

**PALESTRICA OF THE THIRD MILLENNIUM  
CIVILIZATION AND SPORT**

**PALESTRICA MILENIULUI III  
CIVILIZAȚIE ȘI SPORT**

*A quarterly of multidisciplinary study and research*

© Published by The "Iuliu Hațieganu" University of Medicine and Pharmacy of Cluj-Napoca  
and  
The Romanian Medical Society of Physical Education and Sports  
in collaboration with  
The Cluj County School Inspectorate

A journal rated B+ by CNCS (Romanian National Research Council) since 2007,  
certified by CMR (Romanian College of Physicians) since 2003  
and CFR (College of Pharmacists of Romania) since 2015

A journal with a multidisciplinary approach in the fields of biomedical science,  
health, physical exercise, social sciences applied to physical education and sports  
activities

A journal indexed in international databases:  
EBSCO, Academic Search Complete, USA;  
Index Copernicus, Journals Master List, Poland;  
DOAJ (Directory of Open Access Journals), Sweden

**1**

Vol. 16, No. 1, January-March 2015