

INTERNATIONAL CONFERENCE OF MOVEMENT SCIENCE

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

University “Lucian Blaga” of Sibiu, Romania

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

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 Teodor 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

COFFEE BREAK & NETWORKING

17:20 – 18:00

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

CLOSING SESSION

19:20 – 19:30

Closing Remarks & Future Directions

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.

SCIENTIFIC COORDINATION

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