



Content

The effects of esports on sleep: a systematic literature review

BAYRAKDAR Akan, LARION Alin, BAYRAKTAR Işık, AVCI Pelin / p. 95

Study regarding the impact of online pétanque teaching on university students

BRANET Camelia, PELIN Raluca, BALAN Valeria, RACHITA Iancu, TEODORA Wesselly, GRIGOROIU Carmen / p. 105

The influence of a pre-competition training program with plyometric exercises on the training of performance handball players

CAZAN Florin, GEORGESCU Adrian, GIDU Diana Victoria, MUŞAT George, POPA Cristian / p. 113

Aquatic therapy: some theoretical considerations about Bad Ragaz Ring Method

CULEA Rodica-Georgeta, SIMION Gheorghe / p. 119

Investigations regarding the opinions of the specialists on the knowledges of the Bad Ragaz Ring Method

CULEA Rodica-Georgeta, SIMION Gheorghe / p. 127

Indirect effects of the covid-19 pandemic on physical and mental health

DAMIAN George Cosmin, PUŞCAŞU Cosmin-Andrei / p. 134

Construct validity test of spirituality in sports test (SIST) using confirmatory factor analysis (CFA) method

MIFTAH Fariz Prima Putra / p. 139

Development of distributive attention in physical education lessons for children aged 11-12

OLTEAN Antoanela, GEORGESCU Adrian Dorin, GIDU Diana Victoria, POPESCU Raducu / p. 145

The contribution of games in shaping the personality of the adolescent student

OPREA Mihaela, ION Gheorghe / p. 150

Descriptive and functional evaluation data of the sprained knee

ROŞU Bogdan, CORDUN Mariana / p. 155

The Star Excursion Balance Test (SEBT) in knee sprain recovery

ROŞU Bogdan, CORDUN Mariana / p. 165

Effect of bulgarian bag exercises on anticipation and certain physical variables for kuwaiti sabre fencers

SALMAN Hajji, BADEER Aldimkhi / p. 172

Return to sport activities after hip arthroscopy

TEODOR Dragoş Florin, MELENCO Ionel, PETCU Damian, POPA Cristian / p. 177

Development of a game model for mini-handball

VLADI Ionescu / p. 181

ALPHABETICAL AUTHOR INDEX / p. 187

TECHNICAL REQUIREMENTS TO ELABORATE SCIENTIFIC PAPERS / p. 188



❖ ALPHABETICAL AUTHOR INDEX

A

AVCIP. / p. 95

B

BADEER A. / p. 172

BALAN V. / p. 105

BAYRAKDAR A. / p. 95

BAYRAKTAR I. / p. 95

BRANET C. / p. 105

C

CAZAN F. / p. 113

CORDUN M. / p. 155, 165

CULEA R.G. / p. 119, 127

D

DAMIAN G. C. / p. 134

G

GEORGESCU A. / p. 113, 145

GIDU D.V. / p. 113, 145

GRIGOROIU C. / p. 105

I

ION G. / p. 150

IONESCU V. / 181

L

LARION A. / p. 95

M

MELENCO I. / p. 177

MIFTAH F. P. P. / p. 139

MUȘAT G. / p. 113

O

OLTEAN A. / p. 145

OPREA M. / p. 150

P

PELIN R. / p. 105

PETCU D. / p. 177

POPA C. / p. 113, 177

POPESCU R. / p. 145

PUȘCAȘU C.A. / p. 134

R

RACHITA I. / p. 105

ROȘU B. / p. 155, 165

S

SALMAN H. / p. 172

SIMION G. / p. 119, 127

T

TEODOR D.F. / 177

TEODORA W. / p. 105