



Content

METHOD OF DIAGNOSTIC AND SWOT ANALYSIS IN THE NAVAL PENTATHLON
ABRAMIUC ALEXANDRU, ENE VOICULESCU CARMEN, ENE VOICULESCU VIRGIL, CROITORU HORIA, IONEL MELENCO / p. 103

EFFECT OF HYPOXIC TRAINING ON CERTAIN BIOCHEMICAL VARIABLES AND COMPLEX SKILLS FOR YOUTH SOCCER PLAYERS UNDER 16 YEARS
AHMED Sayed-Elahl, MELENCO IONEL / p. 110

THE ROLE OF TECHNICAL TRAINING IN THE DEVELOPMENT OF CHILDREN'S LATERALITY IN SWIMMING THROUGH BIOMECHANICAL ANALYSIS IN THE FREE STROKE
SINGURAN ANDRA-IOANA, TEODORESCU SILVIA, AIVAZ KAMER-AINUR, BALTAG OANA MARIA, PETRESCU ANDREI, CAZAN FLORIN, MELENCO IONEL / p. 119

THE RELATIONSHIP BETWEEN THE LEVEL OF PROPRIOCEPTIVE CAPACITY AND THE PERFORMANCE IN COMPETITION IN ROMANIAN TRIPLE JUMPERS
ANDREEA RAPOTAN, MIHĂILESCU LILIANA, ILIE MIHAI, LARION ALIN, POPA CRISTIAN / p. 128

CONSIDERATION REGARDING THE SCAPULA-HUMERAL RANGE OF MOTION AFTER BREAST CANCER SURGERY
BALTAG OANA MARIA, APOSTU MIHAELA, EL-BSAT RUXANDRA, PREDESCU CORINA / p. 137

STRATEGIES FOR PREVENTION BACK INJURIES IN YOUTH HANDBALL PLAYERS
CAZAC GABRIELA / p. 142

EFFECT OF DIFFERENT PLYOMETRIC TRAINING VOLUME ON SELECTED MOTOR FITNESS COMPONENTS AND PERFORMANCE ENHANCEMENT OF SOCCER PLAYERS
D. BOOPATHY, PRASANNA BALAJI / p. 146

ATHLETES' PERCEPTION REGARDING THE LEVEL OF PHYSICAL TRAINING AND THE IMPORTANCE OF THE COACH-ATHLETE RELATIONSHIP
DANIEL NICOLAE, MARIA VĂDUVA, AUGUSTIN IANCU, LOREDANA ION, RALUCA STEPAN / p. 154

THE PARTICULARS OF PREPARATION IN THE MEN'S TRIPLEJUMP EVENT, VISION FOR PARTICIPATION IN INTERNATIONAL COMPETITIONS
DRAGOMIR LENUȚA, ȚIFREA CORINA / p. 152

MUSCULAR INJURIES IN THE CONTEXT OF COVID-19 AND THE IMPACT ON THE ACCIDENT RATE IN ATHLETES
DRAGOMIR MARIAN, BRĂGUȚĂ ANDREEA - DANIELA, LICĂ MARCELINA ELIANA, SANDU ISABELA ELENA, DRAGOMIR MIHAI - MARIAN, AVRAMESCU ELENA TAINA, LICĂ LAURENȚIU / p. 166

EFFECT OF TAIBO EXERCISES ON CERTAIN PHYSICAL VARIABLES AND PERFORMANCE LEVEL OF ROUND KICK (DOLLYO CHAGI) FOR TAEKWONDO PLAYERS
HANY GAAFR, TEODOR DRAGOȘ FLORIN / p. 172

THE EFFECT OF AN EDUCATIONAL PROGRAM ACCORDING TO LEARNING STYLES ON THE LEVEL OF BUTTERFLY SWIMMING FOR STUDENTS
HESHAM OMAR, POPA CORINA / p. 177



EFFECT OF AN EDUCATIONAL PROGRAM BASED ON ELECTRONIC BOOKLET EQUIPPED WITH THE QR CODE ON LEARNING THE BASIC SWIMMING SKILLS FOR BEGINNERS
HESHAM OMAR, RASLAN DALIA, LARION ALIN, MIHĂILESCU LIVIU, TEODOR DRAGOȘ FLORIN
/ p. 183

STUDY ON THE IMPORTANCE OF COORDINATION ABILITIES IN THE GAME OF WATER POLO AT THE EUROPEAN LEVEL
MATEI COSTEL, TUDOR VIRGIL, MUJEA ANA MARIA, TICALĂ LAURENȚIU, GOZU BOGDAN, CAZAN FLORIN / p. 188

PARTICULARITIES OF PRACTICING WATER SPORTS IN THE ACADEMIC ENVIROMENT
MIHĂESCU ANDREEA, AMET GÜLBIN, MELENCO IONEL p. 195

EFFECT OF FLYWHEEL EXERCISES ON CERTAIN PHYSICAL VARIABLES AND 100M SPRINT TIME FOR FEMALE EGYPTIAN PLAYERS
MOHAMED ABDEL RAOUF, ALIN LARION, DAN IULIAN ALEXE /p. 199

EFFECT OF CLUSTER TRAINING ON CERTAIN PHYSICAL VARIABLES AND PERFORMANCE LEVEL OF HAMMER THROW FOR YOUTH EGYPTIAN PLAYERS
MOHAMED ABDEL RAOUF, CRISTIAN POPA, MAHMOUD ABDEL-FATTAH / p. 204

IMPROVING REACTION TIME AND HAND-EYE COORDINATION IN HIGH SCHOOL STUDENTS USING VIRTUAL REALITY: A PILOT STUDY
MOROȘANU ȘTEFAN, RĂBÎNCĂ SIMONA MARIA, RUSU ALINA CRISTINA, MARTINOVICI MONA / p. 208

MODERN APPROACH IN TREATING FEMURO PATELAR TENDINOPATHY
PARASCHIV ALIN NICOLAE / p. 213

EDUCATING STUDENTS' ATTENTION WITHIN COURSE AND SEMINAR CLASSES
RAȚĂ MARINELA, RAȚĂ GLORIA, PAVEL SILVIU IOAN, RAȚĂ BOGDAN CONSTANTIN / p. 217

RESEARCH CONDUCTED THROUGH THE MULTIPLE REGRESSION MODEL ON THE SCHOOL SUCCESS OF INSTITUTIONALIZED CHILDREN
TOMESCU GABRIELA, STĂNESCU MONICA-IULIA, AIVAZ KAMER-AINUR / p. 217

THE RELATIONSHIP BETWEEN BODY MASS INDEX AND CERTAIN BODY COMPOSITION PARAMETERS IN ADOLESCENTS WITH AND WITHOUT INTELLECTUAL DISABILITY
UNGUREAN BOGDAN-CONSTANTIN, ABALAȘEI BEATRICE-AURELIA, COJOCARIU ADRIAN / p. 229

ALPHABETICAL AUTHOR INDEX / p. 238

TECHNICAL REQUIREMENTS TO ELABORATE SCIENTIFIC PAPERS / p. 239

❖ ALPHABETICAL AUTHOR INDEX

A

ABRAMIUC A. / p. 103
ABALAȘEI B. A. / p. 229
ALEXE D. I. / p. 199
AHMED S.E. / p. 110
AIVAZ K. / p. 119, 217
APOSTU M. / p. 137
AVRAMESCU E. T. / p. 166
AMET G. / p. 195

B

BALTAG O. M. / p. 119, 137
BRĂGUȚĂ A.D. / p. 166

C

CAZAN F. / p. 119, 188
CROITORU H. / p. 103
CAZAC G. / p. 142
COJOCARIU A. / p. 229

D

D.BOOPATHY/ p. 146
DRAGOMIR L. / p. 152
DRAGOMIR M. / p. 166
DRAGOMIR M. M. / p. 166

E

ENE VOICULESCU C. / p. 103
ENE VOICULESCU V. / p. 103
EL-BSAT RUXANDRA / p. 137

G

GOZU B. / p. 188

H

HANY G. / p. 172
HESHAM O. / p. 177, 183

I

ILIE M. / p. 128
IANCU A. / p. 154
ION L. / p. 154

L

LARION A. / p. 128, 183, 199
LICĂ M. E. / p. 166
LICĂ L. / p. 166

M

MELENCO I. / p. 103, 110, 119, 195
MIHĂILESCU L. / p. 128, 183
MATEI C. / p. 188
MUJEA A M. / p. 188
MIHĂESCU A. / p. 195
MOHAMED A.R. / p. 199, 204
MAHMOUD A.F. / p. 204
MOROȘANU Ș. / p. 208
MARTINOVICI M. / p. 208

N

NICOLAE D. / p. 154

P

PARASCHIV A. N. / p. 213
POPA Co. / p. 177
POPA Cr. / p. 128, 204

PETRESCU A. / p. 119
PREDESCU C. / p. 137
PRASANNA B. / p. 146
PAVEL S. I. / p. 217

R

RAȚĂ M. / p. 217
RAȚĂ G. / p. 217
RAȚĂ B. C. / p. 217
RAPOTAN A. / p. 128
RASLAN D. / p. 183
RĂBÎNCĂ S. M. / p. 208
RUSU A. C. / p. 208

S

STEPAN R. / p. 154
SANDU I. E. / p. 166,
SINGURAN A.I. / p. 119
STĂNESCU M. I. / p. 217

T

TEODOR D. F. / p. 172, 183
TEODORESCU S. / p. 119
TUDOR V. / p. 188
TOMESCU G. / p. 217
TICALĂ L. / p. 188

Ț

ȚIFREA C. / p. 152

U

UNGUREAN B. C. / p. 229

V

VĂDUVA M. / p. 154