4th International Congress of Physical Education, Sport and Kinetotherapy

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Editors: Monica Stănescu
Mihaela Păunescu
Message from the Guest Editors

The International Congress of Physical Education, Sports and Kinetotherapy (ICPESK) is an interdisciplinary scientific event organized annually by the National University of Physical Education and Sports in Bucharest, offering to specialists interested by these themes the possibility to discuss relevant topical issues in an exceptional academic environment. The Congress brings together researchers, teachers, and specialists from various fields, prominent personalities and juniors, concerned with the development of knowledge in a field of science that attracts increasingly more attention by multi- and transdisciplinarity. Through its open character, the congress has become increasingly known in the scientific world, and as result the number of participants increased every year.

The congress continues the tradition of scientific events organized by UNEFS Bucharest. Since the first edition until now, this kind of events created an environment of scientific debate, at academic level, of certain problems, which over the years contributed to the development of knowledge in sport and physical education science. On the other hand, these events tend to bring together teams of specialists, who started to promote, at first nationally and then internationally, important ideas on the role and importance of movement for all ages, in different forms: lessons of physical education, sports training, leisure activities or kinetotherapy, as well as the methods and means leading to their progress.

The fourth edition of the International Congress of Physical Education, Sport and Kinetotherapy (ICPESK 2014) took place from 11 to 13 June 2014 in Bucharest, Romania, and included the following sections: performance in sport, physical education, university and adapted sports, kinetotherapy, various, and the section for students. Within each section there were oral and poster presentations, in the official languages of the Congress: English and Romanian.

Prominent personalities were chairmen and keynote speakers in Congress: Academician Professor PhD, HC Volodymyr Mykolaiovich PLATONOV (National University of Physical Education and Sport, Ukraine), Professor Gheorghe BALINT, PhD (International Federation of Physical Education and Sport), Maria BULATOVA, PhD (Olympic Academy, Ukraine), Professor Arben KACURRI, PhD (Sports University of Tirana, Albania), Professor Veaceslav MANOLACHI, PhD (State University of Physical Education and Sports, Republic of Moldova), Professor PhD Mehmet GÜNAY (School of Physical Education and Sport, Selcuk University, Konya, Turkey), Professor PhD Martin ZVONAR (Masaryk University, Faculty of Sports Studies, Czech Republic), PhD Robert ROCZNIOK, (Jerzy Kukuczka Academy of Physical Education, Katowice, Poland).
In this edition were submitted over 250 papers, reviewed by a panel of Romanian and foreign experts, using the double-blind peer review process. Following the review, 98 papers were accepted for publication in this volume. The order of publication of the papers is the one established by the Congress program, i.e. according to the sections in which they were entered. The papers point out several interesting and varied current issues, and the innovative ideas they promote could be the cornerstone for new research and development projects in the field. By providing the contact information of the authors, the publishers launched an invitation to all participants to establish professional relationships in order to create a community of practice for the progress of the science of sport and physical education. At the same time, we hope to continue the tradition of this congress, by development and promotion at a larger scale, so that increasingly more specialists would increase their international visibility through it.

The editors would like to give special thanks to the Fédération Internationale d’Éducation Physique and to the Sports Science Council of Romania, the Scientific Committee, the Organization Committee, the reviewers and volunteers, for the success of ICPESK 2014. Special thanks to all the authors for their contribution to the compilation of this volume.

Editors: Professor Monica STĂNESCU, Ph.D.
Associate Professor Mihaela PĂUNESCU, Ph.D.
National University of Physical Education and Sports, Bucharest
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