

PROGRAM

24th of May 2024
(Lithuanian time zone)

09:00 – 09:10

Opening speech – GUEST SPEAKER

Prof. dr. EDMUNDAS Jasinskas

Vice-rector for Research, Lithuanian Sports University, Lithuania

CHAIRMAN

ANTANAS Ūsas

Lithuanian Sports University, Lithuania

09:10 – 09:20

**PHYSICAL EDUCATION CLASSES, A
WORK FRAME FOR PREVENTION OF
CHILD SEXUAL ABUSE**

*Toscano Jesus, Montes Carmen, Perez
Marco, Castillo Estefanía
University of Huelva, Spain*

09:20 – 09:30

**PHYSICAL EXERCISE INTERVENTION
IN HOME CARE SERVICE. THE CUID@R
+ PROJECT**

*Santana Andreia, Ribeiro Alexandra,
Miranda Daniela, Gomes Margarida,
Bento Pedro, Paixão Paulo, Loureiro
Vânia
Polytechnic University of Beja,
Portugal*

09:30 – 09:40

**NATURE SPORTS PRACTITIONERS –
ANALYSIS OF THE IMPACT IN BEJA
DISTRICT**

*Gonçalves Stefano, Ambrósio José,
Murta Luísa, Bento Pedro
Polytechnic University of Beja,
Portugal*

09:40 – 09:50

**RESISTANCE TRAINING PROTOCOL:
DESIGN A PROGRAM FOR UP AGAIN
SENIOR OLDER ADULTS BASED ON
CERT**

*Martins Ricardo, Bento André,
Rodrigues Diogo, Loureiro Nuno,
Gomes Margarida, Loureiro Vânia
Polytechnic University of Beja,
Portugal*

09:50 – 10:00

**RELIABILITY OF THE OBSERVATION
AND ANALYSIS OF THE BARANI LEAP
AND BACKFLIP IN GYMNASTICS**

*Antunes Catarina, Silva Gonçalo, Bento
Débora, Pita Inês, Paixão Paulo
Polytechnic University of Beja,
Portugal*

10:00 – 11:10

*IMPORTANCE OF USER-GENERATED
CONTENT IN CHOOSING LEISURE
SERVICES*

*Latvys Aurimas, Mejerytė-Narkevičienė
Kristina
Lithuanian Sports University,
Lithuania*

11:10 – 11:20

*USER PRIORITIES CHOOSING
BETWEEN BASKETBALL
ORGANIZATION WEBSITES AND
SOCIAL MEDIA*

*Kuzminskis Lukas, Ūsas Antanas
Lithuanian Sports University,
Lithuania*

11:20 – 11:30

*THE IMPACT OF PHYSICAL ACTIVITIES
ON PSYCHOLOGICAL WELL-BEING*

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

11:30 – 11:40

*CONTEMPORARY PROBLEMS OF
PHYSICAL EDUCATION*

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

11:40 – 11:50

*MOVEMENT REEDUCATION AS A
PREVENTION METHOD FOR
SHOULDER INJURIES IN OVERHEAD*

SPORTS

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

11:50 – 12:00

FATIGUE NOWADAYS
*Dziga Ewa
The Bronislaw Czech University School
of Physical Education, Cracow, Poland*

12:00 – 12:10

*THE IMPACT OF MASSAGE THERAPY
ON ENHANCING MOBILITY IN
PROFESSIONAL FOOTBALL PLAYERS*

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

12:10 – 12:20

*INFLUENCE OF EXERCISES ON
VIBRATION PLATFORMS ON CAVUS
FOOT*

*Berindei Alexandra-Maria
„1 Decembrie 1918” University of Alba
Iulia, Romania*

12:20 – 12:30

*THE IMPORTANCE OF MOVEMENT
GAMES AND UTILITARIAN-
APPLICATIVE PATHS FOR THE
IMPROVEMENT OF MOTOR SKILLS OF
PRIMARY SCHOOL CHILDREN*

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

12:30 – 13:30
Lunch break

13:00 – 13:10

*INCREASING TRAINING EFFICIENCY
OF A MINI BASKETBALL TEAM IN
PRIMARY SCHOOLS*

Fodor Darius Florin

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

13:10 – 13:20

*IMPROVING BALANCE OF ELDERLY TO
PREVENT FALLS*

Horvath Daniel

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

13:20 – 13:30

*THE PREOPERATIVE PERIOD OF
SCOLIOSIS*

Lodroman Adrian-Cristian

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

13:30 – 13:40

*SHOULDER RECOVERY AFTER
ANTERIOR CHEST TRAUMA*

Man Maria-Andra

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

13:40 – 13:50

*POSTURE ASSESMENT OF FITNESS
PRACTITIONERS*

Paladi Elisei, Nicolescu-Șeușan

Nicoleta, Nicolescu-Șeușan Lucian

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

13:50 – 14:00

*MASSAGE AND PHYSIOTHERAPY IN
LUMBAR DISCOPATHY*

Radu Vlad-Nicodim

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

14:00 – 14:10

*IMPROVING KNEE PAIN THROUGH
KINESIOTHERAPY*

Todea Claudia-Ioana

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

14:10 – 14:20

KNEE RECOVERY IN CHONDROPATHY

Varvara Alexandra-Adina

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

14:20 – 14:30

*STREETBALL, A MULTIFACETED
SPORT*

Vințan Robert-Denis

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

14:30 – 14:40

*IMPROVING MOBILITY IN
PARKINSON’S DISEASE*

Scrobotă Robert

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

14:40 – 14:50

**IMPORTANCE OF THE
PSYCHOLOGICAL FACTOR IN THE
KINESIOTHERAPEUTIC RECOVERY**

Lungu Maxim

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

14:50 – 15:00

Closing speech

ANGEL-ALEX Hăisan

Coordinator of the BIP “Science and leisure build bridges together”

„1 Decembrie 1918” University of Alba Iulia, Romania
