

**LISTĂ DE LUCRĂRI ȘTIINȚIFICE****TANASĂ V. ANCA - RALUCA**

- 28 articole științifice publicate *in extenso* în articole indexate BDI:

a) Articole publicate în jurnale ISI

1. Tanasă, A.R., Moraru, C.E., Trofin, P.F., Tomozei, A.R., Ștefan, N.G. (2021). Study concerning the improvement Of Coordinative Abilities In Junior Female Gymnasts Aged 10 - 12. *Revista Românească pentru Educație Multidimensională*, 14(3): 270 - 283.

DOI: <https://doi.org/10.18662/rrem/14.3/609>

b) Articole publicate în volume ISI Proceedings

1. Tanasă, A.R., Moraru, C.E., Dumitru, I.M., Trofin, P.F., Tomozei, A.R., Toader, N.G. (2021). Study On The Practice Of Combined Muscular Fitness Forms. *Filodirito Editore Proceedings*, pp. 63 - 69.

[WOS:000682773700009](https://doi.org/10.18662/wlc2021/63)

2. Tanasă, A.R., Moraru, C.E., Trofin, P.F., Puni, A.R., Tomozei, A.R. (2021). Comparative Study Regardinghe Extracurricular Sports Activity Among Primary And Middle Schoolers. *World Lumen Congres*, 17: 641 - 649.

<https://doi.org/10.18662/wlc2021/63>

3. Ștefan, N.G., Moraru, C.E., **Tanasă, A.R.,** Tomozei, A.R. (2021). Shockwave Therapy - A Modern And Revolutionary Method In Recovery Of Plantar Fasciitis. *Filodirito Editore Proceedings*, pp. 318 - 324

[WOS:000682773700048](https://doi.org/10.18662/wlc2021/63)

4. Tomozei, A.R., Morrau, C.E., **Tanasă, A.R.,** Ștefan, N.G. (2021). The Technical Profile of 110 -m Hurdlers In The Seniors'. *Filodirito Editore Proceedings*, pp. 82 - 86,

[WOS:000682773700012](https://doi.org/10.18662/wlc2021/63)

c) Articole publicate în jurnale indexate în BDI recunoscute de CNCSIS

1. Tanasă, A.R., Moraru, C.E., Trofin, P.F., Puni, A.R., Tomozei, A.R., Toader G.N., Muntianu, V.A., Viusenco N. (2022). Corelations Between Biological Growth And Motor



Capacities Of Primary School Children. *Scientific Journal of Education, Sports, and Health*, 13(1): 99 - 114.

DOI: 10.29081/gsjesh.2022.23.1.07

2. Tanasă, A.R., Moraru, C.E., Trofin, P.F., Iordache, A.M., Tomozei, A.R., Ștefan, G.N. (2021). Study On The Physical Training Of Female Gymnasts In Beam. *Science of Human Kinetics*, 14(63), 23 - 30.

<https://doi.org/10.31926/but.shk.2021.14.63.1.3>

3. Tanasă, A.R., Trofin, P.F., Moraru, C.E. (2021). An Analysis Of Extracurricular Physical Activities Among Middle – Schoolers. *9 th International Scientific Conference on Kinesiology, Opatija, Croația*, p. 445. ISBN: 978-953-317-065-7.

4. Tanasă, A.R., Trofin, P.F., Puni, A.R. (2021). Monitoring Force In Midle School Students During The Covid 19 Pandemic. *Journal of Physical Education and Sports*, 21(1), 1 - 7.

<https://doi.org/10.36836/2021/2/23>

5. Ștefan, N.G., Moraru, C.E., **Tanasă, A.R.**, Tomozei, A.R. (2021). Contribution Of Radiofrequency, Elongation, And Laser To Treating The Acute Low Back Pain Of Athletes. *Science, Movement and Health*, 21(2), 501 - 506.

6. Trofin, P.F., Honceriu, C., **Tanasă, A.R.** (2021). Physcial Profile Differences Between the Players of The First Two Men’s Handball Leagues In Romania. *Bulletin of the Transilvania University of Brașov*, 14(63), 27 - 35.

<https://doi.org/10.31926/but.shk.2021.14.63.2.37>

7. Tanasă, A.R., Dumitru, I.M., Budacă, M.V. (2020). The Effects of Gymnastics Training on Static Balance Among Children Aged 4 to 8. *Bulletin of the Transilvania University of Brașov*, 13(62), 111 - 118. [10.31926/but.shk.2020.13.62.1.14](https://doi.org/10.31926/but.shk.2020.13.62.1.14)

8. Tanasă, A.R., Tomozei, A.R., Ștefan, N.G., Gavriluț, G. (2020). Qualitative Changes In Rhythmic Gymnastics Hoop Throws from The Perspective of Biomechanical Analysis. *Interdisciplinary Journal of Physical Education and Sport*, 20(1), 1 - 8.

[10.31926/but.shk.2020.13.62.1.14](https://doi.org/10.31926/but.shk.2020.13.62.1.14)

9. Tanasă, A.R., Moraru, C.E., Tomozei R.A., Toader, G.N. (2020). The Diet of Schoolchildren, between Theory and Reality. *Scientific Journal of Education, Sports, and Health*, 21(1), 73 - 86.



10.29081/gsjesh.2020.21.1.06

10. Dumitru, I.M., Mangalagiu, I., **Tanasă, A.R.** (2020). Study on The Improvement of The Methodical Design Used in The Acrobatic Training Process in Capoeira in The Initiation-Consolidation Stage Among Middle -Schoolers. *Interdisciplinary Journal of Physical Education and Sport*, 20(1), 1 - 15.

[10.36836/2020/2/15](https://doi.org/10.36836/2020/2/15)

11. Ștefan, N.G., Tomozei, A.R., **Tanasă, A.R.** (2020). Shockwave Therapy – a modern and Efficient Pain Treatment. *Interdisciplinary Journal of Physical Education and Sport*, 20(2), 1 - 6.

<https://doi.org/10.36836/2020/2/9>

12. Ștefan, N.G., Moraru, C.E., **Tanasă, A.R.**, Tomozei, R.A. (2020). Shockwave Therapy - A Modern And Revolutionary Method In Recovery Medicine.

<https://fefstim.uvt.ro/wpcontent/uploads/2014/07/Program-FEFSTIM2020-pentru-site-finalb.pdf>.

13. Ștefan, N.G., **Tanasă, A.R.**, Moraru, C.E. (2020). The Tecar Therapy to Support Sports Traumatology. *Interdisciplinary Journal of Physiccal Education and Sports*, 19(2), 69 - 74.

<https://doi.org/10.36836/UAIC/FEFS/10.58>

14. Tomozei, A.R., **Tanasă, A.R.**, Ștefan, N.G. (2020). Technical Approach Concerning Hurdles and Steeplechase. *Interdisciplinary Journal of Physical Education and Sport*, 20(1), 1 - 9.

[10.36836/2020/2/3](https://doi.org/10.36836/2020/2/3)

15. Tomozei R.A, Moraru C.E., **Tanasă A.R.**, Ștefan N.G. (2020). The technical profile of 110 - m hurdlers in the seniors' competitions.

<https://fefstim.uvt.ro/wpcontent/uploads/2014/07/Program-FEFSTIM2020-pentru-site-finalb.pdf>.

16. **Tanasă, A.R.**, Dumitru, I.M., Moraru, C.E., Nichifor, F. (2019). The Influences of Step Aerobics Routines on Exercise Capacity Among Middle-Aged Women. *Interdisciplinary Journal of Physiccal Education and Sports*, 19(2), 75 - 80.

<https://doi.org/10.36836/UAIC/FEFS/10.59>



17. Tomozei R.A., Moraru C.E., **Tanasă A.R.**, Gavriluț G. (2019). Analysis of Speed Run Technique through Biomechanics. *Scientific Journal of Education, Sports, and Health*, 21(2), 90 - 100.

10.29081/gsjesh.2020.21.206

18. Tanasă, A.R., Moraru, C.E. (2021). Study On The Motor Capacity Of Female Gymnasts Aged 10 - 12 In The Pandemic Context. *International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy*, 12 - 13 Noiembrie, Iași - în curs de publicare.

19. Tomozei, A.R., Ștefan, N.G., **Tanasă, A.R.**, Moraru, C.E. (2021). Impact Of The Sars - Cov2 Pandemic On Athletic Performance In The 100 m Race. *International Congress Of Education, Health And Human Movement*, 10 - 12 June, Bucharest, 133 - 141.

20. Ștefan, N.G., Moraru, C.E., Tomozei, A.R., **Tanasă, A.R.** (2021). Study Regarding Increased Range Of Motion And Muscular Force In Knee Joint Sprains. *International Congress Of Education, Health And Human Movement*, 10 - 12 June, Bucharest - în curs de publicare.

21. Muntianu, V.A., Tomozei, A.R., **Tanasă, A.R.**, Martinaș, P.F. (2021). Heart Rate Modification Of Junior Handbal Player Field Testing. *International Scientific Conference „Perspective in Physical Education and Sport”*, Constanța, 20-21 Mai - în curs de publicare.

22. Tomozei, A.R., Moraru, C.E., **Tanasă, A.R.**, Ștefan, N.G., Muntianu, A.V., Martinaș, P.F. (anul) Study Regarding Peak Performance Age In Speed Races At National Level. *International Scientific Conference „Perspective in Physical Education and Sport”*, Constanța, 20-21 Mai - în curs de publicare.

23. Trofin, P.F., Puni, A.R., Ungurean, B.C., Dumitru, M.I., **Tanasă, A.R.** (2021). Correlations Between Food Education And Body Composition Among Students Aged 16 - 18. *International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy*, 12 - 13 Noiembrie, Iași - în curs de publicare.

Membru în cadrul Proiectului S4SC Sport + For Social Change - Erasmus Sport 2021 - SSCP - 101050458



Articol științific publicat în reviste internaționale indexate BDI:

1. Tanasă A.R., Dumitru I.M., Budacă M.V. (2020). The effects of gymnastics training on static balance among children aged 4 to 8. *Sciences of Human Kinetics*, 13(62), 111 – 118.
<https://doi.org/10.31926/but.shk.2020.13.62.1.14>.