



The 3th International Conference  
 "TRANSDISCIPLINARY RESEARCHES IN PHYSICAL THERAPY,  
 PHYSICAL ACTIVITIES AND SPORTS NUTRITION"

3-4 November 2017 - Tirgu Mures, Romania

## PROGRAM

### Day I – Friday, 03.11.2017 – Imperial Hotel

9.00 - 16.00	<b>Conference registration</b>
<b>Wellcome speech ceremony</b> – Moderators : prof. Neagu Nicolae PhD., prof. hab. Bădău Dana PhD.	
9.00 – 9.45	<b>Prof. Vari Camil PhD.</b> - Vice-Rector of UMPH. Tirgu Mures
	<b>Prof. Gunay Mehmet PhD.</b> - Dean of Physical Education and Sport Faculty, Gazy University, Ankara, Turkey
	<b>Prof. Branzaniuc Klara PhD. MD.</b> - UMPH. Tirgu Mures, Director of Cardiovascular Disease Emergency and Transplant Institute
	<b>Prof. Zorba Erdal PhD.</b> - Gazi University Ankara, Member of TAFISA Board
	<b>Prof. Neagu Nicolae PhD. MD.</b> - UMPH. Tirgu Mures, Chief of Human Movement Sciences Department
<b>Plenary Session</b> - Chairpersons: prof. Bădău Dana PhD. MD., prof. Neagu Nicolae PhD.	
9.45 – 10.10	<b>Prof. Gunay Mehmet PhD.</b> - <i>Physiological benefits of exercise</i>
10.10 – 10.35	<b>Prof. Rogozea Liliana PhD. MD.</b> - <i>Ethics in sports from individual to institutional approach</i>
10.35 – 11.00	<b>Prof. Erdal Zorba PhD.</b> - <i>Increasing importance about sport via of sport for all in Turkey and Balkans</i>
<b>Workshop</b>	
11.00 - 11.40	<b>Prof. Neagu Nicolae PhD.</b> - <i>The manual of physical education and sport – from eclecticism and empiricism to proficiency</i>
11.40 – 12.00	<b>Coffe break</b>
<b>Session 1</b> - Chairpersons: prof. Neagu Nicolae PhD., prof. Gunay Mehmet PhD.	
12.00 – 12.15	<b>Aliona Tihon</b> - <i>KEM (knee extensor mechanism) as a risk factor for football players</i>
12.15 – 12.30	<b>Serban Damian</b> - <i>Nutrition for football</i>
12.30 - 12.45	<b>Selahattin Akpınar, Öznuur Akpınar, Tekin Çolakoğlu, Murat Bay</b> - <i>A scrutiny on the internet addiction levels of the students studying at the physical education and sports school of higher education</i>
12.45 – 13.00	<b>Mürsel Biçer</b> - <i>The effect of 8-week strength training program supported by functional sports equipment on male volleyball players' anaerobic and aerobic power</i>
13.00 – 13.15	<b>Cebanu S, Stefanet Gh.</b> - <i>Self-assessment of health status in adolescent athletes</i>
13.15 – 13.30	<b>Friptuleac Gh. Bernic V.</b> - <i>Life style and nutrition - modified risc factors in cerebrovascular diseases</i>
13.30 – 13.45	<b>Yusuf Kemal Kemaloğlu, Pınar Yaprak Kemaloğlu</b> - <i>Vertigo in sports</i>
13.45 – 14.00	<b>Emre Belli, Ali Gürbüz, Orcan Mızrak, M.A. Kurudirek, M.İrfan Kurudirek</b> - <i>An investigation of hopelessness level of the students majoring at the faculty of sport sciences</i>
14.00 – 15.30	<b>Lunch break</b>
<b>Poster Session</b> – Chairpersons: . assoc. prof. Turcanu Florin PhD, lect. Florina Ruță PhD., lect. Bădău Adela PhD.	
15.30 – 16.30	<b>Gönül Tekkurşun Demir, Halil İbrahim Cicioğlu, Zekihan Hazar, Ekrem Levent İlhan, Anıl Türkeli</b> - <i>Examination of friend related autonomy in the participation of physical education teacher candidates in the exercise</i>
	<b>Gönül Tekkurşun Demir, Anıl Türkeli, Halil İbrahim Cicioğlu, Zekihan Hazar, Sevinç Namli</b> - <i>Examination of the empathy tendency levels of pedagogical formation students in physical education and sports</i>
	<b>Merve Karaman, Dilek Tufan, Tekin Çolakoğlu, Metin Yaman, Filiz Çolakoğlu, Mehmet Güçlü</b> - <i>An investigation of body perception of disabled athletes</i>
	<b>Merve Karaman, Metin Yaman, Mehmet Güçlü Dilek Tufan, Tekin Çolakoğlu, Filiz Çolakoğlu</b> - <i>Examination of cognitive absorption levels of athletes</i>
	<b>Mălăncrăvean Patricia-Maria</b> - <i>Study on the importance of cardiovascular exercise in treating drug addiction</i>
	<b>Mălăncrăvean Patricia-Maria, Papp Eniko</b> - <i>Experimental study about the rotating movements throught Bowen therapy</i>
	<b>Oana Rebenciuc, Mircea Ion-Ene</b> - <i>Using ProBio in the diet of people with medium and high risk of obezity</i>
	<b>Oana Rebenciuc, Mircea Ion-Ene</b> - <i>Study on consumers' levels of satisfaction concerning the ProBio natural supplement handling</i>
	<b>Ardelean Titus-Dan, Miklos Amalia, Tero-Vescan Amelia, Ósz Bianca-Eugenia</b> - <i>Metabolic differences between women and men in sports</i>
	<b>Jítcă George, Miklos Amalia, Tero-Vescan Amelia, Ósz Bianca-Eugenia</b> - <i>Determination of caffeine content in dietary supplements for weight loss by a HPLC-UV method</i>
	<b>Moldovan Octavia-Laura, Tero-Vescan Amelia, Miklos Amalia, Ósz Bianca-Eugenia, Filip Cristina</b> - <i>The use of soy proteins for junior athletes - between benefits and risks</i>
	<b>Teodor Dragos-Florin</b> - <i>Nutrition guidelines for competitive tennis</i>
	<b>Rogozea Liliana, Leasu Florin Gabriel, Badau Dana</b> - <i>Pro-active and pro-sanogen lifestyle for children</i>
	<b>Bougherbi Mohamed, Hadj Ahmed Mourad, Berredjem Redouane, Baouche Khaled</b> - <i>The pattern of consumption of energy drinks by students</i>
	<b>Gluga Alexandra-Camelia, Neagu Nicolae</b> - <i>From fit to fat. Why athletes gain weight after retirement?</i>
	<b>Mihai Dragoi, Adina-Octavia Duse, Ioana Handrea, Razvan- Gabriel Dragoi</b> - <i>Physical inactivity and obesity as risk factors in early osteoarthritis</i>
<b>Anca Daiana Hotnog, Miklos Amalia, Amelia Tero-Vescan, Filip Cristina</b> - <i>The advantages of vegetal sprouts consumption in the modern diet</i>	

<b>Session 2 - Chairpersons: prof. hab. Badau Dana PhD., prof. Yucel Ocak PhD.</b>	
15.30 – 15.45	<b>Hüseyin Eroğlu, Ünal Türkçapar</b> - Investigation of psychological resistance levels of football participants at the Turkish champions by different variables
15.45 – 16.00	<b>Ghervan Mihai Florin</b> - Effects of a low calorie, high protein diet and strength exercise program on body composition in obese individuals
16.00 – 16.15	<b>Sedanur Turhal, Erkut Tutkun, Akın Çelik, İdris Yılmaz, Fatih Koca</b> - Investigation of the group differences between high school students with sport license and without sport license in terms of student personal responsibility and ostracism experience
16.15 – 16.30	<b>Cocuz M.E., Rogozea L.M., Cocuz I.G.</b> - Limits of physical activity in patients with infectious mononucleosis
16.30 – 16.45	<b>Mustafa Şakir Akgül, Veli Volkan Gürses, Bayram Ceylan, Bilgehan Baydıl</b> - Effect of ischemic preconditioning on lactate accumulation and anaerobic performance in physically active individuals
16.45 – 17.00	<b>Cazacu-Stratu A., Ciobanu E., Croitoru C.</b> - The evaluation of the distribution menus in the canteens of pre-school institutions
17.00 – 17.15	<b>Veli Volkan Gürses, Mustafa Kerem, Bilgehan Baydıl, Mustafa Şakir Akgül, Bayram Ceylan</b> - The effect of ischemic preconditioning on high intensity interval training performance and recovery performance in badminton players
17.15 – 17.30	<b>Murat Kaldırım, Hasan Hüseyin Yılmaz, Ali Gürbüz, Zeynep Gökkuş, Davut Budak, Kenan Şebin</b> - Investigation of sleep quality and physical activity habits of sport sciences faculty students
17.30 – 17.45	<b>Ferih Guder, Mutlu Türkmen</b> - Examination of some performance variables that affect balance of taekwondo players
17.45 – 18.00	<b>Ünal Türkçapar, Hüseyin Eroğlu</b> - Personality of characteristics of the individuals who made the sport of judo examined in terms of different variables
18.00 – 18.15	<b>Cemil Tuğrulhan Şam, Hasan Hüseyin Yılmaz, Murat Kaldırım, Ali Gürbüz, Davut Budak, Zeynep Gökkuş</b> - Investigation of athletes' eating attitude
18.15 – 18.30	<b>Erkut Tutkun, İlyas Görgüt, İbrahim Erdemir</b> - Physical education teacher's views about character education
18.30 – 18.45	<b>Öznur Akpınar, Selahattin Akpınar, Mustafa Yaşar Şahin, Murat Tekin</b> - A scrutiny on the empathizing levels of handball sportspeople
18.45 – 19.00	<b>Bayram Ceylan, Ş. Serdar Balcı</b> - The Relationship between Body Composition and Some Performance Variables in Cadet Judo Athletes

## Day II – Saturday, 04.11.2017 – UMPH. Tirgu Mureş, Conference Hall C47

<b>Session 3 – Chairperson: prof. hab. Dana Bădău PhD.</b>	
9.30 – 9.50	<b>Rubanovici VI., Cebanu S., Friptuleac Gr.</b> - Some principles of sports nutrition of adolescents athletes
9.50 – 10.10	<b>Sabin Ioan Sopa, Dan Alexandru Szabo</b> - The importance of group cohesion and finding the right leader of the team
10.10 – 10.30	<b>Dan Alexandru Szabo, Sabin Ioan Sopa, Daniel Ştefan Bendriş</b> - Study on improving the efficiency in attack of the opposite volleyball players by using the statistical program Click and Scout
10.30 – 10.50	<b>Papp Eniko Gabriela, Neagu Nicolae, Szasz Simona, Bako Tunde Aliz, Fagaras Pia Simona, Ciulea Laura Edit</b> - Sports adapted to people with special needs
10.50 – 11.10	<b>Flaviu Stelian Dusa, Dana Badau, Klara Brinzaniuc</b> - The impact of behavior, motivers and food preferences on the quality of life
10.10 – 11.30	<b>Popa Cosmin</b> - Martial arts used as a psycho-therapeutical method in personality disorders
11.30 – 11.45	<b>Graur Criştian</b> - Triathlon amateur competition – a way to an ideal weight
11.45 – 12.00	<b>Fárr Annamária, Cotoi S. Ovidiu Simion, Gliga Florina, Mareş Răzvan, Fárr Vince, Benkő Timea Noémi, Szabó István Adorján</b> - Diet and lifestyle assessment of the triathletes
12.00 – 12.15	<b>Mălăncrăvean Patricia-Maria</b> - Study on the level of information for high school students regarding the role and benefits of physical therapy
12.15 – 12.30	<b>Gliga Alexandra-Camelia, Neagu Nicolae</b> - Harlequin ichthyosis. Improving symptoms through hydrotherapy and diet
12.30 – 12.45	<b>Baciu Gabriel-Florin</b> - Consumption of dietary supplements of people who attend a fitness and aerobics gym in Timisoara
12.45 – 13.00	<b>Coffe break</b>
<b>Session 4 – Chairpersons: assoc. prof. Turcanu Florin PhD., lecturer Adela Bădău PhD.</b>	
13.00 – 13.15	<b>Orcan Mızrak, Ali Gürbüz, Emre Belli, M. Alparslan Kurudirek, Yeim Songün</b> - Examination of the communication skills and team workability of sports students according to various variables
13.15 – 13.30	<b>Badau Dana, Pintea Georgiana Roxana, Badau Adela</b> - The correlation between the physical activity index and BMI at the students
13.30 – 13.45	<b>Bilgehan Baydıl</b> - Testosterone responses to exhausting exercise in males and females
13.35 – 14.00	<b>Burcin Olcucu</b> - Investigation and comparison of psychological resistance levels of tennis and basketball sports
14.00 – 14.15	<b>Eda Semikan Ögün, Yücel Ocak</b> - The frequency and the causes of injuries of the athletes playing on regional women's basketball B league of Turkey
14.15 – 14.30	<b>Akan Bayraktar, Merve Karaman, Erdal Zorba, Metin Yaman, Erkan Çetinkaya, Nigar Yaman</b> - Metaphoric perceptions of university students about obesity concept
14.30 – 14.45	<b>İdris Yılmaz, Fatih Koca, Akın Çelik, Burcin Olcucu</b> - Does high school students' parental interest in sports matter in student personal responsibility, ostracism experience, and resilience?
14.45 – 15.00	<b>Badau Adela, Ungur Ramona Natalia, Russu Octav Marius, Badau Dana</b> - The role of using kinesiology tapes on the shoulder joint at senior volleyball players
15.15 – 15.30	<b>Turcanu Dana Simona, Turcanu Florin</b> - Efficiency of the hypocaloric diet at the overweight persons with the Down syndrome
15.30 – 15.45	<b>İdris Yılmaz, Fatih Koca, Akın Çelik, Erkut Tutkun</b> - The investigation of the role of demographic and psychological variables in high school students' personal responsibilities
15.45 – 16.00	<b>İlyas Okan, Pınar Yaprak Kemalöglü, Fatih Kemiş, Erkan Çetinkaya</b> - Socio-economic features, knowledge and thoughts of students in faculty of sport science about their fields
16.00 – 16.15	<b>Mehmet Kumartaşlı, Emrah Atay, Rifat Yağmur</b> - Investigation of self-esteem levels of university taekwondo students
16.15 – 16.30	<b>Zorba E., Zorba H.N., Göksel A.G., Çetinkaya B.</b> - The investigation of assertiveness level of sports science faculty students
16.30 – 16.45	<b>Zorba E., Zorba H.N., Göksel A.G.</b> - The investigation of stress coping situations of sports science faculty students
16.45 – 17.00	<b>Erdal Zorba, Müge Çağla Eyili, H. Nur Zorba</b> - The effects of exercise on quality of life in individuals over 50 years of age
17.00 – 17.15	<b>Mehmet Yıldız, Sebiha Gölünük Başpınar, Yücel Ocak, Zeki Akyıldız, Melih Bozdemir</b> - The acute effects of pre-exercise vibrating foam rolling in addition to dynamic stretching on anaerobic power and flexibility
17.15 – 17.30	<b>Önder Şekeroğlu, Bengü Şekeroğlu, Akan Bayraktar, Merve Karaman</b> - Expectations of students going to sports schools, behavior changing observed on those children and obstacles against joining sport activities
17.30 – 17.45	<b>Kadir Baynaz, Erkal Arslanoğlu, Gökhan İpekoğlu, Akan Bayraktar, Erdal Zorba</b> - Acute lactate changes depending on high-intensity interval training in taekwondo players
<b>Closing ceremony - prof. Neagu Nicolae PhD., prof. hab. Bădău Dana PhD.</b>	