

LISTĂ DE LUCRĂRI

a) Lista celor 10 lucrări relevante

1. **Onose, I.**, Onose, R. M., & Abalasei, B. A. (2023). THE ROLE OF MASS MEDIA IN PROMOTING THE DUAL CAREER OF THE PERFORMANCE ATHLETE. *BEHAVIORAL SCIENCES*, 13(3), 196, IF: 2,5, WOS:000954151300001.
<https://doi.org/10.3390/bs13030196>
2. **Onose, I.**, Abalasei, B.A., Onose, R.M., & Albu, A. (2020). APPRAISAL OF MOTOR SKILLS IN A SAMPLE OF STUDENTS WITHIN THE MOLDAVIAN AREA, *BEHAVIORAL SCIENCES*, 10(6), 97, IF: 2,5, WOS:000551178400006.
<https://doi.org/10.3390/bs10060097>
3. Izzicupo, P., Serafini, S, Prestanti, I., Fusco, A., Abalasei, B. A., Alonso del Hierro, T., Caliskan, B., Di Baldassarre, A., Ege, H., Figueiredo, A. J., Ghinassi, B., Gonzalez-Garcia, H., **Onose, I.**, Onose, R. M., Perissinotto, M., Ramirez-Munoz, A., Sanchez-Pato, A., Stankovic, N., Stojiljkovic, N., Doupona, M. & Capranica, L. (2025). A STUDY ON THE IMPLEMENTATION OF DUAL CAREER AT EUROPEAN HIGHER EDUCATION INSTITUTIONS: THE STUDENT-ATHLETES' AND EXPERTS' VIEWS. *FRONTIERS IN SPORTS AND ACTIVE LIVING*, 7(1507951), IF: 2,6, DOI: 10.3389/fspor.2025.1507951
WOS:001441022600001.
4. De Maio, M., Montenegro, S., Papale, O., Serafini, S., Prestanti, I., Izzicupo, P., Abalasei, B. A., Alonso del Hierro, T., Çalışkan, B., Di Baldassarre, A., Ege, H., Figueiredo, A. J., Ghinassi, B., González-García, H., **Onose, I.**, Onose, R. M., Perissinotto, M., Molinari, A., Ramírez-Muñoz, A., Sánchez-Pato, A., Stanković, N., Stojiljković, N., Abelkals, I., Doupona, M., Capranica, L. & Fusco, A. (2025). A SCOPING REVIEW OF STUDENT ATHLETES' PERSPECTIVES ON DUAL CAREER POLICIES, PROVISIONS AND CHALLENGES. *FRONTIERS IN*

SPORTS AND ACTIVE LIVING, 7(1566208), IF: 2,6,
DOI:10.3389/fspor.2025.1566208. WOS:001509751200001

5. **Onose, I.**, Iconomescu, T. M., Onose, R. M., Talaghir, L. G., Ripert, F., & Abalasei, B. A. (2024). SOCIAL MEDIA IN THE DEVELOPMENT OF THE ATHLETE'S DUAL CAREER. *SPORT AND SOCIETY*, 24(2). <https://doi.org/10.36836/2024/02/14>
6. **Onose, I.**, Abalasei, B. A., & Onose, R. M. (2023). SOCIAL MEDIA AND DUAL CAREER PROMOTION FOR SPORTS HIGH SCHOOL STUDENTS. *SPORT AND SOCIETY*, 23(1). <https://www.sportsisocietate.ro/articol/618>
7. **Onose, I.**, Popescu, L., Moraru, C. E., Radu, L. E., Onose, R. M., & Abalasei, B. A. (2023). DECISION-MAKING ASPECTS REGARDING DUAL CAREER FOR ATHLETES IN SOME EUROPEAN COUNTRIES. *SPORT AND SOCIETY*, 23(1). <https://doi.org/10.36836/2023/1/09>
8. Dobreanu, I. B., & **Onose, I.** (2020). THE ROLE OF PHYSIOTHERAPY AND ASSOCIATED METHODS IN THE ATHLETE RECOVERY. *SPORT AND SOCIETY*, 20(1). <https://doi.org/10.36836/2020/1/4>
9. **Onose, I.**, & Petrea, R. G. (2013). THE EFFICIENCY OF THE THROWS-IN UNDER THE BOARD IN BASKETBALL. *Sp Soc Int J Ph Ed Sp 2013*, 13, Special Issue, 145-153. <https://sportsisocietate.ro/articol/201>
10. **Onose, I.**, Hodorcă, R. M., Rusu, M., Cohal, D. C., & Albu, A. (2018). RECOVERY OF HIPERKYPHOSIS THROUGH SPECIFIC MEANS FROM BASKETBALL. *PROCEEDINGS OF THE 4TH INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018)*, 217-221. WOS:000474444100035.

b) Teza sau tezele de doctorat

1. DOCTOR ÎN ȘTIINȚA SPORTULUI ȘI EDUCAȚIEI FIZICE, TITLUL TEZEI DE DOCTORAT: *MASS-MEDIA: CANAL PENTRU PROMOVAREA ȘI EDUCAREA DUBLEI CARIERE A SPORTIVILOR*.
2. DOCTOR ÎN GEOGRAFIE, TITLUL TEZEI DE DOCTORAT: *INCIDENȚA STRUCTURILOR GEODEMOGRAFICE ASUPRA CAPACITĂȚII MOTRICE GENERALE A ELEVILOR DE GIMNAZIU DIN MOLDOVA APUSEANĂ*.

d) Cărți și capitole în cărți

1. „*Mass-media: canal pentru promovarea și educarea dublei cariere a sportivilor*”, **Ionuț ONOSE**, Editura RISOPRINT, Cluj-Napoca, ISBN: 978-973-53-3524-3, 2025, 122p.
2. „*Cariera dublă și mass-media*”, **Ionuț ONOSE**, Editura RISOPRINT, Cluj-Napoca, ISBN: 978-973-53-3412-3, 2025, 108p.
3. „*Jocul de șah. Ghid pentru începători*”, **Ionuț ONOSE**, Vlad-Ionuț STEGARIU, Editura RISOPRINT, Cluj-Napoca, ISBN: 978-973-53-2834-4, 2022, 137p
4. „*Teoria și practica în activități de turism și orientare turistică*”, Editura PIM, Iași, ISBN: 978-606-13-4135-1, 2017, 132p.
5. „*Incidența structurilor geodemografice asupra capacității motrice generale a elevilor de gimnaziu din Moldova Apuseană*”, Editura Universității „Alexandru Ioan Cuza”, Iași, ISBN: 978-606-714-280-8, 2016, 149p.

e) Articole/studii în extenso, publicate în reviste din fluxul științific internațional

1. Albu, A., Petrariu, F. D., & **Onose, I.** (2020). PHYSICAL ACTIVITY – DIET CORRELATION IN A SAMPLE OF TEENAGERS WITHIN TWO HIGH SCHOOLS IN ROMANIA (SPORTS AND THEORETICAL HIGH SCHOOL). *SPORT AND SOCIETY*, 20(1). <https://doi.org/10.36836/2020/1/7>

2. **Onose, I.**, Abalașei, B., Onose, R. M., & Albu, A. (2019). CORELATION BETWEEN PHYSICAL DEVELOPMENT-MOTOR ABILITIES IN A LOT OF STUDENTS FROM SUCEAVA COUNTRY. *SPORT AND SOCIETY*, 19(2), 43-49.
<http://doi.org/10.36836/UAIC/FEFS/10.54>

3. **Onose, I.**, Hodorcă, R. M., & Albu, A. (2018). THE ASSESSMENT OF MOTOR SKILLS AND PHYSICAL DEVELOPMENT TO A NUMBER OF STUDENTS IN THE MOLDOVA AREA. *Sp Soc Int J Ph Ed Sp* 2018, 18(1), 14-23.
<https://sportsisocietate.ro/articol/417>

4. **Onose, I.**, Hodorcă, R. M., Moraru, C. E., & Albu, A. (2017). PHYSICAL ASSESSMENT AND MOTOR SKILLS DEVELOPMENT ON A GROUP OF STUDENTS FROM RURAL AREAS. *Timișoara Physical Education and Rehabilitation Journal*, 10(19), 137–142. <https://doi.org/10.1515/tperj-2017-0031>

5. **Onose, I.**, Hodorcă, R. M., Petrea, R. G., & Soveja, A. (2017). COMPARATIVE ANALYSIS OF THE EFFECTIVENESS OF THE ACTION OF A SCORER FROM A NBA TEAM AND ONE OF THE BASKETBALL NATIONAL LEAGUE. *GYMNASIUM*. 18(1). <https://doi.org/10.29081/gsjesh.2017.18.1.19>

6. Petrea, R. G., & **Onose, I.** (2017). ROMANIA AND THE ROMANIAN ATHLETES AT THE SUMMER OLYMPIC GAMES. *Sp Soc Int J Ph Ed Sp* 2017, 17(2), 53-60.
<https://sportsisocietate.ro/articol/413>

7. Albu, A., & **Onose, I.** (2017). EVALUATION OF THE TIME GRANTED FOR EXERCISE AND DIETARY HABITS TO A GROUP OF STUDENTS IN IASI-PILOT STUDY. *Young Scientist*, 3.1 (43.1), 1-3.
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8. Nichifor, F., & **Onose, I.** (2016). MANAGEMENT SCIENCE AND ITS RELATIONSHIP WITH THE SCIENCE OF PHYSICAL EDUCATION AND SPORT. *GYMNASIUM*, 17(1).
<https://gymnasium.ub.ro/journal/issue/view/4>

9. Hodorcă, R. M., & **Onose, I.** (2014). STUDY REGARDING THE CORRELATION BETWEEN NEUROPSYCHOLOGICAL TESTS AND WEIGHT IN NORMAL PSYCHOMOTOR DEVELOPING OF THE PREMATURE BABIES. *Sp Soc Int J Ph Ed Sp*, 14(2), 117-127. <https://sportsisocietate.ro/articol/274>

10. **Onose, I.**, Petrea, R. G., & Nichifor, F. (2014). ANALYSIS OF THE RESULTS OBTAINED BY FORCE MOTOR QUALITY ON MIDDLE SCHOOL STUDENTS WHO LIVE ON DIFFERENT LEVELS OF ALTITUDE, USING THE SPECIFIC MEANS OF BASKETBALL GAME. *GYMNASIUM*, 15(2).
<https://gymnasium.ub.ro/journal/issue/view/9>

11. **Onose, I.**, Cuciureanu, M.S., & Iațu, C. (2014). COMPARATIVE STUDY OF THE GENERAL MOTOR CAPACITY OF THE SECONDARY SCHOOL STUDENTS IN WESTERN MOLDAVIA. *Lucrările seminarului geografic Dimitrie Cantemir*, 37 (1), 201-209. <https://www.seminarcantemir.uaic.ro/index.php/lsgdc/article/view/169>

12. Petrea, R. G., & **Onose, I.** (2013). INSTITUTIONAL ORGANIZATION AND VISUAL IDENTITY. *GYMNASIUM*, 14(2).
<https://gymnasium.ub.ro/journal/issue/view/10>

13. **Onose, I.**, & Petrea, R. G. (2013). GENERAL DISTRIBUTION OF MOTOR CAPACITY FOR MIDDLE SCHOOL STUDENTS LOCATED AT DIFFERENT FLOOR ALTITUDE FROM WESTERN MOLDAVIA. *Sp Soc Int J Ph Ed Sp* 2013, 14(2), 161-169. <https://sportsisocietate.ro/articol/220>

14. Petrea, R. G., & **Onose, I.** (2012). THE PROMOTION AND ATRACTIVNESS OF THE EUROPEAN FOOTBALL CHAMPIONSHIP IN POLAND AND UKRAINE. *Sp Soc Int J Ph Ed Sp* 2012, 12(1), 108-118. <https://sportsisocietate.ro/articol/169>

15. Albu, A., **Onose, I.**, Onose, R. M., & Abalașei, B. (2022). EATING HABITS OF STUDENTS FROM THE FACULTY OF SPORT AND THE FACULTY OF MEDICINE. *DISCOBOLUL*, 61(1), 41-48.
<https://discobolulunefs.ro/media/4.MARCH2022.pdf>

16. Indrei, L. L., **Onose, I.**, Hodorcă, R. M., & Albu, A. (2019). THE ASSESSMENT OF PHYSICAL DEVELOPMENT AND THE TIME ALLOCATED TO PHYSICAL ACTIVITY FOR A GROUP OF ADOLESCENTS FROM THE MOLDOVA AREA. *SPORT AND SOCIETY*, 19(1), 56-62. <https://sportsisocietate.ro/articol/446>

17. Chirazi, M., **Onose, I.**, Hodorca, R. M., & Petrea, R. M. (2019). OVERWEIGHT PREVELENCE AMONG ELEMENTARY SCHOOLS PUPILS IN THE CITY OF IASI, ROMANIA. *International Journal of Advanced Research (IJAR)*, 7(1), 780-786. . <http://dx.doi.org/10.21474/IJAR01/8387>

18. Albu, A., **Onose, I.**, Hodorcă, R. M., & Abalașei, B. (2019). FOOD HABITS OF THE STUDENTS FROM THE SPORTS PROGRAM HIGHSCHOOL IN SUCEAVA, Вісник Прикарпатського університету. Серія: Фізична культура., DOI: 10.15330/fcult.33.188-193. <https://journals.pnu.edu.ua/index.php/fcult/article/view/1805>

19. Albu, A., **Onose, I.**, Grigoraș, E., & Hodorcă, R. M. (2018). THE ASSESSMENT OF THE TIME ALLOCATED TO THE PHYSICAL ACTIVITY AND FOOD BEHAVIOUR OF A LOT OF ADOLESCENTS FROM 2 HIGHSCHOOLS IN SUCEAVA. *ARENA-JPA*, ISSN 2285-830X, 7, 53-62. <https://www.uav.ro/jour/index.php/ajpa/article/view/1245/pdf>

20. Albu, A., **Onose, I.**, Hodorcă, R. M., & Moraru, C. E. (2017). THE TIME FOR PHYSICAL EXERCISE AND FOOD HABITS ON A NUMBER OF STUDENTS FROM PASCANI NATIONAL COLLEGE. *Timișoara Physical Education and Rehabilitation Journal*, 10(19), 120-124. <https://doi.org/10.1515/tperj-2017-0028>

21. Hodorcă, R. M., **Onose, I.**, Ghițescu, A., Albu, A., & Lucaci, P. (2017). CASE STUDY REGARDING THE ROLE OF PHYSICAL THERAPY IN THE RECOVERY OF COLUMN DEFICIT IN JUNIOR TENNIS PLAYERS. *GYMNASIUM*, 18(1). <https://doi.org/10.29081/gsjesh.2017.18.1.02>

22. Albu, A., **Onose, I.**, Cărașu, M. E., & Hodorcă, R. M. (2017). APPRECIATION OF EATING HABITS IN A GROUP OF TEENAGERS FROM TWO HIGH SCHOOLS IN THE CITY OF IASI: SPORTS HIGHSCHOOL AND G. IBRAILEANU THEORETICAL HIGHSCHOOL. *Discobolul*, 13(2), 19-23.
https://discobolulunefs.ro/Reviste/2017/DISCOBOLUL_XII_2_48_2017_fullpaper.pdf

23. Albu, A., Hodorca, R. M., **Onose, I.**, Negrea, M., & Cracana, I. (2016). THE EVALUATION OF THE SCHOLAR FATIGUE PHENOMENON AND SOME CAUSATIVE FACTORS IN A GROUP OF TEENAGERS FROM IASI. *Global Journal of Sociology: Current Issues*. 6(2), 44-49. DOI:[10.18844/gjs.v6i2.932](https://doi.org/10.18844/gjs.v6i2.932)

24. Albu, A., **Onose, I.**, Negrea, M., Hodorcă, R. M., & Crăcană, I. (2015). RELATIVE STUDY OF FOOD HABITS ON A GROUP OF ATHLETIC AND NON-ATHLETIC STUDENTS. *Sp Soc Int J Ph Ed Sp* 2015, 15 (2), 202-208.
<https://sportsisocietate.ro/articol/325>

25. Albu, A., Hodorcă, R. M., **Onose I.**, & Crăcană, I. (2015). EVALUAREA OBICEIURILOR ALIMENTARE ALE UNUI LOT DE ADOLESCENȚI DE LA LICEUL CU PROGRAM SPORTIV DIN IAȘI. *Sănătate Publică, Economie și Management în Medicină*, 7 (64), 52-55.
<https://repository.usmf.md/handle/20.500.12710/11562>

26. Cuciureanu, M.S., **Onose, I.**, & Iașu, C. (2014). A PRELIMINARY ANALYSES OF AGRICULTURE IN WESTERN MOLDAVIA. *Lucrările seminarului geografic Dimitrie Cantemir*, 37 (1), 113-121.
<https://www.seminarcantemir.uaic.ro/index.php/lsgdc/article/view/159>

f) Publicații în extenso, apărute în lucrări ale conferințelor internaționale de specialitate

1. **Onose I.**, Hodorca R. M., & Albu, A. (2018). THE LINK BETWEEN PHYSICAL DEVELOPMENT AND MOTOR SKILLS OF RURAL STUDENTS IN ROMANIA. *2ND ICSEP 2018 INTERNATIONAL CONFERENCE ON SPORT, EDUCATION AND PSYCHOLOGY*, 42, 36-44. WOS:000449696400005
2. **Onose, I.**, Hodorcă, R. M., & Albu, A., (2018). THE ASSESSMENT OF MOTOR SKILLS AND PHYSICAL DEVELOPMENT OF A NUMBER OF STUDENTS FROM MOLDOVA AREA. *PROCEEDINGS OF THE 4TH INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018)*, 223-227. WOS:000474444100036
3. **Onose, I.**, Hodorcă R. M., & Albu, A. (2016). ASSESSMENT OF ANTHROPOMETRIC INDICATORS AMONG RURAL STUDENTS IN THE WEST OF MOLDAVIA. *ICPESK 2015 – 5TH INTERNATIONAL CONGRESS OF PHYSICAL EDUCATION, SPORTS AND KINETOTHERAPY*, 11, 266-272, WOS:000377852100035.
4. Hodorcă, R. M., Moraru, C. E., & **Onose, I.** (2015). THE ROLE AND IMPORTANCE OF KINESIOTHERAPEUTIC METHODS IN POSTPARTUM RECOVERY. *4TH INTERNATIONAL CONGRESS OF PHYSICAL EDUCATION, SPORT AND KINETOTHERAPY (ICPESK 2014)*, 329-333. WOS:000360246100056
5. Abalasei, B., Hugianu, E. G., **Onose, I.**, & Albu, A. (2020). PHYSICAL DEVELOPMENT PARTICULARITIES AMONG PUPILS AT THE SPORTS HIGH SCHOOL IN IASI. *PROCEEDINGS OF THE 6TH INTERNATIONAL CONFERENCE OF UNIVERSITARIA CONSORTIUM FEFSTIM: PHYSICAL EDUCATION, SPORTS AND KINESIOTHERAPY - IMPLICATIONS IN QUALITY OF LIFE*, 194-202. WOS:000682773700029

6. Albu, A., Dima, F., **Onose, I.**, & Hodorca, R. M. (2018). ASSESSMENT OF PHYSICAL DEVELOPMENT IN RELATION TO EXERCISE TIME AND EATING HABITS OF TEENAGERS IN MOLDOVA. *2ND ICSEP 2018 INTERNATIONAL CONFERENCE ON SPORT, EDUCATION AND PSYCHOLOGY*, 42, 121-129. WOS:000449696400013

7. Hodorcă, R. M., **Onose, I.**, Lucaci, P., & Albu, A. (2018). RECOVERY OF HEMIPLEGY USING PHYSIOTHERAPY MEANS. *PROCEEDINGS OF THE 4TH INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018)*, 119-122. WOS:000474444100019.

8. Ratu, R. N., Doliș, M. G., Murariu, O. C., Hodorcă, R. M., **Onose, I.**, & Usturoi, M. G. (2018). STUDIES REGARDING QUANTITATIVE EVALUATION OF MILK PROTEINS GATHERED FROM DIFFERENT ANIMAL BREEDS AS SOURCE FOR A HEALTHY NOURISHMENT OF ATHLETES. *PROCEEDINGS OF THE 4TH INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018)*, 303-308. WOS:000474444100049.

9. Albu, A., **Onose, I.**, Negrea, M., Crăcană, I., & Hodorcă, R. M. (2016). CORRELATION BETWEEN PHYSICAL DEVELOPMENT DIAGNOSTIC AND EXERCISE IN A GROUP OF TEENS FROM GARABET IBRAILEANU HIGH SCHOOL OF IASI. *ICPESK 2015 – 5TH INTERNATIONAL CONGRESS OF PHYSICAL EDUCATION, SPORTS AND KINETOTHERAPY*, 11, 273-279, DOI: 10.15405/epsbs.2016.06.37. WOS:000377852100036

10. Hodorcă, R. M., Moraru, C. E., **Onose, I.**, & Albu, A. (2016). STUDY REGARDING THE RELATION BETWEEN CHRONOLOGICAL AGE, MENTAL AGE AND WEIGHT OF THE PREMATURE INCLUDED IN A PHYSICAL THERAPY PROGRAM. *ICPESK 2015 – 5TH INTERNATIONAL CONGRESS OF PHYSICAL EDUCATION, SPORTS AND KINETOTHERAPY*, 11, 405-409, DOI: 10.15405/epsbs.2016.06.56. WOS:000377852100055.

11. Albu, A., **Onose, I.**, Onose, R. M., & Abalasei, B. (2021). APPRECIATION OF THE NUTRITION OF ADOLESCENTS FROM TWO HIGH SCHOOLS WITH SPORTS PROGRAM IN THE AREA OF MOLDOVA – ROMANIA. *9th INTERNATIONAL SCIENTIFIC, CONFERENCE ON KINESIOLOGY*, Opatija, Croatia, September 15–19, 2021, Proceedings ISBN: 978-953-317-065-7, 210-215.
https://www.kif.unizg.hr/_news/16755/9-Conference-Kinesiology-2021-Proceedings-final%20za%20objavu%20web.pdf