



The XVIIth European Congress “100 years of FIEPS”
The VIIth Edition of the International Conference
75th years of “Dunarea de Jos” University of Galati

”SPORTS, EDUCATION, CULTURE – INTERDISCIPLINARY
APPROACHES IN SCIENTIFIC RESEARCH”

FIEPS SEC – IASR 2023

BOOK OF ABSTRACTS

Galati, Romania
24-28 of May 2023



Effects of Microcurrent Therapy with Resistance Exercises on State and Trait Anxiety in Middle-Aged Adults: a Pilot Study

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The aim of this double blind randomised controlled trial was to analyse whether resistance training (RT) combined with microcurrent therapy (MCT) affects state and trait anxiety in middle-aged adults. Eight non-trained adults (age 54.4 ± 7.4 years) were assigned to a microcurrent (MCT, $n=4$) or a sham (SH, $n=4$) group. The participants followed a RT programme with elastic bands, twice a week for six weeks. The participants used a microcurrent or a sham device on the dominant arm for 3 hours post-workout or in the morning on non-training days. All participants filled in a validated anxiety questionnaire before and after the intervention. The pre-post state and trait anxiety levels went down in both groups with no significant differences. The pre-post changes between-groups in state anxiety (MCT = -1.75 ± 2.06 vs. SH = -0.75 ± 3.3 , $p=0.557$, $d=0.363$) and trait anxiety (MCT = -3 ± 2.45 vs. SH = -4.5 ± 4.36 , $p=0.642$, $d = -0.424$) were also not significant. Although RT seems to attenuate anxiety in middle-aged adults, the application of MCT did not appear to be clearly related to the reduction of anxiety in the tested population.

Keywords: anxiety; microcurrent; resistance exercise; therapy.

Staged Professional Training of Tourism Specialists in the Higher Education System in the Context of Social and Economic Crises

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In the context of social and economic crises, the tourism industry represents the economic branch that is affected in various aspects, which implies the search for new solutions for development. Thus, the professional training of staff in the higher education system, including those in the field of tourism, in recent years was influenced by a series of factors that required rapid adaptation, the identification of the methods and means necessary to train the skills of future specialists. In this sense, the ever-changing requirements for employees in the tourism field, especially the trends of recent years, should focus on the content of the staged training of future employees in the tourism field, with an emphasis on the training of flexible, innovative and with deep digital skills to be able to deal with unpredictable situations that can affect the tourism sector. This fact implies that future graduates who will work in the tourism sector will