Analysis of Leadership Styles within Sports Organizations MACRA-OȘORHEAN Maria Daniela, SZŐKE Hunor, BARTHA Velu-Sebastian, APOSTU Alina Paula, BOROS-BALINT Iuliana
5	The Aesthetics of Fair-Play: Camil Petrescu and the Cultural Manifesto of Foot-Ball Magazine (1937) NEDELEA Patricia
6	Exploring Gender Differences in Bullying Perpetration and Victimization among Primary School Students STICEA Andreea Maria, UNGUREAN Bogdan Constantin, COJOCARIU Adrian
7	From Pilot Study to Larger Sample: Consistency of Video-Feedback Effects on Front-Crawl Learning TOROK Gyurko, ZOLTAN Attila, SANDOR Iosif
8	From Student Sports to Institutional Infrastructure: The Development of Sports Facilities at the Polytechnic School of Timișoara, 1922–1930 ZARO Anita-Claudia, PETRACOVSKI Simona
9	Planificarea antrenamentului sportiv: evaluare, nutriție și refacere Pop Alexandra, PhD; Vasile Bogdan, PhD

Sesiunea orală 4

16:15-18:00 • Sala A210-213

Moderatori: Vădan Anca, Neculăeș Marius, Sîrbu Elena

Nr.	Prezentarea
1	Functional and Biomechanical Changes Following an Individualized Rehabilitation Programme in a Patient with Transfemoral Amputation: A Case Report CÂNDEA Antonia-Ioana, ENACHE Alexandru-Valentin, CARACOSTEA Gabriela-Valentina, CIOCOI-POP Rareș Dumitru
2	Functional Rehabilitation in Iatrogenically Induced Menopause Following Breast Cancer Therapy: A 24-Week Case Study CÂNDEA Antonia-Ioana, ENACHE Alexandru-Valentin, CARACOSTEA Gabriela-Valentina, CIOCOI-POP Rareș Dumitru
3	Relationship Between Occlusal Parameters and Running Cadence in Junior Athletes: A Pilot Study GAMEN Luisa Cristiana, ABALAȘEI Beatrice-Aurelia
4	Association of the Infrasternal Angle with Shoulder and Hip Rotational Range of Motion in Recreationally Active Adults POPA Vlad, BĂLAN Horațiu-Claudiu, CIOCOI-POP Dumitru Rareș
5	The Impact of a Hybrid Medical Recovery Protocol on Associated Cervical and Lumbar Disc Herniation PREDOIU Florin-Cătălin
6	Changes in Musculoskeletal Pain, Postural Alignment, and Plantar Parameters Following an Integrated Physical Therapy Programme in Romanian Border Police Officers ROȘCA Andreea, UNGUREAN Bogdan-Constantin, COJOCARIU Adrian
7	AI-Assisted Quantitative Ultrasound Assessment of Femoral Cartilage: The UNITA Cartilage AI Project SÎRBU Elena, MALO-URRIÉS Miguel, PAROISSIN Christian et al.

Sesiunea de postere 1

14:30-17:30 • Holul de la parter

Moderatori: Nuț Ancuța, Ormenișan Septimiu, Arseni Nada

Nr.	Posterul
1	Development of Speed and Coordination in Primary School Students Through Specific Physical Education Activities BOGHIU Raluca Elena, ENĂȘOAIIE Alexandrina, ALEXE Dan Iulian
2	Effects of a Montessori-Based Training Program on Motor Performance in 10–12-Year-Old Football Players CARP Ionuț Robert, STĂNESCU Monica
3	Age-Related Differences in Short-Distance Sprint Performance in Youth Female Volleyball Players COTEAȚĂ Maria-Andreea, TROFIN Petruț-Florin, PUNI Rareș-Alexandru, COJOCARU Adin-Marian, UNGUREAN Bogdan-Constantin
4	Coordinative Abilities and Attention in Children Aged 6–8 Years: Effects of a Six-Month Physical Education Intervention DRĂGUȘIN Maria-Cristina, PREDOIU Radu, BOTA Aura, MĂNESCU Dan Cristian, TUDOR Virgil
5	Early Childhood Education: Developmental Theories and Curricular Approaches – A Literature Review GHEZEA Alexandra-Ștefania, DINA Alexandru-Mădălin
6	The Impact of Social Media on the Image of Sports Organizations GHERMAN Alexandru Andrei, PALAGE Larisa, GOMBOȘ Leon
7	The Role of Dance Sport in Improving Self-Image GHIȚESCU Roxana-Emanuela, ZUIAC Silvia-Sorina
8	Physical Development During the Transition from U12 to U13 in Soccer Players: A Seven-Month Longitudinal Study IONESCU Bogdan-Marian, NEMEȘ Raul-Alexandru
9	Effects of a Virtual Swim Trainer on Pacing Strategy and Performance in 200 m Freestyle Junior and Youth Swimmers JURESCHI Andreea Natalia, VASILE Luciela
10	Physical Fitness in University Sport Students: Correlations Among Eurofit and Yo-Yo IR1 Performance Measures NUȚ Ancuța Ramona, POP Nicolae Horațiu și colaboratorii
11	Throwing Performance in School Handball: A Pilot Intervention in Female High-School Players OSTAFE Albert, MANASSES Ildiko, BERBECARU Răzvan Andrei
12	A Study on Optimizing the Attacking Phase in the Triples Event of Football-Tennis PĂUNA Răzvan-Dorel, ȘERBAN Radu Tiberiu, POP Sergiu
13	From Intention to Action: Self-Education and Consistency in Recreational Sports Activities PLĂSTOI Camelia Daniela, BÎCĂ Monica Delia, CHIVU Iacob Daniel, SAKIZLIAN Robert, CHIRIAC Bogdan

Nr.	Posterul
14	Swimming as a Leisure Activity: Integrating Digital Technologies to Promote Well-Being and a Healthy Lifestyle PLĂSTOI Camelia-Daniela, POPESCU Andreea, Sakizlian Denisa, CHEPEA Bogdan, GUȚĂ Eduard Leonard
15	Comparative Study on Fitness Gym Training Adaptations in Former Athletes and Non-Athletes POP Sergiu, PĂUNA Răzvan-Dorel, ȘERBAN Radu Tiberiu
16	Humor, a Pedagogical Tool in Physical Education Lessons ROHOZNEANU Dan-Mihai, BERNICU Răzvan-Andrei, BONDOC Andrei
17	The Effects of Synergistic Training on Reaction Speed and Decision-Making in U12 Handball RUSU Ion-Tudor, BULDUȘ Codruța, MONEA Dan
18	Building Transferable Skills: The Case for Cross-Sport General Physical Preparation Programming STOLOJAN Constantin, PLĂSTOI Camelia-Daniela
19	Comparative Analysis of MTB Cycling Potential: Case Study – Bistrița and Poiana Brașov ȘTEFĂNESCU Leonida Horea, RUS Virgil, BÎCA Ioan
20	Analysis of Extracurricular Physical Activity Options Among Lower Secondary School Students ZUIAC Silvia Sorina, GHIȚESCU Roxana Emanuela

Sesiunea de postere 2

14:30-17:30 • Holul de la etaj

Moderatori: Pop Nicolae Horațiu, Almăjan-Guță Bogdan, Vutan Ana Maria

Nr.	Posterul
1	Prone Bridge Test Performance in Adolescent Male Squash Players with Pre-Existing Scapular Dyskinesia AHMED Muhammad Talha, TOMOZEI Răzvan, TANASĂ Anca-Raluca, MUSHTAQ Zeeshan, DUMITRU Iulian-Marius
2	Volitional Qualities and Judo Participation Among People with Down Syndrome APOSTU Alina Paula, BACIU Marius-Alin, CONSTANTIN Larisa Andrea, ȘERBAN Radu-Tiberiu
3	Clinical and Functional Recovery Dynamics Following Surgical Rotator Cuff Repair: A Longitudinal Study BOUARIU Bianca, ABALAȘEI Beatrice-Aurelia
4	Study on Improving Explosive Strength Parameters in Soccer Players Through the Use of Alternating Types of Muscle Contraction CĂRĂBAȘ Ionică, DACICA Liliana
5	Body Composition Differences Across Age Groups in Youth Female Volleyball Players COTEĂȚĂ Maria-Andreea, TROFIN Petruț-Florin, PUNI Rareș-Alexandru, COJOCARU Adin-Marian, UNGUREAN Bogdan-Constantin
6	Effects of a Hippotherapy Intervention on Gross Motor Function in Children with Neuromotor Disorders DINA Alexandru Mădălin, GHEZEA Alexandra, MODAN Anca
7	Nutrition Knowledge and Dietary Behaviors in Amateur Athletes: From Information to Practice IONIȚĂ Constantin, STĂNESCU Monica, BĂLTĂREȚU Cristian
8	Biomechanical Changes in 100-m Breaststroke Assessed Using the EO SwimBETTER® Wearable System MAHDI Jari, VASILE Luciela Maria
9	Effects of Dynamic Neuromuscular Stabilization on Lumbar Hyperlordosis, Core Stability, and Trunk Endurance in Sport-Active and Non-Sport Children MANIU Dragoș Adrian, VĂDAN Anca Lucia, MOLNAR Barbara Terez, MANIU Emese Agnes
10	Short-Foot and Neuromuscular-Control Training in Adolescents With Flexible Flat Feet: A Four-Month Pre–Post Study MANIU Dragoș Adrian, VĂDAN Anca Lucia, TUSA Emese, MANIU Emese Agnes
11	Effect of High Intensity Intervals Training and Body Fat Composition on Aerobic Capacity Among Romanian Football Men Referees from The Second League MONEA Dan, BACIU Marius Alin, GROSU Vlad Teodor, MANCINI Nicola, NEGRU Ioan Niculaie
12	Body Fat Percentage and Physical Fitness in University Sport Students: Associations with Eurofit and Aerobic Performance Tests NEGRU Ioan Niculaie, NUȚ Ramona Ancuța și colaboratorii
13	Functional Rehabilitation of the Knee after Anterior Cruciate Ligament Reconstruction Associated with Meniscal Repair NICOLAE Albert, MOȚ Raluca, ALMĂJAN GUȚĂ Bogdan
14	Body Composition in First-Year Sport Science Students: Associations Between BMI, Body Fat Percentage, and Estimated Visceral Fat POP Nicolae Horațiu, NEGRU Ioan Niculaie, NUȚ Ramona Ancuța și colaboratorii

Nr.	Posterul
15	Optimization of Methods and Means for Developing Strength, Aerobic Capacity and Anaerobic Capacity in Senior Football Players During the Competitive Period ORMENIȘAN Septimiu Vasile, HÎMPEA Darius, BARTHA Velu-Sebastian, ȘANTA-MOLDOVAN Cristian-Ioan, BICHESCU Andrade-Ionuț
16	Evolution of Anthropometric and Motor-Performance Indicators in Female Basketball Players Aged 14–16 Years PÎȘĂ (PIPEREA) Costina
17	Effectiveness of Focused Extracorporeal Shock Wave Therapy in the Treatment of Plantar Fasciitis Associated with Calcaneal Spur SZASZ Timea, SÎRBU Elena, ORAVIȚAN Mihaela
18	Optimizing Posture Through Volleyball-Specific Exercises in Middle School Students ȘANTA Cristian, MĂRCUȘ Ramona, ORMENISAN Septimiu și colaboratorii
19	Correlations Between Muscle Mass, Regional Isometric Strength, and Vertical Jump Performance in Adolescents TROFIN Petruț-Florin, HONCERIU Cezar, COTEAȚĂ Maria-Andreea
20	Long-Term Outcomes of Pelvic Floor Rehabilitation for Postpartum Urinary ncontinence: A Two-Case Longitudinal Study VĂDAN Anca Lucia, MANIU Dragoș Adrian, FRĂSIE Andreea, MANIU Emese Agnes

Simpozion de ergospirometrie

Performanța sub lupă: Ergospirometria în sportul modern

15:00-18:00 • Sala B122-124 • ICAM

Ora	Activitate	Locația
15:00-15:15	Cuvânt introductiv	Prof. univ. dr. Dan Gaita
15:20-15:35	Ergospirometria în sport: principii de bază și evaluarea cardiovasculară a efortului	Lect. univ. dr. Andreea Dumitrescu
15:35-15:50	Respirația în efort: de la pragurile ventilatorii la limitarea performanței	Prof. univ. dr. Ovidiu Fira Mladinescu
15:50-16:05	Metabolismul performanței: nutriția care schimbă rezultatele	Conf. univ. dr. Nicoleta Mirica
16:05-16:15	Întrebări și discuții	
16:15-16:20	Pauză	
16:20-16:35	De la ergospirometrie la antrenament: cum folosim datele pentru a optimiza performanța	Andrei Dragomir, cercetător științific III
16:35-16:50	Aplicabilitatea practică a ergospirometriei la sportivi	Prof. univ. dr. Claudiu Avram
16:50-17:00	Întrebări și discuții	
17:00-17:15	Pauză	
17:15-18:00	Demonstrație practică	
18:00	Încheiere	

Sâmbătă 17 octombrie 2026

Toate activitățile zilei au loc la Universitatea de Vest din Timișoara, Bd. Vasile Pârvan nr. 4

Ora	Activitate	Locația
10:00-10:30	Keynote Speaker · Alessandro Urbanaz <i>Stomatognathic System: Injury Prevention and Sports Performance</i>	Sala A32
10:45-11:15	Coffee break	UVT
11:15-13:00	Workshop 1 · Baropodometric Analysis <i>Andra Obrejan și Alina Lupu</i>	Sala 029
11:15-13:00	Workshop 2 · The Ludotechnical Model in Action — A Hands-On Introduction to Shot Put <i>Prof. Alfonso Valero-Valenzuela</i>	Teren U
11:15-13:00	Workshop 3 · Fueling Lab: de la carbo-loading la gelul de cursă <i>Cristian Negrea</i>	Sala 130
11:15-13:00	Workshop 4 · Clinical Posturology: The 4-Station Test to Identify Primary Postural Dysfunctions by KIHQ Method <i>Alessandro Urbanaz</i>	Sala 031

Programul poate suferi modificări. Orice actualizare va fi comunicată participanților și publicată pe site-ul conferinței.