



## **PROGRAM**

(Spain time zone)

**10:00 – 10:30**

**Opening speech – GUEST SPEAKER**

**María Antonia Peña Guerrero**

*Rector of the University of Huelva*

**CHAIRWOMAN**

**MARGARIDA Gomes**

*Assist. Prof., Instituto Politécnico de Beja, Portugal*

**10:30 – 10:40**

**EXERCISE FOR OLDER ADULTS. UP AGAIN SENIOR INTERVENTION PROTOCOL**

*Daniela Miranda, Margarida Gomes, Bebiana Sabino, Vânia Loureiro Instituto Politécnico De Beja, Portugal*

**10:40 – 10:50**

**FUNCTIONAL TRAINING FOR POSTURE: EVALUATION AND EXERCISE PROTOCOL ON HEALTHY CAMPUS**

*Gonçalo Casaca, Pedro Bento, Luís Murta, Nuno Loureiro, Vânia Loureiro Instituto Politécnico de Beja, Portugal*

**10:50 – 11:00**

**PHYSICAL ACTIVITY COUNSELLING AND EXERCISE PRESCRIPTION ON HEALTHY CAMPUS**

*Rui Costa, Nuno Loureiro, Paula Paixão, Vânia Loureiro Instituto Politécnico de Beja, Portugal*

**11:10 – 11:20**

**WALKING ON THE STREET. HOW**

**DOES THE URBAN PATHWAYS PROMOTE AN ACTIVE AND HEALTHY LIFESTYLES?**

*Nuno Pereira, Pedro Bento, Margarida Gomes, Vânia Loureiro Instituto Politécnico de Beja, Portugal*

**11:20 – 11:30**

**PROMOTING HEALTH THROUGH PHYSICAL ACTIVITY. HEALTHY CAMPUS POLYTECHNIC UNIVERSITY OF BEJA**

*Madalena Pereira, Helena Barbosa, Nuno Loureiro, Vânia Loureiro Instituto Politécnico de Beja, Portugal*

**11:30 – 11:40**

**MULTICOMPONENT EXERCISE PROGRAM. UP AGAIN SENIOR PROJECT**

*Alexandra Ribeiro, Margarida Gomes, Nuno Loureiro, Vânia Loureiro Instituto Politécnico de Beja, Portugal*

**11:40 – 11:50**

**CHILDREN'S PERCEPTION OF GENDER STEREOTYPES IN SPORTS**

*Rubén Bueno Martín, María Del*



*Carmen Montes Reyes, Deborah Rosu  
Rosu, Isabel Vázquez Martín  
University of Huelva, Spain*

**11:50 – 12:00**

*PERSONALITY AND CAREER FIT  
TESTING. THE CASE OF FUTURE  
KINESIOTHERAPISTS IN ROMANIA  
George-Adrian Trian*

*„1 Decembrie 1918” University of Alba  
Iulia, Romania*

**12:00 – 12:10**

*REHABILITATION THROUGH  
EXERGAMES-TYPE PLATFORMS  
Florentina Malina Pruteanu  
„1 Decembrie 1918” University of Alba  
Iulia, Romania*

**12:10 – 12:20**

*INNOVATIVE THERAPIES IN THE  
RECOVERY OF PATIENTS WITH  
SPINAL CORD INJURY  
Codruta Pasca  
„1 Decembrie 1918” University of Alba  
Iulia, Romania*

**12:20 – 12:30**

*PAIN THERAPY IN DISC HERNIATION*

*Elena Viorica Grozăvescu  
„1 Decembrie 1918” University of Alba  
Iulia, Romania*

**12:30 – 12:40**

*MAINTAINING RANGE OF MOTION  
THROUGH PHYSICAL THERAPY IN  
DUCHENNE-BECKER MUSCULAR  
DYSTROPHY*

*Claudia Donea  
„1 Decembrie 1918” University of Alba  
Iulia, Romania*

**12:40 – 12:50**

*HYDROTHERAPY FOR PAIN RELIEF IN  
HIP OSTEOARTHRITIS  
Lavinia-Maria Irinciuc  
„1 Decembrie 1918” University of Alba  
Iulia, Romania*

**12:50 – 13:00**

*SEMI-ELASTIC AND ELASTIC  
TRAMPOLINE, MEANS FOR  
DEVELOPMENT OF COORDINATION IN  
CHILDREN  
Alexandru Chirila  
„1 Decembrie 1918” University of Alba  
Iulia, Romania*

### **Lunch 50 minutes**

**14:00 – 14:10**

*INJURY MECHANISMS & TYPICAL  
INJURIES IN VOLLEYBALL  
Katarzyna Ambrożkiewicz  
The Bronislaw Czech University School  
of Physical Education, Cracow, Poland*

**14:10 – 14:20**

*INFLUENCE OF OBESITY ON MOTOR  
PERFORMANCE  
Ilona Gabrys  
The Bronislaw Czech University School  
of Physical Education, Cracow, Poland*



**14:20 – 14:30**

**LEISURE TIME PHYSICAL ACTIVITIES  
AMONG STUDENTS**

*Anna Witek*

*The Bronislaw Czech University School  
of Physical Education, Cracow, Poland*

**14:30 – 14:40**

**ADOLESCENT'S PHYSICAL ACTIVITY**

*Gabriela Cyran*

*The Bronislaw Czech University School  
of Physical Education, Cracow, Poland*

**14:40 – 14:50**

**INFLUENCE OF REGULAR ACROBATIC  
TRAINING ON STABILITY**

*Piotr Nenko*

*The Bronislaw Czech University School  
of Physical Education, Cracow, Poland*

**14:50 – 15:00**

**STATUS OF PHYSICAL CAPACITY OF  
LOWER SECONDARY EDUCATION  
STUDENT**

*Pitar Konstantinov*

*"St. Cyril and St. Methodius" University*

*of Veliko Tarnovo, Bulgaria*

**15:00 – 15:10**

**DEVELOPMENT OF SPEED AND  
DYNAMIC POWER CAPABILITIES IN  
11-12 YEAR OLD STUDENTS**

*Velislav Cankov*

*"St. Cyril and St. Methodius" University  
of Veliko Tarnovo, Bulgaria*

**15:10 – 15:20**

**CHILDREN MOTOR ASSESSMENT IN  
SCHOOLS**

*Hristiyan Madarov*

*"St. Cyril and St. Methodius" University  
of Veliko Tarnovo, Bulgaria*

**15:20 – 15:30**

**DISABILITIES IN CONTEMPORARY  
SOCIETIES**

*Nikoleta Petrova, Zahari Zahariev*

*"St. Cyril and St. Methodius" University  
of Veliko Tarnovo, Bulgaria*

**15:30 – 15:40**

**Closing speech**

**ANGEL-ALEX Hăisan**

*„1 Decembrie 1918” University of Alba Iulia, Romania*