

ASAS
Societatea Antreprenorială
Studentească



Facultatea de
Educație Fizică și Sport



SPORT 360°

07-08 MAY 2026

INTERNATIONAL CONFERENCE

ARAD, ROMÂNIA
Complex M (st. Elena Drăgoi no. 2)

Integrated approaches in physical education
and sports performance, recovery
and entrepreneurship



Arise Signature Hotel

MAXI MARC
When dreams become facts

Pizza  Colțuri

DAMICI
RESTAURANT

VTL
advertising

SPORT 360°

INTEGRATED APPROACHES IN EDUCATION,
PERFORMANCE, REHABILITATION
AND ENTREPRENEURSHIP

SYNERGY IN HUMAN MOVEMENT, PERFORMANCE AND REHABILITATION

1ST EDITION - SCIENTIFIC SYMPOSIUM



MAY 8, 2026



AUREL VLAICU UNIVERSITY OF ARAD
FACULTY OF PHYSICAL EDUCATION AND SPORT, ARAD, ROMANIA

WORKSHOP

MOTOR CORRECTION BETWEEN PERCEIVED LIMITATIONS AND NEUROSCIENCE



PIERRE JOSEPH DE HILLERIN, PHD

Neuromotrica-Information for Sport
and Human Performance Ltd,
Bucharest, Romania

🕒 15:00 – 17:00

📍 ROOM M314



Faculty of
Physical Education
and Sports





Faculty of
Physical Education and Sports

SPORT 360°:

INTEGRATED APPROACHES IN EDUCATION, PERFORMANCE, REHABILITATION AND ENTREPRENEURSHIP

*Synergy in Human Movement,
Performance and Rehabilitation*

1st EDITION – SCIENTIFIC SYMPOSIUM



Aurel Vlaicu University of Arad –
Faculty of Physical Education and Sport



May 8, 2026
Arad, Romania



UAV –
Conference Hall

This international symposium brings together researchers, practitioners, and professionals to explore interdisciplinary perspectives in sport science, physical education, performance optimization, rehabilitation, and entrepreneurship.

The event is structured around thematic panels, combining keynote presentations, applied research, and practical workshops.



OFFICIAL PROGRAM

| Timeline | Activity | Note |
|---------------|-------------------------------|----------------------------------|
| 9:00 – 9:30 | Registration & Welcome Coffee | – Networking |
| 09:30 – 10:00 | Opening Ceremony | Rector Dean Conference Chair |

◆ PANEL 1: PHYSICAL EDUCATION, SPORT SCIENCE AND HUMAN PERFORMANCE

Focus: physical education, sport science, clinical applications and human performance

| Timeline | Activity | Guest | Title | ChairMan |
|---------------|---------------------------|--|---|--------------------|
| 10:00 – 10:30 | Keynote Lecture | Robert Trybulski, PT, PhD Centrum Medyczne Provita, Katowice, Poland | The Role of Dry Needling in Sports Medicine for Treating Myofascial Pain: Evidence from Clinical Research | Robert Cițozi, PhD |
| 10:30 – 11:00 | Keynote Lecture | Pierre Joseph de Hillerin, PhD, Neuromotrica-Information for Sport and Human Performance Ltd, Bucharest | The athlete as an integrated system – the need for synergy in elite performance support. | Robert Cițozi, PhD |
| 11:00 – 11:15 | Coffee Break & Networking | - | - | - |

◆ PANEL 2: PHYSICAL EDUCATION, MOVEMENT SCIENCE AND HEALTH ACROSS THE LIFESPAN

Focus: physical education, motor control, functional health and movement monitoring

| Timeline | Activity | Guest | Title | ChairMan |
|---------------|-------------------|--|---|-------------------------------|
| 11:15 – 11:30 | Oral Presentation | Arben Kaçurri, PhD, Sports University of Tirana, Albania | Level of physical activity among children and youth aged 6-18 in the Albanian pre-university education system. | Viorel Petru Ardelean, PhD |
| 11:30 – 11:45 | Oral Presentation | Nenad Nedović, PhD, College of Health Sciences, Academy of Applied Studies Belgrade, Serbia | Possibilities of using IMU sensors in the prevention of injuries | Robert Trybulski, PT, PhD |
| 11:45 – 12:00 | Oral Presentation | Robert Cițozi, PhD, Sports University of Tirana, Albania | Quality of life in the Tirana nursing home community measured with EQ-5D-3L: A 12-Week Quasi-Experimental Study | Viorel Petru Ardelean, PhD |
| 12:00 – 12:15 | Oral Presentation | Carmen Magdalena Camenidis, PhD, Ferdinand I School, Bucharest, Romania | Proprioception, the „Sixth Sense” for Physical and Mental Focus | Viorel Petru Ardelean, PhD |
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| 12:45 – 13:00 | Oral Presentation | Iosif Ilia, Md, PhD, Aurel Vlaicu University of Arad, Faculty of Physical Education and Sport, Romania | Rethinking Calcific Shoulder Tendinopathy: Ultrasound-Guided Extracorporeal Shock Wave Therapy as a Potential Missing Link in Effective Management | Robert Trybulski, PT, PhD |



WORKSHOP SESSION – PRACTICAL APPLICATIONS

| Timeline | Workshop activity | Instructor: | Location | Registration |
|---------------|--|--|-----------------|---|
| 15:00 – 16:00 | Practical Teaching Session (Physical Education) | Magda Camenidis, PhD, Romania | UAV Sports Hall | Middle School Physical Education https://forms.gle/2qW8G2f7pWn7M57cA |
| 15:00 – 17:00 | Diagnosis and Return to Sport in Muscle and Rotator Cuff Injuries Using Point-of-Care Ultrasound | Robert Trybulski, PT, PhD – Poland | Room M16 | Practical Workshop https://forms.gle/sLMbLSuDRSeBqDGK6 |
| 15:00 – 17:00 | Motor Correction Between Perceived Limitations and Neuroscience | Pierre Joseph de Hillerin, PhD, Romania | Room M314 | Practical Workshop https://forms.gle/2EadoMMCfXNyoeqn8 |



CONTACT:



Vlad Adrian Geantă
+40 743 097 172 – vlad.geanta@uav.ro



Viorel Petru Ardelean
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PIERRE JOSEPH DE HILLERIN, PHD

Neuromotrica-Information for Sport
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 **MAY 8, 2026**



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FACULTY OF PHYSICAL EDUCATION AND SPORT

1ST EDITION – SCIENTIFIC SYMPOSIUM



SCIENCE. PRACTICE. PERFORMANCE. **TOGETHER.**



BRINGING TOGETHER INTERNATIONAL AND NATIONAL
EXPERTS TO SHAPE THE FUTURE OF SPORT AND HEALTH.

 AUREL VLAICU
UNIVERSITY
OF ARAD





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UNIVERSITY OF ARAD**
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**SYNERGY IN HUMAN MOVEMENT,
PERFORMANCE AND REHABILITATION**

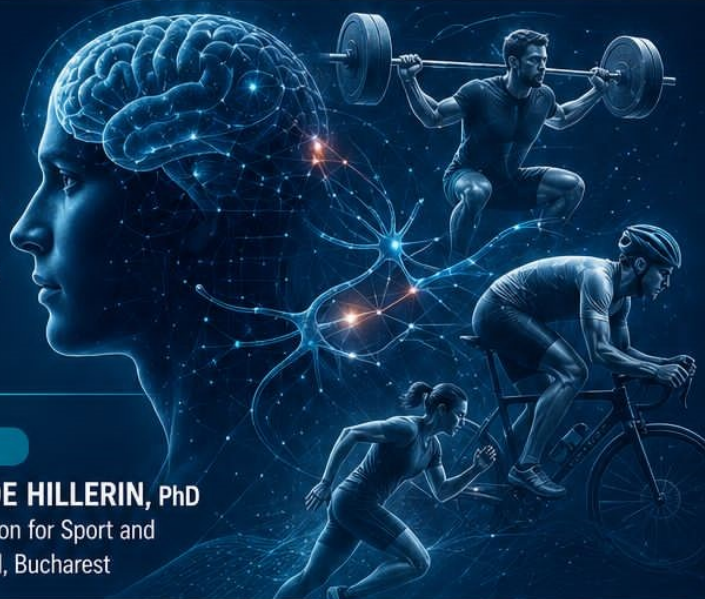
 **1ST EDITION –
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 **AUREL VLAICU UNIVERSITY
OF ARAD – FACULTY OF
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KEYNOTE LECTURE

PIERRE JOSEPH DE HILLERIN, PhD
Neuromotrica-Information for Sport and
Human Performance Ltd, Bucharest



PRACTICAL WORKSHOP

 **15:00 – 17:00**

**Motor Correction Between
Perceived Limitations
and Neuroscience**

 **ROMANIA**

 **ROOM M314
Practical Workshop**

TARGET AUDIENCE

-  **COACHES**
-  **STRENGTH & CONDITIONING
SPECIALISTS**
-  **PHYSICAL EDUCATORS**
-  **SPORT SCIENCE
PROFESSIONALS**
-  **REHABILITATION
SPECIALISTS**
-  **ENTREPRENEURS
IN SPORT**



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CARMEN MAGDALENA CAMENIDIS, PhD
FERDINAND I SCHOOL, BUCHAREST, ROMANIA

KEYNOTE PRESENTATION PROPRIOCEPTION, THE „SIXTH SENSE” FOR PHYSICAL AND MENTAL FOCUS

An engaging exploration of proprioception as the foundation of movement awareness, balance, injury prevention, and cognitive performance. Discover how this “sixth sense” empowers both body and mind in learning, sport, and daily life.



MOVEMENT
AWARENESS



BALANCE &
STABILITY



INJURY
PREVENTION



MENTAL FOCUS &
PERFORMANCE



15:00 – 16:00

PRACTICAL TEACHING SESSION (PHYSICAL EDUCATION, UAV SPORTS HALL)



MIDDLE SCHOOL
PHYSICAL EDUCATION

A PRACTICAL LESSON BUILT ON PROPRIOCEPTION

A hands-on physical education session that develops body awareness, control, coordination, and concentration through purposeful movement.



LESSON HIGHLIGHTS

- ✓ Proprioceptive warm-up
- ✓ Balance & stability challenges
- ✓ Dynamic coordination drills
- ✓ Functional movement games
- ✓ Reflection & focus activities
- ✓ Inclusive and engaging learning environment



ENHANCES BODY
AWARENESS AND
CONTROL



IMPROVES BALANCE,
COORDINATION
AND POSTURE



REDUCES INJURY
RISK THROUGH
BETTER CONTROL



BOOSTS CONCENTRATION,
LEARNING CAPACITY
AND SELF-REGULATION



PROMOTES ENGAGEMENT,
COLLABORATION AND
POSITIVE MOTIVATION



BUILDS CONFIDENCE
AND ENJOYMENT IN
MOVEMENT

MOVEMENT. AWARENESS. FOCUS.

THE SIXTH SENSE THAT EMPOWERS LEARNING AND LIFE.



