

Thursday, November 14<sup>th</sup>, 2025

Conference room no. 136

Institute of Physical Education and Sport of Moldova State University  
22 Andrei Doga Street, Chişinău, Moldova



## Physical Education and Sport

**10:00 – 13:00 WORKING SESSION**

**Working committee**

Chairpersons: **Prof. dr. Ivan CARP, Assoc. Prof. dr. Serghei SÎRGHI, Assist. drd. Ecaterina LUNGU**

### KEYNOTE PAPERS

<b>10:00 – 10:30</b>	<b>SPORTS SCHOOLS AND THEIR ROLE IN THE DEVELOPMENT OF SPORTS TOURISM</b> Mihail ONOI "Dunarea de Jos" University of Galati, Romania
<b>10:30 – 11:00</b>	<b>THE INFLUENCE OF DANCE MEDIA ON THE DEVELOPMENT OF PSYCHOMOTOR CAPACITIES OF 5-6 YEAR OLD GYMNASTS</b> Natalia REABOI <sup>1</sup> , Victoria DORGAN <sup>1</sup> , Tatiana PANOVICI <sup>2</sup> <sup>1</sup> Institute of Physical Education and Sport of Moldova State University <sup>2</sup> Specialized Sports School of Gymnastics in Chisinau, Republic of Moldova

### ORAL PRESENTATIONS

<b>11:00 – 11:10</b>	<b>MARKETING AND COMMUNICATION IN PROMOTING SPORTS SERVICES</b> Ecaterina AMELICICHIN, Mariana GÎDEI Institute of Physical Education and Sport of Moldova State University
<b>11:10 – 11:20</b>	<b>THE RELATIONSHIP BETWEEN THE TECHNICAL PREPARATION OF JUNIOR TENNIS PLAYERS AND SUCCESS IN COMPETITIVE ACTIVITIES: AN ANALYTICAL STUDY</b> Lilia ANGHEL Institute of Physical Education and Sport of Moldova State University
<b>11:20 – 11:30</b>	<b>RESEARCH ON THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND ECOLOGICAL BEHAVIORS OF PERFORMANCE ATHLETES</b> Igor ARSENE <sup>1</sup> , Gheorghe BRANIŞTE <sup>1,2</sup> , Ion CARP <sup>1</sup> , Anatolie BUDEVICI-PUIU <sup>1</sup> , Daniela PASCARI <sup>1</sup> <sup>1</sup> Institute of Physical Education and Sport of Moldova State University <sup>2</sup> "Dunarea de Jos" University of Galati, Romania
<b>11:30 – 11:40</b>	<b>SUSTAINABILITY OF ACADEMIC RESEARCH - DEVELOPMENT - INNOVATION ACTIVITY IN THE CONTEXT OF THE DIGITAL ERA IMPERATIVES</b> Liliana BUDEVICI-PUIU <sup>1,2</sup> , Anatolie BUDEVICI-PUIU <sup>1</sup> <sup>1</sup> Institute of Physical Education and Sport of Moldova State University <sup>2</sup> "Dunarea de Jos" University of Galati, Romania

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<b>11:40 – 11:50</b>	<b>MULTIDIMENSIONAL APPROACHES TO POLYVALENT TRAINING IN MIXED MARTIAL ARTS (MMA)</b> Ivan CARP <sup>1</sup> , Ivan GHEORGHIU <sup>2</sup> <sup>1</sup> Institute of Physical Education and Sport of Moldova State University <sup>2</sup> "Stefan cel Mare" Academy of the Ministry of Internal Affairs, Republic of Moldova
<b>11:50 – 12:00</b>	<b>METHODOLOGICAL APPROACHES OF THE SPECIAL PHYSICAL TRAINING PROGRAM FOR WATER POLO PLAYERS AGE 13 AND 15, IN THE PLAYING POSITION IN AN ANNUAL TRAINING CYCLE</b> Andrei CAVCALIUC "Gheorghe Osipov" Water Polo Sports School, Republic of Moldova
<b>12:00 – 12:10</b>	<b>METHODOLOGY FOR ADAPTING THE FEMALE BODY TO MEDIUM-INTENSITY PHYSICAL EXERCISE</b> Victoria CHISTOL Institute of Physical Education and Sport of Moldova State University
<b>12:10 – 12:20</b>	<b>THE IMPORTANCE OF PSYCHOLOGICAL TRAINING IN RHYTHMIC GYMNASTICS</b> Olga CRAIJDAN Institute of Physical Education and Sport of Moldova State University
<b>12:20 – 12:30</b>	<b>ANNUAL DYNAMICS OF SOMATOMETRIC PARAMETERS OF ADOLESCENTS IN THE ANNUAL EDUCATIONAL CYCLE</b> Irina DELIPOVICI <sup>1,2</sup> , Inga DELEU <sup>1</sup> <sup>1</sup> Institute of Physical Education and Sport of Moldova State University <sup>2</sup> "Dunarea de Jos" University of Galati, Romania
<b>12:30 – 12:40</b>	<b>ANATOMICAL ANALYSIS OF SENIOR ADOLESCENT GIRLS' MOTOR TRAINING THROUGH LEISURE-FITNESS EXERCISES</b> Victoria DORGAN, Natalia REABOI, Victoria CHISTOL Institute of Physical Education and Sport of Moldova State University
<b>12:40-12:50</b>	<b>TRAINING THE INFORMATION AND COMMUNICATION SKILLS OF STUDENTS IN HIGHER EDUCATION OF PHYSICAL EDUCATION AND SPORTS</b> Mariana GÎDEI, Ana DERVICI Institute of Physical Education and Sport of Moldova State University
<b>12:50-13:00</b>	<b>GENETIC AND ANTHROPOLOGICAL CRITERIA FOR SELECTION IN SPORT</b> Natalia GÎRLEA <sup>1</sup> , Ecaterina LUNGU <sup>2,3</sup> <sup>1</sup> Institute of Physical Education and Sport of Moldova State University <sup>2</sup> "Ion Creangă" State Pedagogical University, Chisinau, Republic of Moldova <sup>3</sup> "Dunarea de Jos" University of Galati, Romania

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13:00 – 13:10	<b>THE INFLUENCE OF GPS SYSTEMS ON TECHNICAL ELEMENTS IN THE SPORTS ORIENTEERING ON THE PREPARATION OF JUNIORS IN AN ANNUAL TRAINING CYCLE</b> Andrei GOLOVEI Institute of Physical Education and Sport of Moldova State University
13:10 – 13:30	<b>Q&amp;A SESSION</b>
13:30 – 15:00	<b>BREAK</b>
15:00 – 15:10	<b>METHODOLOGY OF PHYSICAL REHABILITATION FOR ATHLETES IN VARIOUS OLYMPIC EVENTS</b> Vitalie GROSU Institute of Physical Education and Sport of Moldova State University
15:10 – 15:20	<b>RECEPTIVENESS TO MODERN EDUCATIONAL TECHNOLOGY IN BIOPSYCHOPEDAGOGICAL DISCIPLINES</b> Teodor GRIMALSCHI <sup>1</sup> , Natalia NASTAS <sup>1,2</sup> <sup>1</sup> Institute of Physical Education and Sport of Moldova State University <sup>2</sup> „Dunarea de Jos” University of Galati, Romania
15:20 – 15:30	<b>THE TRAINING OF PHYSICAL EDUCATION AND SPORT SPECIALISTS: FROM PEDAGOGY TO ANDRAGOGY</b> Aliona LUCA Institute of Physical Education and Sport of Moldova State University
15:30 – 15:40	<b>THE ROLE OF ACTIVE-PARTICIPATIVE METHODS IN STIMULATING THE CREATIVE POTENTIAL OF STUDENTS IN THE PHYSICAL EDUCATION LESSON IN HIGH SCHOOLS</b> Natalia NASTAS <sup>1,2</sup> Valerii FILIPOV <sup>3</sup> <sup>1</sup> Institute of Physical Education and Sport of Moldova State University <sup>2</sup> „Dunarea de Jos” University of Galati, Romania <sup>3</sup> „Alecru Russo” Theoretical High School, Cojusna, Republic of Moldova
15:40 – 15:50	<b>THE USE OF BREATHING SIMULATORS IN THE SPECIAL AND FUNCTIONAL PHYSICAL TRAINING OF YONG SWIMMERS - IN THE OPINION OF SPECIALISTS</b> Igor PAPANAGA Arena Chisinau, Republic of Moldova
15:50 – 16:00	<b>THE INFLUENCE OF TECHNICAL TRAINING ON GAME PERFORMANCE OF INTERMEDIATE-LEVEL YOUNG FOOTBALL PLAYERS (AGED 13-14)</b> Serghei SÎRGHI Institute of Physical Education and Sport of Moldova State University
16:00 – 16:10	<b>SOME METHODOLOGICAL ASPECTS OF GAME-BASED TRAINING FOR BEGINNER BASKETBALL PLAYERS</b> Vasile TĂBÎRȚA <sup>1,2</sup> <sup>1</sup> Institute of Physical Education and Sport of Moldova State University <sup>2</sup> „Dunărea de Jos” University of Galați, Romania

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**16:10 – 16:20**    **METHODOLOGY FOR ASSESSING PSYCHOMOTOR SKILLS OF PRIMARY SCHOOL PUPILS**  
Ina TRUHIN, Ivan CARP  
Institute of Physical Education and Sport of Moldova State University

**16:20 – 16:30**    **COMPARATIVE ANALYSIS OF THE PARAMETERS OF THE TRAINING LEVEL OF HANDBALL PLAYERS BASED ON AGE AND SPORTS QUALIFICATION**  
Ruslan VEREJAN<sup>1</sup>, Maria VEREJAN<sup>2</sup>  
<sup>1</sup>Institute of Physical Education and Sport of Moldova State University  
<sup>2</sup>Costeşti Sports School, Republic of Moldova

**16:30 – 16:40**    **Q&A SESSION**

**16:40 – 18:10**    **POSTERS**

**P1**                **HISTORICAL EVOLUTION OF GENDER EQUALITY IN PHYSICAL EDUCATION AND SPORT (1896–2024)**  
Igor ARSENE, Daniela PASCARI  
Institute of Physical Education and Sport of Moldova State University

**P2**                **MASTERING BIOLOGICAL RHYTHMS FOR MAXIMUM PERFORMANCE (JUDO)**  
Vadim BUNESCU  
Institute of Physical Education and Sport of Moldova State University

**P3**                **TESTS ON IMPROVING REACTION TIME IN STUDENTS OF SPECIALIZED FACULTIES**  
Albert-Sebastian CÎRDEI, Virgil MOROŞAN LARIONESCU  
"Ştefan cel Mare" University of Suceava, Romania

**P4**                **FUNCTIONAL RECOVERY OF THE UPPER LIMB AFTER OPERATED OLECRANON FRACTURE**  
Nicoleta CORNEA  
"Nicolae Testemitanu" State University of Medicine and Pharmacy, Republic of Moldova

**P5**                **DEVELOPMENT OF BIO-PSYCHO-ELECTROMAGNETIC APTITUDES IN 10-12 YEAR-OLD GYMNASTS**  
Răzvan Constantin DUMITRU  
"Vasile Alecsandri" University of Bacau, Romania

**P6**                **THE IMPORTANCE OF VESTIBULAR SYSTEM ASSESSMENT IN THE SELECTION AND TRAINING OF ATHLETES IN DISCIPLINES WITH HIGH POSTURAL DEMANDS**  
Natalia GÎRLEA, Angela TĂTARU  
Institute of Physical Education and Sport of Moldova State University

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- P7** **THEORETICAL-PRAXIOLOGICAL ANALYSIS REGARDING THE SOCIALIZATION AND SCHOOL INTEGRATION OF CHILDREN WITH AUTISM SPECTRUM DISORDERS (ASD)**  
Adina MOCANU<sup>1</sup>, Liliana BUDEVICI-PUIU<sup>2,3</sup>  
<sup>1</sup>"Octav Onicescu" Economic College, Botosani, Romania  
<sup>2</sup>Institute of Physical Education and Sport of Moldova State University  
<sup>3</sup>"Dunarea de Jos" University of Galati, Romania
- P8** **ANALYSIS OF THE RESULTS FOR ANTHROPOMETRIC MEASUREMENTS AND PHYSICAL TESTS IN CHILDREN AGED 10-14 AFTER THE APPLICATION OF THE PHYSICAL TRAINING PROGRAM IN SPECIALIZED CENTERS**  
Remus-Mihail POZÎNĂREA  
National College "V. Alecsandri", Bacau, Romania
- P9** **INTEGRATION OF FASCIAL THERAPY IN RECOVERY PROGRAMS FOR BACK PAIN**  
Svetlana SAVIȚCHI<sup>1</sup>, Eugeniu AGAPII<sup>2,3</sup>, Marina CUCU<sup>2</sup>, Alexandra AIFTIMIE<sup>2</sup>  
<sup>1</sup>"Nicolae Testemitanu" State University of Medicine and Pharmacy, Republic of Moldova  
<sup>2</sup>Institute of Physical Education and Sport of Moldova State University  
<sup>3</sup>"Dunarea de Jos" University of Galati, Romania
- P10** **THE ROLE OF TABLE TENNIS IN THE DEVELOPMENT OF MOTOR AND COGNITIVE SKILLS AMONG UNIVERSITY STUDENTS**  
Vasile TĂBÎRȚA<sup>1,2</sup>, Valentina FERARU<sup>3</sup>  
<sup>1</sup>Institute of Physical Education and Sport of Moldova State University  
<sup>2</sup>"Dunărea de Jos" University of Galați, Romania  
<sup>3</sup>Academy of Economic Studies of Moldova
- P11** **STUDY ON THE INFLUENCE OF SUSTAINABLE PRACTICES ON ATHLETES' PERFORMANCE AND RECOVERY**  
Igor ARSENE<sup>1</sup>, Gheorghe BRANIȘTE<sup>1,2</sup>, Ion CARP<sup>1</sup>, Anatolie BUDEVICI-PUIU<sup>1</sup>, Daniela PASCARI<sup>1</sup>  
<sup>1</sup>Institute of Physical Education and Sport of Moldova State University  
<sup>2</sup>"Dunarea de Jos" University of Galati, Romania

18:10– 18:30 Q&A SESSION