

## INTERNATIONAL CONFERENCE OF MOVEMENT SCIENCE

PROGRAM – APRIL 23RD, 2026, 16:00 (ROMANIAN TIME)

University “Lucian Blaga” of Sibiu, Romania

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### OPENING SESSION

**16:00 – 16:10**

#### Opening Remarks

- Assoc. Prof. PhD. Florin Sofonea  
Dean, Faculty of Sciences, ULBS
- Assoc. Prof. PhD. Augusta Rațiu  
Vicedean, Faculty of Sciences, ULBS

#### Chairwoman

Assist. Prof. PhD. Sonia-Gabriela Neagu  
University “Lucian Blaga” of Sibiu

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### PANEL 1

#### ADVANCING MOVEMENT SCIENCE: INTEGRATING PERFORMANCE, EDUCATION, AND HEALTH

**16:10 – 16:20**

#### Keynote Speaker

*Dynamic Balance and Postural Control Adaptations after Integrated Proprioceptive Training in Adolescent Latin American Dancers*

Nicola Mancini – Pegaso Telematic University, Italy  
Siria Mancini – University of Foggia, Italy

**16:20 – 16:30**

*Teachers’ Digital Competence in Early Years and Primary Education: A Systematic Review (2021–2025)*  
Maria de los Angeles Dominguez-Gonzalez – University of Seville, Spain

Carlos HERVÁS-GÓMEZ– University of Seville, Spain  
Emilia Florina Grosu – Babeş-Bolyai University, Romania  
Maria Carrera-Cortes – University of Seville, Spain  
Irene Benitez-Franco – University of Seville, Spain

**16:30 – 16:40**

*Improving Reaction Time Using BlazePod Technology in Students Practising Traditional Karate*

Moldovan Radu, Steff Norbert – UMFST Târgu Mureş, Romania

**16:40 – 16:50**

*Reality of English Linguistic Competencies of Physical Education Teachers in International School Across Egypt*

Esraa Daoud- Capital University, Cairo, Egypt;

**16:50 – 17:00**

*Expressivity in DanceSport: A Multidisciplinary Perspective on Performance, Perception and Evaluation*

Griboer Raoul, Domokos Cerasela  
West University of Timișoara, Romania

**17:00 – 17:10**

*A Randomized Controlled Trial Comparing McKenzie and Williams Exercises in Patients with Low Back Pain*

Horațiu Ghejan – Babeş-Bolyai University, Romania  
Vlad Grosu – Technical University of Cluj-Napoca, Romania  
Anca Sabău – University of Oradea, Romania  
Judith Colțan – Bogdan Vodă University, Cluj-Napoca, Romania  
Siria Mancini – University of Foggia, Italy  
Sonia Gabriela Neagu – University “Lucian Blaga” of Sibiu, Romania

**17:10 – 17:20**

*Integrating Physical and Psychological Well-Being in Higher Education*

Sonia Gabriela Neagu, Radu Antonia, Nicoleta Zaharie, Alina Mag, Ciprian Răulea, Sabin Sopa, Dionisie-Vladimir Turcu – University “Lucian Blaga” of Sibiu, Romania

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**COFFEE BREAK & NETWORKING**

**17:20 – 18:00**

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PANEL 2

TRANSFORMING PHYSICAL EDUCATION AND REHABILITATION: INNOVATION AND PERFORMANCE

**Chairman**

Lect. Prof. PhD. Sabin Sopa  
University “Lucian Blaga” of Sibiu

**18:00 – 18:10**

*The Role of Physiotherapy in Improving Quality of Life in Patients with Meniscus Injuries*  
Cristina-Valentina Grosu, Alexandru Mihai Breha  
Ștefan cel Mare University of Suceava, Romania

**18:10 – 18:20**

*Introduction of New Technologies in Medical Education: Application of Merrill’s Instructional Design Principles*  
Pop Maria Nicoleta, Sasu Andreea, Puti Melisa, Constantin Tiberiu, Szabadi Bernadett-Barbara, Muntean Andrei, Gyurka Hunor Tamas, Stoica Andi, Szabo Dan Alexandru,  
Heidrun Adumitrachioaie – UMFST Târgu Mureș, Romania

**18:20 – 18:30**

*Students’ Beliefs about Talent and Effort as Predictors of Performance in Physical Education*  
Predoi Mario Ilie, Bădescu Delia Mariana  
Univeristy Lucian Blaga Sibiu, Romania

**18:30 – 18:40**

*The Importance of Self-Defence Techniques in the Training of Military Students*  
Fabiana Marinescu-Bădălan, Bianca Sanislav  
Land Forces Academy, Sibiu

**18:40 – 18:50**

*Developing Upper-Body Coordination through Mobile Applications in Physical Education*  
Bot Robert, Steff Norbert – UMFST Târgu Mureș, Romania

POSTER SESSION

**18:50 – 19:20**

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## CLOSING SESSION

**19:20 – 19:30**

**Closing Remarks & Future Directions**

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## ABOUT THE CONFERENCE

The International Conference of Movement Science brings together researchers, educators, and practitioners from multidisciplinary fields including physical education, sports science, health, and rehabilitation. The conference aims to promote innovative research, interdisciplinary collaboration, and practical applications in movement science.

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## SCIENTIFIC COORDINATION

Assist. Prof. PhD. Sonia-Gabriela Neagu  
University “Lucian Blaga” of Sibiu