

# FIȘA DE ÎNDEPLINIRE A STANDARDELOR MINIMALE ȘI OBLIGATORII pentru profesor/ abilitare

**Domaniul: Educație fizică și sport, conform OM 6.129 din 20.12.2016**

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## STANDARDE MINIMALE PENTRU DOMENIUL EDUCAȚIE FIZICĂ ȘI SPORT

Aria A 1	Criteriu	Indicatori esențiali / suma indicatorilor	Standard minimal – Profesor/ Abilitare	Realizat
Realizări științifice (A 1)	C1	I1	6	<b>64,8</b>
	C2	I3 + I4	24	<b>36</b>
	C3	Total A1 (I1+...+I15)	65	<b>143,68</b>
Vizibilitate și impact (A 2)	C4	I16	4	<b>27,5</b>
	C5	I27	4	<b>9</b>
	C6	Total A2 (I16+...+I36)	55	<b>108,3</b>
	C7	Total general (I1+...I36)	120	<b>251,98</b>

### 1.A1. Realizări științifice

Indicator	Denumirea indicatorului	Punctaj	Unitatea de măsură
<b>Realizări științifice semnificative în calitate de autor principal</b>			
I1	Contribuții in extenso de tip article sau review, publicate în reviste indexate în Web of Science (ISI), al căror IF este mai mare sau egal cu p, realizate în <b>calitate de autor principal</b>	3 + (3 x IF)	Articol
	1. Scurt, M. D., Balint, L., & <b>Mijaică, R.</b> (2022). Improving Body Mass Index in Students with Excess Weight through a Physical Activity Programme. <i>Children (Basel, Switzerland)</i> , 9(11), 1638. <a href="https://doi.org/10.3390/children9111638">https://doi.org/10.3390/children9111638</a> . <a href="https://www.mdpi.com/2227-9067/9/11/1638">https://www.mdpi.com/2227-9067/9/11/1638</a> . WOS:000880879800001; IF(2022)= 2,4	3 + (3 x 2,4) = 10,2	
	2. Bulgay, C., Bayraktar, I., Kazan, H. H., Yıldırım, D. S., Zorba, E., Akman, O., Ergun, M. A., Cerit, M., Ulucan, K., Eken, Ö., Ceylan, H. İ., Badicu, G., Grosz, W. R., & <b>Mijaică, R.</b> (2023). Evaluation of the Association of VDR rs2228570 Polymorphism with Elite Track and Field Athletes' Competitive Performance. <i>Healthcare (Basel, Switzerland)</i> , 11(5), 681. <a href="https://doi.org/10.3390/healthcare11050681">https://doi.org/10.3390/healthcare11050681</a> , <a href="https://www.mdpi.com/2227-9032/11/5/681/htm">https://www.mdpi.com/2227-9032/11/5/681/htm</a> . WOS:000947298900001; IF(2023)=2,4	3+ (3 x 2,4) =10,2	
	3. Bulgay, C., Kasakolu, A., Kazan, H. H., <b>Mijaica, R.</b> , Zorba, E., Akman, O., Bayraktar, I., Ekmekci, R., Koncagul, S., Ulucan, K., Semenova, E. A., Larin, A. K., Kulemin, N. A., Generozov, E. V., Balint, L., Badicu, G., Ahmetov, I. I., & Ergun, M. A. (2023). Exome-Wide Association Study of Competitive Performance in Elite Athletes. <i>Genes</i> , 14(3), 660. <a href="https://doi.org/10.3390/genes14030660">https://doi.org/10.3390/genes14030660</a> , <a href="https://www.mdpi.com/2073-4425/14/3/660">https://www.mdpi.com/2073-4425/14/3/660</a> . WOS:000955510900001; IF(2023)= 2,8; autor corespondent	3+(3x2,8) =11,4	
	4. <b>Mijaica, R.</b> , & Balint, L. (2025). Physical Activity, Body Mass Index, and Bullying in Higher Education: A Comparative Analysis of Students with and Without Structured Sports Training. <i>Healthcare (Basel, Switzerland)</i> , 13(18), 2304. <a href="https://doi.org/10.3390/healthcare13182304">https://doi.org/10.3390/healthcare13182304</a> , <a href="https://www.mdpi.com/2227-9032/13/18/2304">https://www.mdpi.com/2227-9032/13/18/2304</a> . WOS:001580579300001; IF(2024)=2,7	3+(3x2,7) = 11,1	
	5. <b>Mijaica, R.</b> , Tohănean, D. I., Alexe, D. I., & Balint, L. (2025). Physical Performance and Sports Genetics: A Systematic Review of Candidate Gene Polymorphisms Involved in Team Sports. <i>Genes</i> , 16(9), 1079. <a href="https://doi.org/10.3390/genes16091079">https://doi.org/10.3390/genes16091079</a> , <a href="https://www.mdpi.com/2073-4425/16/9/1079">https://www.mdpi.com/2073-4425/16/9/1079</a> . WOS:001579960900001; IF(2024)= 2,8	3+(3x2,8) =11,4	

	6. Tohănean, D. I., Vulpe, A. M., <b>Mijaica, R.</b> , & Alexe, D. I. (2025). Embedding Digital Technologies (AI and ICT) into Physical Education: A Systematic Review of Innovations, Pedagogical Impact, and Challenges. <i>Applied Sciences</i> 15(17), 9826. <a href="https://doi.org/10.3390/app15179826">https://doi.org/10.3390/app15179826</a> , <a href="https://www.mdpi.com/2076-3417/15/17/9826">https://www.mdpi.com/2076-3417/15/17/9826</a> . WOS:001569514800001; IF(2024)=2,5; autor corespondent	3+(3x2,5) =10,5	
	<b>TOTAL II</b>	<b>64,8</b>	
I2	Contribuții in extenso de tip article sau review, publicate în reviste indexate în Web of Science (ISI), al căror IF este mai mic decât p sau în reviste neindexate Web of Science (IF = 0), dar indexate în cel puțin două baze de date internaționale recunoscute, din care în cel puțin una se regăsește în format in extenso (full-text), realizate în <b>calitate de autor principal</b>	3 + IF	Articol
	1. Drugau,S., Badau, D., Nechita, F., <b>Mijaica, R.</b> , Badau, A., Iordan, A. D., Stănculescu, R., & Dina, G.(2025). Romanian Physical Education Teachers' Perception of Formative Feedback on Their Professional Competencies. <i>Revista Românească pentru Educație Multidimensională</i> , 17(1), 91-115. <a href="https://doi.org/10.18662/rrem/17.1/942">https://doi.org/10.18662/rrem/17.1/942</a> , <a href="https://lumenpublishing.com/journals/index.php/rrem/article/view/7222/5132">https://lumenpublishing.com/journals/index.php/rrem/article/view/7222/5132</a> . WOS:001462551200005, IF(2024)=0,4; contribuție egală	3+0,4 = 3,4	
	2. Baba, D., <b>Mijaica, R.</b> , Nechita, F., & Balint, L. (2024). Evaluating the Effectiveness of the Annual Physical Training Plan for Masters +45 Women Half Marathon Athletes: A Guideline Model for Good Practices for Programming Effort Volume and Intensity. <i>Sports</i> , 12(9), 256. <a href="https://www.mdpi.com/2075-4663/12/9/256">https://www.mdpi.com/2075-4663/12/9/256</a> . Crossref: <a href="https://doi.org/10.3390/sports12090256">https://doi.org/10.3390/sports12090256</a> , WOS:001326250400001, IF(2024)=2,9; autor corespondent	3+2.9 =5.9	
	3. Scurt, M.D., Scurt, C., Balint, L., <b>Mijaica R.</b> (2022). Relationship Between Body Mass Index and Muscle Strength, Potential Health Risk Factor at Puberty, <i>Revista Românească pentru Educație Multidimensională</i> , Vol.14, nr.4 (Sup.1), pp: 93-111, Crossref: <a href="https://doi.org/10.18662/rrem/14.4Sup1/661">https://doi.org/10.18662/rrem/14.4Sup1/661</a> , <a href="https://lumenpublishing.com/journals/index.php/rrem/article/view/5418">https://lumenpublishing.com/journals/index.php/rrem/article/view/5418</a> WOS:001062755100006; IF(2022)=2	3+2 =2	
	4. <b>Mijaică, R.</b> , Rendi, E. (2025). The Influence of Sleep Quality on Athletic and Cognitive Performance in Chess, <i>Bulletin of the Transilvania University of Braşov, seria IX: Human Kinetics</i> , Vol. 18(67) No. 2 – 2025, pp. 107 – 116, <a href="https://webbut.unitbv.ro/index.php/Series_IX/article/view/11048/6601">https://webbut.unitbv.ro/index.php/Series_IX/article/view/11048/6601</a> Crossref: <a href="https://doi.org/10.31926/but.shk.2025.18.67.2.11">https://doi.org/10.31926/but.shk.2025.18.67.2.11</a> , EBSCO (abstract): <a href="https://openurl.ebsco.com/EPDB%3Aged%3A12%3A9978732/detailv2?sid=ebsco%3Aplin%3Ascholar&amp;id=ebsco%3Aged%3A191094459&amp;crl=c&amp;link_origin=scholar.google.com">https://openurl.ebsco.com/EPDB%3Aged%3A12%3A9978732/detailv2?sid=ebsco%3Aplin%3Ascholar&amp;id=ebsco%3Aged%3A191094459&amp;crl=c&amp;link_origin=scholar.google.com</a>	3	
	5. Drugău, S., Balint, L., <b>Mijaică, R.</b> , (2022). Study of Students Satisfaction about Teachers Competencies, Specific to the Teaching Activity at the Physical Education Lesson, <i>Bulletin of the Transilvania University of Braşov, seria IX: Human Kinetics</i> , Vol. 15(64), nr. 2-2022, pp. 39-48, <a href="https://webbut.unitbv.ro/index.php/Series_IX/article/view/2923">https://webbut.unitbv.ro/index.php/Series_IX/article/view/2923</a> Crossref: <a href="https://doi.org/10.31926/but.shk.2022.15.64.2.4">https://doi.org/10.31926/but.shk.2022.15.64.2.4</a> , ProQuest (full): <a href="https://www.proquest.com/docview/2760402986/fulltextPDF/9E5AA3A29B84C48PQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals">https://www.proquest.com/docview/2760402986/fulltextPDF/9E5AA3A29B84C48PQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals</a>	3	
	6. Drugău, S., Balint, L., <b>Mijaică, R.</b> , (2022). Self-Perception of Skills Specific to Professional Development in Physical Education and Sports, <i>Bulletin of the Transilvania University of Braşov, seria IX: Human Kinetics</i> , Vol. 15(64), nr.1-2022, pp.71-78, <a href="https://webbut.unitbv.ro/index.php/Series_IX/article/view/1761">https://webbut.unitbv.ro/index.php/Series_IX/article/view/1761</a> Crossref: <a href="https://doi.org/10.31926/but.shk.2022.15.64.1.8">https://doi.org/10.31926/but.shk.2022.15.64.1.8</a> , ProQuest (full): <a href="https://www.proquest.com/docview/2696514307/fulltextPDF/E7B4637871694FC6PQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals">https://www.proquest.com/docview/2696514307/fulltextPDF/E7B4637871694FC6PQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals</a>	3	

	<p>7. <b>Mijaică, R.</b> (2021). The Importance of Postural Gymnastics in Harmonious Physical Development in Preschool Students, <i>Bulletin of the Transilvania University of Braşov, seria IX: Human Kinetics</i>, Vol. 14(63) No. 2 – 2021, pp. 169 – 174, <a href="https://webbut.unitbv.ro/index.php/Series_IX/article/view/764">https://webbut.unitbv.ro/index.php/Series_IX/article/view/764</a>, Crossfer: <a href="https://doi.org/10.31926/but.shk.2021.14.63.2.20">https://doi.org/10.31926/but.shk.2021.14.63.2.20</a>, ProQuest (full): <a href="https://www.proquest.com/docview/2640800412/fulltextPDF/2AD940D6AFC94EF6PQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals">https://www.proquest.com/docview/2640800412/fulltextPDF/2AD940D6AFC94EF6PQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals</a></p>	3	
	<p>8. <b>Mijaică, R.,</b> Rendi, E. (2020). The Chess – Means of Developing Attention, Memory and Understanding Text to Children of 6-7 Years Old from Preparatory Class, <i>Bulletin of the Transilvania University of Braşov, seria IX: Human Kinetics</i>, Vol. 13(62) No. 2 – 2020, pp. 201-210, <a href="http://webbut2.unitbv.ro/Bulletin/Series%20IX/2020/BULETIN%20I%20PDF/26_Mijaica.pdf">http://webbut2.unitbv.ro/Bulletin/Series%20IX/2020/BULETIN%20I%20PDF/26_Mijaica.pdf</a> Crossfer: <a href="https://doi.org/10.31926/but.shk.2020.13.62.2.26">https://doi.org/10.31926/but.shk.2020.13.62.2.26</a>, ProQuest (full): <a href="https://www.proquest.com/docview/2492714166/fulltextPDF/39C3527121D3472APQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals">https://www.proquest.com/docview/2492714166/fulltextPDF/39C3527121D3472APQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals</a></p>	3	
	<p>9. <b>Mijaică, R.,</b> Balint, Gh., Balint, L., (2019). The Dynamics of Childrens Class Cohesion and Interpersonal Relations in Physical Education Learning At Primary and Gymnazial Cycling Education, <i>Bulletin of the Transilvania University of Braşov, seria IX: Human Kinetics</i>, Vol. 12(61) No. 1 – 2019, pp. 159-168, <a href="http://webbut2.unitbv.ro/BU2019/Series%20IX/2019/BULETIN%20I%20PDF/20_MIJAIKA_DOI_22.pdf">http://webbut2.unitbv.ro/BU2019/Series%20IX/2019/BULETIN%20I%20PDF/20_MIJAIKA_DOI_22.pdf</a> Crossfer: <a href="https://doi.org/10.31926/but.shk.2019.12.61.22">https://doi.org/10.31926/but.shk.2019.12.61.22</a>, ProQuest (full): <a href="https://www.proquest.com/docview/2283948345/fulltextPDF/1AE68283A01C4BDAPQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals">https://www.proquest.com/docview/2283948345/fulltextPDF/1AE68283A01C4BDAPQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals</a></p>	3	
	<p>10. <b>Mijaică, R.,</b> (2016). Optimization of Group Cohesion through Restructuring Social Networks by Using Motor Skill Games in Physical Education Lesson, <i>Gymnasium - Scientific Journal of Education, Sports and Health</i>, Vol 17, nr. 2/2016, <a href="https://gymnasium.ub.ro/index.php/journal/article/view/48">https://gymnasium.ub.ro/index.php/journal/article/view/48</a>, Crossfer: <a href="https://doi.org/10.29081/gsjesh.2016.17.2.05">https://doi.org/10.29081/gsjesh.2016.17.2.05</a>, ProQuest (full): <a href="https://www.proquest.com/docview/1880275191/fulltextPDF/9DC3F9D83D324FDDPQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals">https://www.proquest.com/docview/1880275191/fulltextPDF/9DC3F9D83D324FDDPQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals</a></p>	3	
	<p>11. <b>Mijaică, R.,</b> Balint,L., (2015). Remodelling the Psychosocial Profile of the Class by Implementing a Social Learning Programme in the Physical Education Lesson, <i>Gymnasium - Scientific Journal of Education, Sports and Health</i>, Vol 16, nr.1/2015, <a href="https://gymnasium.ub.ro/index.php/journal/article/view/98/92">https://gymnasium.ub.ro/index.php/journal/article/view/98/92</a> ProQuest (full): <a href="https://www.proquest.com/docview/1761657002/fulltextPDF/E96AB2C34CCE4096PQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals">https://www.proquest.com/docview/1761657002/fulltextPDF/E96AB2C34CCE4096PQ/1?accountid=7257&amp;sourcetype=Scholarly%20Journals</a> Ebsco (abstract): <a href="https://openurl.ebsco.com/EPDB%3Aged%3A4%3A13535460/detailv2?sid=ebsco%3Aplink%3Ascholar&amp;id=ebsco%3Aged%3A116614609&amp;rl=c&amp;link_origin=scholar.google.com">https://openurl.ebsco.com/EPDB%3Aged%3A4%3A13535460/detailv2?sid=ebsco%3Aplink%3Ascholar&amp;id=ebsco%3Aged%3A116614609&amp;rl=c&amp;link_origin=scholar.google.com</a></p>	3	
	<b>TOTAL I2</b>	<b>38,3 puncte</b>	
I3	Cărți publicate în calitate de <b>autor principal</b> în edituri clasificate A1 sau A2 (m A1 =3; m A2 = 1)	12 x m	Carte
	<p>1. <b>Mijaică, R.,</b> Balint, L., (2026). Învățarea motrică: de la teorie la practică - perspective moderne în educația fizică, sport și kinetoterapie, Editura Universității Transilvania din Braşov, ISBN 978-606-19-1842-3 (print); ISBN 978-606-19-1843-0 (e-book) <a href="https://ebooks.unitbv.ro/produs/invatarea-motrica-de-la-teorie-la-practica-perspective-moderne-in-educatia-fiizica-sport-si-kinetoterapie/">https://ebooks.unitbv.ro/produs/invatarea-motrica-de-la-teorie-la-practica-perspective-moderne-in-educatia-fiizica-sport-si-kinetoterapie/</a></p>	12	
	<p>2. <b>Mijaică, R.,</b> (2015). Strategii de construire a grupului prin activități motrice formale, Editura Universității Transilvania din Braşov, ISBN:978-606-19-0546-1, p. 184, <a href="https://catalog.unitbv.ro:443/liberty/OpacLogin?mode=BASIC&amp;openDetail=true&amp;corporation=UNITBV&amp;action=search&amp;queryTerm=uuid%3D%2282db633cc1fee770003f522000cddf16%22&amp;editionUuid=82db633cc1fee770003f5220">https://catalog.unitbv.ro:443/liberty/OpacLogin?mode=BASIC&amp;openDetail=true&amp;corporation=UNITBV&amp;action=search&amp;queryTerm=uuid%3D%2282db633cc1fee770003f522000cddf16%22&amp;editionUuid=82db633cc1fee770003f5220</a></p>	12	

	<a href="https://catalog.unitbv.ro:443/liberty/OpacLogin?mode=BASIC&amp;openDetail=true&amp;corporation=UNITBV&amp;action=search&amp;queryTerm=uuid%3D%2282c92f24c1fee770019ad70d00bf79b5%22&amp;editionUuid=82c92f24c1fee770019ad70d00bf79b5&amp;operator=OR&amp;url=%2Fopac%2Fsearch.do">00cddf16&amp;operator=OR&amp;url=%2Fopac%2Fsearch.do</a>		
	3. Balint, L., <b>Mijaică, R.</b> (2013). Educație fizică școlară - coordonate teoretico-metodice ale activității de predare învățare: ciclul primar de învățământ, Editura Universității Transilvania din Brașov, ISBN:978-606-19-0297-2, p.176, <a href="https://catalog.unitbv.ro:443/liberty/OpacLogin?mode=BASIC&amp;openDetail=true&amp;corporation=UNITBV&amp;action=search&amp;queryTerm=uuid%3D%2282c92f24c1fee770019ad70d00bf79b5%22&amp;editionUuid=82c92f24c1fee770019ad70d00bf79b5&amp;operator=OR&amp;url=%2Fopac%2Fsearch.do">https://catalog.unitbv.ro:443/liberty/OpacLogin?mode=BASIC&amp;openDetail=true&amp;corporation=UNITBV&amp;action=search&amp;queryTerm=uuid%3D%2282c92f24c1fee770019ad70d00bf79b5%22&amp;editionUuid=82c92f24c1fee770019ad70d00bf79b5&amp;operator=OR&amp;url=%2Fopac%2Fsearch.do</a>	12	
	<b>TOTAL I3</b>	<b>36 puncte</b>	
I4	Capitole în cărți publicate în calitate de <b>autor principal</b> în edituri clasificate A1 sau A2 (m A1 = 3; m A2 = 1)	3 x m	Capitol
<b>Realizări științifice semnificative în calitate de co-autor</b>			
I5	Contribuții in extenso de tip article sau review, publicate în reviste indexate în Web of Science (ISI), al căror IF este mai mare sau egal cu p, realizate în calitate de co-autor	$3 + [(3 \times \text{IF})/n]$	Articol
I6	Contribuții in extenso de tip article sau review, publicate în reviste indexate în Web of Science (ISI), al căror IF este mai mic decât p sau în reviste neindexate Web of Science (IF = 0), dar indexate în cel puțin două baze de date internaționale recunoscute, din care în cel puțin una se regăsește în format in extenso (full-text), realizate în calitate de co-autor	$(3 + \text{IF})/n$	Articol
I7	Cărți publicate în calitate de co-autor în edituri clasificate A1 sau A2 (m A1 = 3; m A2 = 1)	12 x m/n	Carte
I8	Capitole în cărți publicate în calitate de co-autor în edituri clasificate A1 sau A2 (m A1 = 3; m A2 = 1)	3 x m/n	Capitol
<b>Alte realizări științifice</b>			
I9	Lucrări in extenso (tip proceedings) indexate WoS sau altă BDI recunoscută, realizate în calitate de <b>autor principal</b> , publicate în volumele unor conferințe internaționale, cu relevanță pentru domeniul de abilitare, disponibile în format full-text în cel puțin o BDI (în cazul I9 și I10 se pot puncta cumulativ cel mult două contribuții/ediție conferință)	1	Lucrare
	1. <b>Mijaică, R.</b> , (2016), Development and Evaluation of the Pupils' Personality Traits, in the Physical-Education Lesson, <i>The European Proceedings of Social &amp; Behavioural Sciences</i> , EpSBS, Future Academy, 7th International Conference EDU-WORLD 2016, – Education Facing Contemporary World Issues, Pitești, 2016, pp. 542 – 551, <a href="https://doi.org/10.15405/epsbs.2017.05.02.66">https://doi.org/10.15405/epsbs.2017.05.02.66</a> , <a href="https://www.europeanproceedings.com/files/data/article/54/1733/article_54_1733_pdf_100.pdf">https://www.europeanproceedings.com/files/data/article/54/1733/article_54_1733_pdf_100.pdf</a> , WOS:000411319000065	1	
	2. <b>Mijaică, R.</b> , (2014), Motor Games, Social Learning Alternative Content in Physical Education Lesson, 6th International Conference EDU-WORLD 2014 – Education Facing Contemporary World Issues, Pitești, 2014, pp. 1289 – 1296, <i>Procedia Social and Behavioral Sciences</i> , <a href="https://doi.org/10.1016/j.sbspro.2015.02.266">https://doi.org/10.1016/j.sbspro.2015.02.266</a> <a href="https://www.sciencedirect.com/science/article/pii/S1877042815016122">https://www.sciencedirect.com/science/article/pii/S1877042815016122</a> , WOS:000380497900191	1	
	3. <b>Mijaică, R.</b> , Balint, L. (2012). School Physical Activities Between the Formal and Nonformal Education, 5th International Conference EDU-WORLD 2012 – Education Facing Contemporary World Issues, Pitești, 2012, pp. 503-510, <i>Procedia Social and Behavioral Sciences</i> , <a href="https://doi.org/10.1016/j.sbspro.2013.04.154">https://doi.org/10.1016/j.sbspro.2013.04.154</a> <a href="https://www.sciencedirect.com/science/article/pii/S1877042813006976">https://www.sciencedirect.com/science/article/pii/S1877042813006976</a> WOS:000319885300092	1	
	4. <b>Mijaică, R.</b> , Neamțu, M., Balint, L.,(2013). Methodological Solutions for Developing Students' Personality Characteristics and Evaluating Specific Derivate Competences, within the Physical Education Class, - Buletin Științific – Conferința Internațională „Educație fizică, sport și sănătate”, Seria: Educație fizică și sport, nr. 17 / 2013, pag. 180 – 186, ISSN 1453-1194, Pitești, 2013 ( <a href="http://www.sportconference.ro">www.sportconference.ro</a> )	1	
	<b>TOTAL I9</b>	<b>4 puncte</b>	

I10	Lucrări în extenso (tip proceedings) indexate WoS sau altă BDI recunoscută, realizate în calitate de co-autor, publicate în volumele unor conferințe internaționale, cu relevanță pentru domeniul de abilitare, disponibile în format full-text în cel puțin o BDI	1/n	Lucrare
	1. Feșteu, D., <b>Mijaică, R.</b> , Balint, L., Neamțu, M., (2012). Educational values and outdoor activities, Buletin Științific – Conferința Internațională „Educație fizică, sport și sănătate”, Seria: Educație fizică și sport, nr. 16 / 2012, pag. 156 – 159, ISSN 1453-1194, Pitești, 2012 ( <a href="http://www.sportconference.ro">www.sportconference.ro</a> ); <b>EBSCO, CROSSREF</b>	0,25	
	<b>TOTAL I10</b>	<b>0,25 puncte</b>	
I11	Alte articole în extenso publicate în calitate de autor/co-autor în reviste științifice, cu condiția ca revistele să fie indexate la nivel de rezumat în cel puțin o bază de date internațională recunoscută	1/n	Articol
	1. <b>Mijaică, R.</b> , Neamțu, M., Balint, L., (2012) The Evidence of Nonformal Motor Activities through Computerized Program „NFINFOPRO”, Gymnasium - Scientific Journal of Education, Sports and Health, Vol 13, nr.2/2012, <a href="https://gymnasium.ub.ro/index.php/journal/article/view/250">https://gymnasium.ub.ro/index.php/journal/article/view/250</a> Ebsco (abstract): <a href="https://openurl.ebsco.com/EPDB%3Agcd%3A16%3A13535344/detailv2?sid=ebsco%3Aplink%3Ascholar&amp;id=ebsco%3Agcd%3A86029749&amp;crl=c&amp;link_origin=scholar.google.com">https://openurl.ebsco.com/EPDB%3Agcd%3A16%3A13535344/detailv2?sid=ebsco%3Aplink%3Ascholar&amp;id=ebsco%3Agcd%3A86029749&amp;crl=c&amp;link_origin=scholar.google.com</a>	0,33	
	<b>TOTAL I 11</b>	<b>0,33 puncte</b>	
I12	Cărți publicate în calitate de autor/co-autor în edituri clasificate de tip B (m B = 0,5)	12 x m/n	Carte
I13	Capitole în cărți publicate în calitate de autor/co-autor în edituri clasificate de tip B (m B = 0,5)	3 x m/n	Capitol
I14	Autor/co-autor rapoarte de analiză de politici/strategii educaționale I4.1 rapoarte internaționale (m = 3); I4.2 rapoarte naționale (m = 1)	8 x m/n	Raport
I15	Brevete de invenție/drepturi de autor/mărci înregistrate OSIM/ORDA, ca urmare a unui demers de inovare științifică în vederea elaborării de materiale curriculare, teste psihologice sau educaționale, tesle motrice/funcționale, softuri specializate etc.	3/n	Brevet/ drept de autor

## 2.A2. Vizibilitate și impact științific

Indicator	Denumirea indicatorului	Punctaj	Unitatea de măsură
I16	Citări ale publicațiilor candidatului în lucrări indexate Web of Science (autocitățile sunt excluse)	0.5	Citare
	A. Articol citat: Exome-Wide Association Study of Competitive Performance in Elite Athletes, <i>Genes</i> , volume 14 (3), 660, Special Issue: Genetics, Sports and Training. WOS:000955510900001 <a href="https://doi.org/10.3390/genes14030660">https://doi.org/10.3390/genes14030660</a> , <a href="https://www.mdpi.com/2073-4425/14/3/660">https://www.mdpi.com/2073-4425/14/3/660</a> 1. Ergün, S. G., Tuncay, F. Y., Akan, G., Bulğay, C., & Kazan, H. H. (2025). Analysis of Germline Variants with Low Allele Frequencies in Turkish Healthy Cohort. <i>Cyprus Journal of Medical Sciences</i> , 10(6), 376-382. <a href="https://doi.org/10.4274/cjms.2025.2025-99">https://doi.org/10.4274/cjms.2025.2025-99</a> , WOS:001644023800001 2. Varillas-Delgado, D., Villaoslada, E. & Clavaín, L. <i>ACTN3</i> c.1729C>T Polymorphism Might Not Be a Standalone Factor in Non-contact Musculoskeletal Injury: A Systematic Review and Meta-analysis. <i>Sports Med</i> (2025). <a href="https://doi.org/10.1007/s40279-025-02368-2">https://doi.org/10.1007/s40279-025-02368-2</a> , WOS:001625987600001 3. El Haddouchi A, Marrouh A, Kartti S, et al. Molecular Signatures of Sprint, Strength, and Power Performance: Integrating Genetic, Epigenetic, Transcriptomic, and Telomeric Evidence. <i>Science Progress</i> . 2025;108(4). <a href="https://doi.org/10.1177/00368504251385991">https://doi.org/10.1177/00368504251385991</a> , WOS:001600935400001 4. Celal Bulğay, Nicola L. Bragazzi, Orhan Gök, Veli O. Çakır, Selin Y.	21x0,5=10,5	

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C.	<p>Articol citat: Relationship between Body Mass Index and Muscle Strength, Potential Health Risk Factor at Puberty, <i>Revista Românească pentru Educație Multidimensională</i>, Vol.14, nr.4 (Sup.1), pp: 93-111, <a href="https://doi.org/10.18662/rrem/14.4Sup1/661">https://doi.org/10.18662/rrem/14.4Sup1/661</a>, WOS:001062755100006</p> <p>1. Joksimović M., Badau D., Tawfeeq R.B., Eler N., Muntean R.I., Badau A., Plevnik M. - Determining Power Training Needs Using the Force-Velocity Profile (Imbalance) in Elite Female Volleyball Using Different Vertical Jump. <i>Balneo and PRM Research Journal</i> 2025, 16(2):808. <a href="https://doi.org/10.12680/balneo.2025.808">https://doi.org/10.12680/balneo.2025.808</a>, WOS:001529196600007</p> <p>2. Kryeziu, A. R., Begu, B., Badau, D., &amp; Iseni, A. (2025). Relative Age Effect (RAE) According to Norm Values on Anthropometric Performance and Physical Fitness in 9–11-Year-Old Children. <i>Journal of Functional Morphology and Kinesiology</i>, 10(1), 32. <a href="https://doi.org/10.3390/jfmk10010032">https://doi.org/10.3390/jfmk10010032</a>, WOS:001482989100001</p> <p>3. Bendíková, E., Balint, G. (2023) Selected Factors Influencing the Qualitative Level of Postural Health of Students in Slovakia. <i>European Journal of Contemporary Education</i>. 12(3), 756-765. <a href="https://doi.org/10.13187/ejced.2023.3.756">https://doi.org/10.13187/ejced.2023.3.756</a>, WOS:001154852500002</p> <p>4. Kryeziu, A. R., Iseni, A., Teodor, D. F., Croitoru, H., &amp; Badau, D. (2023). Effect of 12 Weeks of the Plyometric Training Program Model on Speed and Explosive Strength Abilities in Adolescents. <i>Applied Sciences</i>, 13(5), 2776. <a href="https://doi.org/10.3390/app13052776">https://doi.org/10.3390/app13052776</a>, WOS:000947712900001</p> <p>5. Olteanu, M., Oancea, B. M., &amp; Badau, D. (2023). Improving Effectiveness of Basketball Free Throws through the Implementation of Technologies in the Technical Training Process. <i>Applied Sciences</i>, 13(4), 2650. <a href="https://doi.org/10.3390/app13042650">https://doi.org/10.3390/app13042650</a>, WOS:000938212600001</p>	5x0,5=2,5	
D.	<p>Articol citat: Embedding Digital Technologies (AI And ICT) into Physical Education: A Systematic Review of Innovations, Pedagogical Impact, and Challenges. <i>Applied Sciences</i>, volume 15(17), 9826, IF 2,5, SRI 0,521; Special Issue: Applications of Data Science and Artificial Intelligence. <a href="https://doi.org/10.3390/app15179826">https://doi.org/10.3390/app15179826</a>, WOS:001569514800001</p>	7x0,5=3,5	

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E.	<p>Articol citat: Evaluating the Effectiveness of the Annual Physical Training Plan for Masters +45 Women Half Marathon Athletes: A Guideline Model for Good Practices for Programming Effort Volume and Intensity. <i>Sports</i>, volume 12(9), 256, IF 2,9, SRI 0,992; Special Issue: Competition and Sports Training: A Challenge for Public Health. <a href="https://doi.org/10.3390/sports12090256">https://doi.org/10.3390/sports12090256</a>, WOS:001326250400001</p> <ol style="list-style-type: none"> <li>1. Alecu, S., Onea, G. A., &amp; Badau, D. (2025). The Relationship between Motivation for Physical Activity, Physical Activity Level, and Body Mass Index for University Students. <i>Sports</i>, 13(4), 96. <a href="https://doi.org/10.3390/sports13040096">https://doi.org/10.3390/sports13040096</a>, WOS:001476678200001</li> <li>2. Kryeziu, A. R., Begu, B., Badau, D., &amp; Iseni, A. (2025). Relative Age Effect (RAE) According to Norm Values on Anthropometric Performance and Physical Fitness in 9–11-Year-Old Children. <i>Journal of Functional Morphology and Kinesiology</i>, 10(1), 32. <a href="https://doi.org/10.3390/jfmk10010032">https://doi.org/10.3390/jfmk10010032</a>, WOS:001482989100001</li> </ol>	2x0,5=1	
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I.	Articol citat: Self-Perception of Skills Specific to Professional Development in Physical Education and Sports, <i>Bulletin of the Transilvania University of Braşov</i> , seria IX: Human Kinetics, Vol. 15(64), nr.1-2022, pp.71-78, <a href="https://doi.org/10.31926/but.shk.2022.15.64.1.8">https://doi.org/10.31926/but.shk.2022.15.64.1.8</a> , <a href="https://webbut.unitbv.ro/index.php/Series_IX/article/view/1761">https://webbut.unitbv.ro/index.php/Series_IX/article/view/1761</a> 1. Badau, A. (2024). Mental Imagery and Attentional Style in Senior Mini-Football Players. <i>BRAIN. Broad Research In Artificial Intelligence And Neuroscience</i> , 15(2), 46-66. Retrieved from <a href="https://brain.edusoft.ro/index.php/brain/article/view/1533">https://brain.edusoft.ro/index.php/brain/article/view/1533</a> ; WOS:001302696600002 2. Badau, D., Badau, A., Joksimović, M., Manescu, C. O., Manescu, D. C., Dinciu, C. C., Margarit, I. R., Tudor, V., Mujea, A. M., Neofit, A., & Teodor, D. F. (2024). Identifying the Level of Symmetrization of Reaction Time According to Manual Lateralization between Team Sports Athletes, Individual Sports Athletes, and Non-Athletes. <i>Symmetry</i> , 16(1), 28. <a href="https://doi.org/10.3390/sym16010028">https://doi.org/10.3390/sym16010028</a> ; WOS:001151266000001 3. Kryeziu, A. R., Iseni, A., Teodor, D. F., Croitoru, H., & Badau, D. (2023). Effect of 12 Weeks of the Plyometric Training Program Model on Speed and Explosive Strength Abilities in Adolescents. <i>Applied Sciences</i> , 13(5), 2776. <a href="https://doi.org/10.3390/app13052776">https://doi.org/10.3390/app13052776</a> , WOS:000947712900001 4. Olteanu, M., Oancea, B. M., & Badau, D. (2023). Improving Effectiveness of Basketball Free Throws through the Implementation of Technologies in the Technical Training Process. <i>Applied Sciences</i> , 13(4), 2650. <a href="https://doi.org/10.3390/app13042650">https://doi.org/10.3390/app13042650</a> , WOS:000938212600001	4x0,5=2	
J.	Articol citat: Educație fizică școlară - Coordonate teoretico-metodice ale activității de predare învățare: ciclul primar de învățământ, Editura Universității Transilvania din Braşov, ISBN:978-606-19-0297-2, p.176 1. Căpriță, F., & Balint, L. (2023). Tools for Objectifying Motor Assessment and Functional Adaptability of Children with SEN in Special Education. <i>BRAIN. Broad Research In Artificial Intelligence And Neuroscience</i> , 14(1), 331-345. Retrieved from <a href="https://brain.edusoft.ro/index.php/brain/article/view/1374">https://brain.edusoft.ro/index.php/brain/article/view/1374</a> , WOS:000967670200020	1x0,5=0,5	
K.	Articol citat: Optimization of Group Cohesion through Restructuring Social Networks by Using Motor Skill Games in Physical Education Lesson,	1x0,5=0,5	

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	<b>TOTAL I16</b>	<b>27,5 puncte</b>	
I17	<p>Alte citări ale publicațiilor candidatului (autocitățile sunt excluse)</p> <p>I17.1 Disponibile în lucrări clasificate A1 (m = 3)</p> <p>I17.2. Disponibile în lucrări clasificate A2 sau în baza de date Scopus (altele decât cele deja incluse la I16) (m = 1)</p> <p>I17.3. Disponibile în lucrări clasificate B sau în alte surse academice identificabile prin Google Scholar (altele decât cele deja incluse) (m 0.5)</p>	m/10	Citare
	<p>A. Articol citat: Evaluating the Effectiveness of the Annual Physical Training Plan for Masters +45 Women Half Marathon Athletes: A Guideline Model for Good Practices for Programming Effort Volume and Intensity. <i>Sports</i>, volume 12(9), 256, IF 2,9, SRI 0,992; Special Issue: Competition and Sports Training: A Challenge for Public Health. <a href="https://doi.org/10.3390/sports12090256">https://doi.org/10.3390/sports12090256</a>, WOS:001326250400001</p> <p><b>Scopus: m=1</b></p> <p>1. Badau, D., Badau, A., Ene-Voiculescu, V., Ene-Voiculescu, C., Teodor, D. F., Sufaru, C., Dinciu, C. C., Dulceata, V., Manescu, D. C., &amp; Manescu, C. O. (2025). The Impact of Technologies on the Development of Repetitive Speed in Handball, Basketball, and Volleyball. <i>Retos</i>, 64, 809–824. <a href="https://doi.org/10.47197/retos.v64.11111">https://doi.org/10.47197/retos.v64.11111</a></p> <p>2. Muslihin, H.Y., Rusani, J., Wulan, N., Fariha Nilan, C. (2025). Mastering Risk Reduction: Innovative Martial Arts Training Program Based on Risk Analysis – <i>Fizjoterapia Polska</i> 25(1); 78-83. <a href="https://doi.org/10.56984/8ZG007DNT5Q">https://doi.org/10.56984/8ZG007DNT5Q</a></p> <p><b>Google Scholar: m=0,5</b></p> <p>1. Badau, D., Litoi, M. F., Ene-Voiculescu, V., Olaru, C., Abra-miuc, A., Croitoru, H., &amp; Duta, D. Effectiveness of an 8-Week Trunk Core Stretching Program in Improving Trunk Mobility in Women. <i>Balneo and PRM Research Journal</i> 2026, 17 (1), 985. <a href="http://bioclima.ro/Balneo985.pdf">http://bioclima.ro/Balneo985.pdf</a></p> <p>2. Badau, A. Personal Development and Proactive Health Initiative as Determinants of Physical Activity Index among Physiotherapists: Stratification by Professional Expertise Level. <i>Balneo and PRM Research Journal</i> 2026, 17 (1), 987. <a href="http://bioclima.ro/Balneo987.pdf">http://bioclima.ro/Balneo987.pdf</a></p> <p>3. Tacsá, A. M., &amp; Badau, D. (2025). Optimizing VO2max by Implementing a Functional Training Program with Innovative Fitness Equipment for Students. <i>Health, Sports &amp; Rehabilitation Medicine</i>, 26(1). <a href="https://doi.org/10.26659/pm3.2025.26.1.22">https://doi.org/10.26659/pm3.2025.26.1.22</a></p> <p>4. Zhao, Q., Li, J., Li, J., &amp; Hou, K. Using Time Series Modeling to Analyze Fitness Fluctuations in Track and Field Athletes across Training Cycles. <i>IJHSR</i>, volume 46(3), 5489-5497, <a href="https://doi.org/10.70517/ijhsa463474">https://doi.org/10.70517/ijhsa463474</a></p> <p>5. Sun, Y., &amp; Zhou, J. Design of Athletes' Fitness Improvement Paths in the Framework of Intelligent Algorithm Optimization in New Era Sports Training. <i>IJHSR</i>, volume 46(4), 4300-4311, <a href="https://doi.org/10.70517/ijhsa464278">https://doi.org/10.70517/ijhsa464278</a></p>	2x0,10 =0,20	
	<p>B. Articol citat: Evaluation of the Association of VDR Polymorphism RS2228570 with Elite Track and Field Athletes' Competitive Performance, <i>Healthcare</i>, volume 11(5), 681, Special Issue: Improving Athletes' Performance and Avoiding Health Issues, WOS:000947298900001, <a href="https://doi.org/10.3390/healthcare11050681">https://doi.org/10.3390/healthcare11050681</a></p> <p><b>Scopus: m=1</b></p> <p>1. Biesiedina, A., Harbuzova, V., Obukhova, O., Oleshko, T., &amp; Demenko, M. (2025). Association between RS10735810 Polymorphism of the Vitamin D Receptor (VDR) Gene and the Development of Physical Qualities in Ukrainian Athletes from the Sumy Region. <i>Eastern Ukrainian Medical Journal</i>, 13(3), 757-769.</p>	2x0,10 = 0,20	

<p><a href="https://doi.org/10.21272/eumj.2025;13(3):757-769">https://doi.org/10.21272/eumj.2025;13(3):757-769</a></p> <p>2. Kahya, S., &amp; Taheri, M. (2024). Exploring the nexus between sports performance and genetics: a comprehensive literature review: Sports and genetics. <i>Cellular and Molecular Biology</i>, 70(5), 275–283. <a href="https://doi.org/10.14715/cmb/2024.70.5.41">https://doi.org/10.14715/cmb/2024.70.5.41</a></p>		
<p>C. Articol citat: Exome-Wide Association Study of Competitive Performance in Elite Athletes, <i>Genes</i>, volume 14 (3), 660; Special Issue: Genetics, Sports and Training. WOS:000955510900001 <a href="https://doi.org/10.3390/genes14030660">https://doi.org/10.3390/genes14030660</a>,  <b>Scopus: m=1</b></p> <ol style="list-style-type: none"> <li>Spanakis, M., Fragkiadaki, P., Renieri, E., Baliou, S., Fragkiadoulaki, I., Vakonaki, E. ... Tsatsakis, A. (2025). Exploiting Interrelated Genomic, Biochemical, Nutritional and Pathophysiological Data to Optimize Athletic Performance (Review). <i>World Academy of Sciences Journal</i>, 7, 52. <a href="https://doi.org/10.3892/wasj.2025.340">https://doi.org/10.3892/wasj.2025.340</a></li> <li>Nasb, M., Wei, M., Lin, B., &amp; Chen, N. (2024). Unraveling Precision Exercise: A Journey from Efficacy to Molecular Insights. <i>Advanced Exercise and Health Science</i>, 1(1), 3–15. <a href="https://doi.org/10.1016/j.aehs.2024.01.004">https://doi.org/10.1016/j.aehs.2024.01.004</a></li> </ol> <p><b>Google Scholar: m=0,5</b></p> <ol style="list-style-type: none"> <li>Bilen, E., &amp; Eliöz, M. (2023). The Relationship Between the SLC6A4 Gene Polymorphism (rs 5- HTTLPR) and Aggression in Combat Athletes. <i>Journal of ROL Sport Sciences</i>, 4(4), 1423-1436. <a href="https://doi.org/10.5281/zenodo.10377634">https://doi.org/10.5281/zenodo.10377634</a></li> <li>Bulgay, C., Çakır, V. O., &amp; Ergün, M. A. (2023). The importance of genetic factors in sports injuries. <i>Innovative Research in Sport Sciences; Dalkılıç, M., Ed.; Duvar Publishing: Izmir, Turkey</i>, 35-52. ISBN: 978-625-6507-50-0</li> <li>Yılmaz, Ö., Polat, T., Yüksel, İ., Göçücü, K., &amp; Ulucan, K. (2024). Determination of COL1A1 rs1800012 polymorphism related to ligament and tendon injury in Turkish professional bodybuilders: Experimental research. <i>Türkiye Klinikleri Spor Bilimleri Dergisi</i>, 16(1). <a href="http://doi.org/10.5336/sportsci.2023-97720">http://doi.org/10.5336/sportsci.2023-97720</a></li> <li>Sultanov, R. I. rtaş, R, Bulgay, C, Kazan, HH, Akman, O, Sporiš, G, John, G, Yusupov, RA, Sultanov, RI, Zhelankin, AV, Semenova, EA, Larin, AK, Kulemin, NA, Generozov, EV, Jurko, D and Ahmetov, II The ARK2N (C18ORF25) Genetic Variant Is Associated with Muscle Fiber Size and Strength Athlete Status. <a href="https://doi.org/10.3390/metabo14120684">https://doi.org/10.3390/metabo14120684</a></li> </ol>	<p>2x0,10 = 0,20</p> <p>4x0,05 = 0,20</p>	
<p>D. Articol citat: Embedding Digital Technologies (AI and ICT) into Physical Education: A Systematic Review of Innovations, Pedagogical Impact, and Challenges. <i>Applied Sciences</i> 15(17), 9826. <a href="https://doi.org/10.3390/app15179826">https://doi.org/10.3390/app15179826</a>, WOS:001569514800001;  <b>Google Scholar: m=0,5</b></p> <ol style="list-style-type: none"> <li>Badau, D., &amp; Badau, A. (2026). Perceptions of the Benefits and Limitations of Hybrid Physical Education Lessons that Combine Virtual Professors with an In-Person Professor. <i>Humanities and Social Sciences Communications</i>. <a href="https://doi.org/10.1057/s41599-026-07125-y">https://doi.org/10.1057/s41599-026-07125-y</a></li> <li>Solamillo, K. A. (2025). Artificial Intelligence Anxiety and Attitudes among Pre-Service and In-Service Physical Education Teachers: Addressing an Underserved Field in AI Education. <i>LatIA</i>, (3), 245. <a href="https://doi.org/10.62486/latia2025245">https://doi.org/10.62486/latia2025245</a></li> <li>Noviardah, D. P. (2025, December). Transformasi Pembelajaran Jasmani Melalui Integrasi Artificial Intelligence Dan Analitik Gerak Digital Terhadap Literasi Olahraga Siswa. In <i>Prosiding Seminar Nasional Prodi Magister Dan Doktoral Pendidikan Olahraga FIK UNNES</i> (Vol. 1, No. 1, pp. 340-356).</li> <li>Latino, F., &amp; Tafuri, F. (2026). School and Physical Education as Co-evolutionary Ecosystems: In-tersections between Body, Environment, and Educational Technolo-gies. <i>Journal of Inclusive Methodology and Technology in Learning and Teaching</i>, 6(1).</li> <li>Agustina, E., Arrody, R., Aryani, M., Setiawan, A., &amp; Fauzi, D. (2026). Technology Integration In Physical Education Learning In Schools:</li> </ol>	<p>14x0,05 = 0.70</p>	

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<p>H.</p>	<p>Articol citat: Motor Games, Social Learning Alternative Content in Physical Education Lesson, 6th International Conference EDU-WORLD 2014 – Education Facing Contemporary World Issues, Pitești, 2014, pp. 1289 – 1296, <i>Procedia Social and Behavioral Sciences</i>,  <a href="https://doi.org/10.1016/j.sbspro.2015.02.266">https://doi.org/10.1016/j.sbspro.2015.02.266</a> WOS:000380497900191  <b>Google Scholar: m=0,5</b></p> <ol style="list-style-type: none"> <li>1. Stiadi, D., Ma'mun, A., &amp; Juliantine, T. (2020). The Effect of Cooperative Learning Intentionally Structuring Model on Self-Disclosure and Self-Awareness in Physical Education Learning at School. <i>Jurnal Pendidikan Jasmani dan Olahraga</i>, 5(1), 22-28.  <a href="https://doi.org/10.17509/jpjo.v5i1.23540">https://doi.org/10.17509/jpjo.v5i1.23540</a></li> <li>2. Rozsnyai, R.A., Grosu, E.F., Ormenișan, V.S., Grosu, V.T., Radu, P.O., &amp; Babeș-Bolyai University, C.R. (2018). Study Concerning the Efficiency of the Use of Dynamic Games in Physical Education and Sports Lessons at 8th Class. <i>Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae</i>. <a href="https://doi.org/10.24193/subbeag.63(4).33">https://doi.org/10.24193/subbeag.63(4).33</a></li> <li>3. Nechita, F. (2021). The Role of Movement Games in the Education of Speed Indices in the Pre-University System. <i>Bulletin of the Transilvania University of Brasov. Series IX, Sciences of Human Kinetics</i>, 14(1), 187-194.  <a href="https://doi.org/10.31926/but.shk.2021.14.63.1.24">https://doi.org/10.31926/but.shk.2021.14.63.1.24</a></li> <li>4. Cioroiu, S. G. (2021). The Importance of Kinetotherapy in Recoveryflapy Paraplegia in Young Adults. <i>Bulletin of the Transilvania University of Brasov. Series IX, Sciences of Human Kinetics</i>, 14(1), 203-208. <a href="https://doi.org/10.31926/but.shk.2021.14.63.2.26">https://doi.org/10.31926/but.shk.2021.14.63.2.26</a></li> <li>5. Tudorache, G., &amp; Mihăilescu, L. Assessment of the Physical Education Activity Concerning the Optimisation of Interpersonal Behaviour. <i>Book of Proceedings of the 10th International Congress of Physical Education, Sport and Kinetotherapy</i>,  <a href="https://doi.org/10.51267/icpesk2020bp15">https://doi.org/10.51267/icpesk2020bp15</a></li> <li>6. Marwan, I. (2018). Comparison of effectiveness learning between drills and games method in physical education. <i>Journal of Physical Education Research</i>, Volume 5, Issue I, 46-52.</li> </ol>	<p>6x0,05 = 0,30</p>	
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<p>J. Articol citat: Physical Performance and Sports Genetics: A Systematic Review of Candidate Gene Polymorphisms Involved in Team Sports. <i>Genes</i>, 16(9), 1079. <a href="https://doi.org/10.3390/genes16091079">https://doi.org/10.3390/genes16091079</a>, WOS:001579960900001</p> <p><b>Scopus: m=1</b></p> <ol style="list-style-type: none"> <li>1. Sökmen, F. C., Kasakolu, A., Bulgay, C., Kikuchi, N., Kazan, H. H., Koncagul, S., Yildiz, Y. A., Szabo, A., Bragazzi, N. L., &amp; Ergün, M. A. (2026). Genome-Wide Association Study of Vertical Jump Performance Among Elite Badminton Players. <i>International Journal of Molecular Sciences</i>, 27(6), 2533. <a href="https://doi.org/10.3390/ijms27062533">https://doi.org/10.3390/ijms27062533</a></li> <li>2. Panayotov, V., Petkov, K., &amp; Makaveev, R. (2026). Relative anthropometric parameters as predictors of strength abilities of Olympic weightlifters. <i>Journal of Coaching and Sports Science</i>. <a href="https://doi.org/10.58524/jcss.v5i1.958">https://doi.org/10.58524/jcss.v5i1.958</a></li> <li>3. Łosińska, K., Cieżczyk, P., Zajac, A., Markowski, J., Pilch, J., Smółka, W. &amp; Maszczyk, A. (2026). Genes and Injuries in Sports: A Systematic Review and Meta-Analysis. <i>Journal of Human Kinetics</i>, 101, 179–198. <a href="https://doi.org/10.5114/jhk/218951">https://doi.org/10.5114/jhk/218951</a></li> </ol> <p><b>Google Scholar: m=0,5</b></p> <ol style="list-style-type: none"> <li>1. Badau, D., Litoi, M. F., Ene-Voiculescu, V., Olaru, C., Abra-miuc, A., Croitoru, H., &amp; Duta, D. Effectiveness of an 8-Week Trunk Core Stretching Program in Improving Trunk Mobility in Women. <i>Balneo and PRM Research Journal</i> 2026, 17 (1), 985. <a href="http://bioclima.ro/Balneo985.pdf">http://bioclima.ro/Balneo985.pdf</a></li> </ol>	<p>3x0,10 = 0,30</p> <p>1x0,05 = 0,05</p>	
<p>K. Articol citat: Improving Body Mass Index in Students with Excess Weight through a Physical Activity Programme. <i>Children (Basel, Switzerland)</i>, 9(11), 1638. <a href="https://doi.org/10.3390/children9111638">https://doi.org/10.3390/children9111638</a>, WOS:000880879800001</p> <p><b>Google Scholar: m=0,5</b></p> <ol style="list-style-type: none"> <li>1. Campoy, J. M. F., Cueto, J. P. C., Sánchez, C. A. M., &amp; Salas, P. A. (2024). <i>Investigación educativa para la innovación de las TIC aplicadas a la enseñanza de la sociedad del conocimiento</i> (1st ed.). Dykinson, S.L. <a href="https://doi.org/10.2307/ji.22246975">https://doi.org/10.2307/ji.22246975</a> .</li> </ol>	<p>1x0,05 = 0,05</p>	
<p>L. Articol citat: Optimization of Group Cohesion through Restructuring Social Networks by Using Motor Skill Games in Physical Education Lesson, <i>Gymnasium - Scientific Journal of Education, Sports and Health</i>, Vol 17, nr. 2/2016, <a href="https://doi.org/10.29081/gsjesh.2016.17.2.05">https://doi.org/10.29081/gsjesh.2016.17.2.05</a></p> <p><b>Google Scholar: m=0,5</b></p> <ol style="list-style-type: none"> <li>1. Tudorache, G., &amp; Mihăilescu, L. Assessment of the Physical Education Activity Concerning the Optimisation of Interpersonal Behaviour. <i>Book of Proceedings of the 10th International Congress of Physical Education, Sport and Kinetotherapy</i>, <a href="https://doi.org/10.51267/icpesk2020bp15">https://doi.org/10.51267/icpesk2020bp15</a></li> <li>2. Trandafir, M., &amp; Balint, L. (2020). Study on the Importance of Motor Qualities and Energetic Substrate in the Preparatory Stage, in High-Performance Ice Hockey. <i>Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics</i>, 119-128. <a href="https://doi.org/10.31926/but.shk.2020.13.62.1.15">https://doi.org/10.31926/but.shk.2020.13.62.1.15</a></li> </ol>	<p>2 x 0,05 = 0,10</p>	
<p>M. Articol citat: The Importance of Postural Gymnastics in Harmonious Physical Development in Preschool Students, <i>Bulletin of the Transilvania University of Braşov, seria IX: Human Kinetics</i>, Vol. 14(63) No. 2 – 2021, pp. 169 – 174, <a href="https://doi.org/10.31926/but.shk.2021.14.63.2.20">https://doi.org/10.31926/but.shk.2021.14.63.2.20</a></p> <p><b>Google Scholar: m=0,5</b></p> <ol style="list-style-type: none"> <li>1. Ciorăşteanu, R. M., &amp; Balint, L. (2025). Body Aesthetics and the Artistic Component in Rhythmic Gymnastics: The Impact of a Specific Training Program. <i>Bulletin of the Transilvania University of Brasov. Series IX, Sciences of Human Kinetics</i>, 18(1), 57-66. <a href="https://doi.org/10.31926/but.shk.2025.18.67.1.7">https://doi.org/10.31926/but.shk.2025.18.67.1.7</a></li> <li>2. Kvach, O. (2026). Biomechanical Features of Balance Performance in Young Gymnasts at the Stage of Initiation of Competitive Activity. <i>Scientific Journal of the Dragomanov Ukrainian State University. Series 15</i>, (3(202), 190-195. <a href="https://doi.org/10.31392/UDU-">https://doi.org/10.31392/UDU-</a></li> </ol>	<p>2x0,05 = 0,10</p>	

	<a href="#">nc.series15.2026.03(202).38</a>		
	<p>N. Articol citat: The Dynamics of Childrens Class Cohesion and Interpersonal Relations in Physical Education Learning at Primary and Gymnazial Cycling Education, <i>Bulletin of the Transilvania University of Braşov, seria IX: Human Kinetics</i>, Vol. 12(61) No. 1 – 2019, pp. 159-168, <a href="https://doi.org/10.31926/but.shk.2019.12.61.22">https://doi.org/10.31926/but.shk.2019.12.61.22</a>,</p> <p><b>Google Scholar: m=0,5</b></p> <p>1. Menegaldo, F. R., &amp; Bortoleto, M. A. C. (2024). O impacto do tamanho do grupo no desenvolvimento do potencial social da Ginástica para Todos: uma análise a partir da Praxiologia Motriz. <i>Revista Brasileira de Ciências do Esporte</i>, 46, e20230093. <a href="https://doi.org/10.1590/rbce.45.e20230093">https://doi.org/10.1590/rbce.45.e20230093</a></p>	1x0,05 = 0,05	
	<p>O. Articol citat: Study of Students Satisfaction about Teachers Competencies, Specific to the Teaching Activity at the Physical Education Lesson, <i>Bulletin of the Transilvania University of Braşov, seria IX: Human Kinetics</i>, Vol. 15(64), nr. 2-2022, pp. 39-48, <a href="https://doi.org/10.31926/but.shk.2022.15.64.2.4">https://doi.org/10.31926/but.shk.2022.15.64.2.4</a></p> <p><b>Google Scholar: m=0,5</b></p> <p>1. Bragarenco, N. (2025). Correspondence between the Written and Taught Curriculum in School Physical Education. <i>Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics</i>, 121-132. <a href="https://doi.org/10.31926/but.shk.2025.18.67.1.14">https://doi.org/10.31926/but.shk.2025.18.67.1.14</a></p>	1x0,05 = 0,05	
	<p>P. Carte citată: Educație fizică școlară - coordonate teoretico-metodice ale activității de predare învățare: ciclul primar de învățământ, Editura Universității Transilvania din Braşov, ISBN:978-606-19-0297-2</p> <p><b>Google Scholar: m=0,5</b></p> <p>1. Romila, C., &amp; Huma, M. (2025). Pedagogical Practice in the Discipline of Physical Education and Sports in High Schools with a Pedagogical Profile. <i>Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics</i>, 83-90. <a href="https://doi.org/10.31926/but.shk.2025.18.67.1.10">https://doi.org/10.31926/but.shk.2025.18.67.1.10</a></p>	1x0,05 = 0,05	
	<b>TOTAL I17</b>	<b>3,8 puncte</b>	
I18	Keynote speaker (comunicare științifică în plen) la conferințe internaționale (m = 3)/naționale (m = 1)	2 x m	Conferință
I19	Membru în comitetul științific (A)/Referent științific pentru evaluarea și selecția lucrărilor unei conferințe (B)/Membru în comitetul de organizare (C)/Coordonator simpozion (Chair) (D) (se punctează o singură calitate/conferință) 19.1 Conferințe internaționale (m = 3) 19.2 Conferințe naționale (m = 1)	1 x m	Conferință
	1. YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT, 27-28 February 2020, Braşov, Romania, <a href="https://sport.unitbv.ro/images/YPOM/arhivă_YPOM/YPOM_arhiva_2020-edited_29.04.pdf">https://sport.unitbv.ro/images/YPOM/arhivă_YPOM/YPOM_arhiva_2020-edited_29.04.pdf</a>	1 x 3=3	
	2. YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT, 19-20 March 2021, ONLINE, <a href="https://sport.unitbv.ro/images/YPOM/arhiv%C4%83_YPOM/YPOM_2021_v1.pdf">https://sport.unitbv.ro/images/YPOM/arhiv%C4%83_YPOM/YPOM_2021_v1.pdf</a>	1 x 3=3	
	3. YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT, 11-12 March 2022, Braşov, Romania, <a href="https://sport.unitbv.ro/images/YPOM/YPOM_2022/arhiv%C4%83_-_YPOM_2022.pdf">https://sport.unitbv.ro/images/YPOM/YPOM_2022/arhiv%C4%83_-_YPOM_2022.pdf</a>	1 x 3=3	
	4. YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT, 09-11 March 2023, Braşov, Romania <a href="https://sport.unitbv.ro/images/YPOM/YPOM_2023/Comitet_organizare_0602.pdf">https://sport.unitbv.ro/images/YPOM/YPOM_2023/Comitet_organizare_0602.pdf</a>	1 x 3=3	
	5. YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT, 09-11 March 2024, Braşov, Romania <a href="https://sport.unitbv.ro/images/YPOM/YPOM_2024/YPOM_2024_arhiva.pdf">https://sport.unitbv.ro/images/YPOM/YPOM_2024/YPOM_2024_arhiva.pdf</a>	1 x 3=3	

	6. YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT, 09-11 March 2025, Braşov, Romania <a href="https://sport.unitbv.ro/images/YPOM/YPOM_2025/Comitet_organizare.pdf">https://sport.unitbv.ro/images/YPOM/YPOM_2025/Comitet_organizare.pdf</a>	1 x 3=3	
	<b>TOTAL I19</b>	<b>18 puncte</b>	
I20	Preşedinte sau membru în comitetul executiv al unei asociații profesionale internaționale (m = 3) sau naționale (m = 1)	2 x m	Asociație
I21	Premii și distincții I21.1. Premii pentru activitatea științifică oferite de către instituții sau asociații științifice/profesionale internaționale (m = 3) sau naționale de prestigiu (CNCS, etc.) (m = 1) (nu sunt incluse granturile de deplasare sau premiarea articolelor din zona roșie, galbenă etc.) I21.2. Premii pentru activitatea didactică oferite de către instituții/asociații de profil internaționale sau naționale de prestigiu (ex. profesor Bologna etc.) (m = 1) I21.3. Obținerea în activitatea unor rezultate de prestigiu privind promovarea țării și a învățământului românesc (de exemplu distincțiile, medaliile primite de către sportivi, antrenori, alți specialiști pentru rezultate la JO, CM, CE etc., oferite de Președinția României, MENCS, MTS etc.) (m = 1)	4 x m	Premiu
	<b>TOTAL I21</b>		
I22	Coordonator al unei colecții de carte	6	Colecție
I23	Carte coordonată relevantă pentru domeniu (m A1 = 3; m A2 = 1; m B = 0-5)	8 x m/n	Carte
I24	Redactor șef/editor sau membru în comitetul editorial al unei reviste cu comitet științific și peer-review I24.1. Revistă indexată Web of Science (m = 3) I24.2. Revistă indexată în cel puțin două BDI (m = 1) I24.3 Revistă indexată într-un BDI (m = 0.5)	4 x m	Revistă
	1. Buletinul Universității Transilvania din Braşov, Series IX: Sciences of Human Kinetics – membru in comitetul editorial, <a href="https://webbut.unitbv.ro/index.php/Series_IX/Editorial_Board">https://webbut.unitbv.ro/index.php/Series_IX/Editorial_Board</a>	4 x 1 = 4	
	<b>TOTAL I24</b>	<b>4 puncte</b>	
I25	Referent științific ad-hoc pentru reviste cu comitet științific și peer-review I25.1. Revistă indexată Web of Science I25.2. Revistă indexată BDI (alta decât WoS)	0.3/0.2	Articol
	1. Symmetry – 1 articol recenzat – 1x0,3	0,3	
	2. Children – 7 articole recenzate – 7x0,3	2,1	
	3. Sustainability – 4 articole recenzate – 4x0,3	1,2	
	4. Behavioral Sciences – 1 articol recenzat – 1x0,3	0,3	
	5. European Journal of Investigation in Health, Psychology and Education – 1 articol recenzat – 1x0,3	0,3	
	6. Education Sciences – 4 articole recenzate – 4x0,3	1,2	
	7. Healthcare – 13 articole recenzate – 13x0,3	3,9	
	8. Applied Sciences – 11 articole recenzate – 11x0,3	3,3	
	9. Medicina – 1 articol recenzat – 1x0,3	0,3	
	10. Psychiatry International – 1 articol recenzat – 1x0,3	0,3	
	11. BMC Sports Science, Medicine and Rehabilitation – 1 articol recenzat – 1x0,3	0,3	
	12. Scientific Reports – 6 articole recenzate – 6x0,3	1,8	
	13. BMC Public Health – 5 articole recenzate – 5x0,3	1,5	
	14. BMC Medical Education – 2 articole recenzate – 2x0,3	0,6	
	15. The Visual Computer – 1 articol recenzat – 1x0,3	0,3	
	16. BioMed Research International – 1 articol recenzat – 1x0,3	0,3	
	17. Experimental Biology and Medicine – 1 articol recenzat – 1x0,3	0,3	
	18. Frontiers in Psychology – 2 articole recenzate – 2x0,3	0,6	
	19. Physiological Genomics – 1 articol recenzat – 1x0,3	0,3	
	20. Frontiers in Active Living – 5 articole recenzate – 5x0,3	1,5	

	21. Frontiers in Public Health – 2 articole recenzate – 2x0,3	0,6	
	22. Kinesiology – 1 articol recenzat – 1x0,3	0,3	
	23. REd Journal Research & Education – 1 articol recenzat – 1x0,2	0,2	
	24. International Journal of Environmental Research and Public Health – 15 articole recenzate – 15x0,2	3	
	25. Muscles – 1 articol recenzat – 1x0,2	0,2	
	<b>TOTAL I25</b>	<b>25 puncte</b>	
I26	<p>Profesor asociat/visiting scholar pentru o durată de cel puțin o lună de zile/susținerea unei conferințe sau prelegeri în fața cadrelor didactice sau a doctoranzilor (se punctează un singur aspect per universitate; nu sunt incluse aici schimburile Erasmus)</p> <p>26.1 la o universitate din TOP 500 conform clasamentului URAP (m = 3)</p> <p>26.2 la o universitate din afara topului 500 URAP, ca urmare a unei invitații nominale din partea instituției gazdă (m = 1)</p> <p>26.3 profesor invitat/lector al federațiilor internaționale pe ramură de sport/Academiei Olimpice a CIO/Asociații profesionale internaționale (m = 1)/federațiilor naționale pe ramură de sport sau Academiei Olimpice a COSR (m = 0,5)</p>	0.5 x m	Instituție/invi tație
I27	<p>Director al unui grant finanțat/instituția coordonată</p> <p>I27.1 Director grant de cercetare cu relevanță publică largă obținut prin competiție internațională, acordat de către o agenție/instituție internațională (m = 3)</p> <p>I27.2. A. Director grant de cercetare cu relevanță publică largă obținut prin competiție națională/B. Coordonator echipă România pentru un grant de cercetare cu relevanță publică largă, obținut prin competiție internațională (m = 1)</p> <p>I27.3. A. Director sau coordonator partener al unui grant de dezvoltare instituțională (de exemplu tip POSDRU, Erasmus + etc.)/B. Director sau coordonator partener al unui grant de cercetare cu relevanță specifică (de exemplu finanțat de către o companie), obținut prin competiție națională sau internațională/C. Coordonator partener pentru un grant de cercetare cu relevanță publică largă, obținut prin competiție națională (m = 0.5)</p>	9 x m	Grant
	<p>I27.2. B. Coordonator echipă România pentru cercetare, inovare și educație sportivă digitală – titlu proiect: <i>Developing Information, Research and Digital Skills for Business, Innovation and Entrepreneurship in India, Sri Lanka and Nepal - NSIS, Capacity Building in Higher Education</i>.</p> <p>Acronym: NSIS; Contract număr: 101179133; <a href="https://www.nsisproject.eu/">https://www.nsisproject.eu/</a></p> <p>Programul: ERASMUS-EDU-2024-CBHE-STRAND-2, cofinanțat de Uniunea Europeană. Perioada de desfășurare: decembrie 2024 – noiembrie 2027.</p> <p>Suma totală proiect: 888814 €, din care suma pentru UNITBv: 70827,58 € (<a href="https://drive.unitbv.ro/s/EMbtirjNjYLS5tC">https://drive.unitbv.ro/s/EMbtirjNjYLS5tC</a>)</p>	9 x 1=9	
	<b>TOTAL I27</b>	<b>9 puncte</b>	
I28	<p>Membru în echipa unui grant finanțat/instituția coordonată</p> <p>I28.1 Membru în echipa unui grant de cercetare cu relevanță publică largă obținut prin competiție internațională sau națională (m = 1)</p> <p>I28.2. Membru în echipa unui grant de cercetare cu relevanță specifică sau a unui grant de dezvoltare instituțională obținut prin competiție internațională sau națională (m = 0,5)</p>	3 x m	Grant
	<b>TOTAL I28</b>	<b>0 puncte</b>	
I29	<p>Activitate de mentorat/îndrumare</p> <p>29.1. Conducător științific/membru în comisia de îndrumare sau de evaluare a tezelor de doctorat (punctajul total la 29.1 este plafonat la maximum 10 puncte)</p> <p>29.2. Mentor cu rol oficial de îndrumare a unor cercetători postdoctorali</p>	1/0.5	Doctorand/ comisie
	<p>Membru în comisia de îndrumare - doctoranda BABA DANIELA SIMINICA LILIANA, IOSUD Universitatea Transilvania din Brașov, Domeniul: Știința sportului și educației fizice, perioada: 2022 – 2023.</p>	0,5	Îndrumat
	<p>Membru în comisia de îndrumare si integritate academică - doctoranda TACȘA ANDREEA MARIA, IOSUD Universitatea Transilvania din Brașov, Domeniul: Știința sportului și educației fizice, perioada: 2022 – prezent.</p>	0,5	
	<b>TOTAL I29</b>	<b>1 punct</b>	

I30	30.1. Inițierea sau coordonarea unor programe de studii universitare sau post-universitare	2	Program Curs Disciplină
	30.2. Publicarea unor cursuri universitare (nu pot fi punctate aici contribuții ce au fost incluse la indicatorii I3, I7 sau I12)	1	
	30.3. Introducerea unor discipline noi în planul de învățământ	0.5	
	I30.1. Coordonarea unor programe de studii universitare	2/program	
	Coordonator program de studii universitare de licență - EDUCAȚIE FIZICĂ ȘI SPORTIVĂ; perioada: 2022-2024	2	
	Coordonator program de studii universitare de masterat - EDUCAȚIE FIZICĂ ȘCOLARĂ ȘI ACTIVITĂȚI MOTRICE DE TIMP LIBER; perioada: 2023 – prezent.	2	
	I30.2. <b>Publicarea unor cursuri universitare</b>	1/curs	
	<b>Mijaică, R.,</b> (2020). Caiet de lucrări practice la șah – inițiere, Editura Universității Transilvania din Brașov, ISBN:978-606-19-1276-6, p.140, <a href="https://catalog.unitbv.ro:443/liberty/OpacLogin?mode=BASIC&amp;openDetail=true&amp;corporation=UNITBV&amp;action=search&amp;queryTerm=uuid%3D%226fbc4399c0a870fd28f10530007bde13%22&amp;editionUuid=6fbc4399c0a870fd28f10530007bde13&amp;operator=OR&amp;url=%2Fopac%2Fsearch.do">https://catalog.unitbv.ro:443/liberty/OpacLogin?mode=BASIC&amp;openDetail=true&amp;corporation=UNITBV&amp;action=search&amp;queryTerm=uuid%3D%226fbc4399c0a870fd28f10530007bde13%22&amp;editionUuid=6fbc4399c0a870fd28f10530007bde13&amp;operator=OR&amp;url=%2Fopac%2Fsearch.do</a>	1	
	I30.3. Introducerea unor discipline noi în planul de învățământ	0.5/disciplină	
	Paradigma holistică a educației fizice în dezvoltarea adolescentului – Programul de studii: Educație fizică școlară și activități motrice de timp liber – Facultatea de Educație fizică și sporturi montane	6x0,5 = 3	
Activități motrice montane de tip nonformal – Programul de studii: Educație fizică și sportivă – Facultatea de Educație fizică și sporturi montane,			
Activități motrice de agrement – teorie și practică în stagii de instruire nonformală – Programul de studii: Educație fizică școlară și activități motrice de timp liber – Facultatea de Educație fizică și sporturi montane			
Strategii de construire a grupului prin activități motrice formale și nonformale – Programul de studii: Educație fizică școlară și activități motrice de timp liber – Facultatea de Educație fizică și sporturi montane			
Antropologie motrică – Programul de studii: Profilaxie și recuperare motrică și somato-funcțională prin exercițiu fizic – Facultatea de Educație fizică și sporturi montane			
Tehnici de supraviețuire montană – Programul de studii: Educație fizică școlară și activități motrice de timp liber – Facultatea de Educație fizică și sporturi montane			
<b>TOTAL I30</b>	<b>8 puncte</b>		
I31	Coordonarea unui centru sau laborator de cercetare, recunoscut de către Senatul Universității sau Consiliul Științific al Institutului de cercetare	2	Centru
I32	Evaluator proiecte/membru în Panel în competiții internaționale (m = 3)/naționale (m = 1) de granturi de cercetare	1 x m	Ediție competiție
I33	Membru în grupul de experți	1 x m	Comisie
	33.1. Comisii/consilii științifice sau organisme internaționale (de exemplu UNESCO, UNICEF, CIO, Federații internaționale pe ramuri de sport etc.) (m = 3)		
	33.2. Comisii/consilii științifice sau organisme naționale (CNATDCU, CNCS, ANCS, ARACIS sau alt grup de lucru consultativ/de lucru la nivelul MENCSS sau la nivel interministerial, alcătuit ca urmare a unui ordin emis de MENCSS sau de către un alt for ministerial (m = 1)		
	I.33.1. FIEPS - Fédération Internationale d'Éducation Physique et Sportive – Europe, (Adeverință din 02.11.2022/ <a href="https://fiepsromania.ro/membrii-fieps-romania/">https://fiepsromania.ro/membrii-fieps-romania/</a> )	1 x 3=3	
	I.33.2. ARACIS , comisia: C8. Arte, Arhitectură, Urbanism, Educație Fizică și Sport, <a href="https://www.aracis.ro/registrul-national-al-evaluatorilor-cadre-didactice/">https://www.aracis.ro/registrul-national-al-evaluatorilor-cadre-didactice/</a>	1 x 1=1	
<b>TOTAL I33</b>	<b>4 puncte</b>		
I34	Furnizarea de servicii pentru beneficiarii externi ai instituției (cursuri sau programe de formare/perfecționare profesională în domeniu)	0,5	Pe curs avizat

I35	35.1. Antrenor emerit/profesor emerit/maestru emerit al sportului/arbitru internațional/comisar/observator (se iau în calcul doar calitățile existente la data înscrierii în concurs) 35.2. Premii pentru activitatea sportivă acordate de către instituții naționale (MTS, MENCS, COSR) sau internaționale 35.3. Performanțe ale sportivilor antrenați (JO, CM, JMU - locurile 1-5; CE, CN - locurile 1), creații pe linia sportului de performanță, recuperării motrice și funcționale, kinetoterapiei și kinetoprofilaxie (linii metodice/metodologii/strategii de pregătire pe ramuri de sport/probă sportivă recunoscute în comunitatea de specialiști/federații pe ramuri de sport); programe de profilaxie și recuperare prin mijloace kinetice pentru diferite categorii de populație/grupe de vârstă/grupe profesionale/patologii) recunoscute de organisme profesionale și/sau științifice naționale și internaționale.	3/2/2	Pe titlu/premiu/activitate
	I35.2. Locul I – Campionatul Național Universitar de Șah – echipe, Timișoara, 2015;	2	
	I35.2. Locul II – Campionatul Național Universitar de Șah - masculin, Timișoara, 2015; <a href="https://chess-results.com/tnr172326.aspx?lan=1&amp;art=1">https://chess-results.com/tnr172326.aspx?lan=1&amp;art=1</a>	2	
	I35.2. Locul II – Campionatul Național Universitar de Șah – echipe, Iași, 2016;	2	
	I35.2. Locul II – Campionatul Național Universitar de Șah - masculin, Iași, 2016, <a href="https://chess-results.com/tnr214202.aspx?lan=1&amp;art=1">https://chess-results.com/tnr214202.aspx?lan=1&amp;art=1</a>	2	
	<b>TOTAL I35</b>	<b>8 puncte</b>	

20.04.2026

Conf. dr. Raluca Dacia MIJAICĂ