

Universitatea TRANSILVANIA din BRAŞOV  
Facultatea EDUCAȚIE FIZICĂ ȘI SPORTURI MONTANE  
Departamentul EDUCAȚIE FIZICĂ ȘI MOTRICITATE SPECIALĂ  
**Conf. dr. Ioana-Maria FÎNTÎNĂ**

## **L I S T A** **lucrărilor științifice în domeniul disciplinelor din postul didactic**

### **A. Teza de doctorat**

2014 - Titlul tezei: “*Contribuții privind ameliorarea performanțelor motrice și a comportamentului tehnico-tactic pe posturile de extreme și pivot în jocul de handbal, la echipele de seniori din România*” - IOSUD, Brașov, România.

### **B. Cărți si capitole în cărți publicate în ultimii 10 ani**

1. **Curițianu I.**, Comunicare și integrare socială prin activități sportive, Editura Universității Transilvania din Brașov, 2016, ISBN 978-606-19-0853-0.
2. **Curițianu I.**, Caracteristici și tendințe în jocul de handbal actual, Editura Universtății Transilvania, Brașov, 2015, ISBN 978-606-19-0549-2.

### **C. Lucrări indexate ISI/BDI publicate în ultimii 10 ani**

1. **Fîntînă, I.**, Stark, B. The importance of neuropsychomotor development between 0-2 years, Bulletin of the Transilvania University of Brașov, Series IX: Art Science of Human Kinetics , Vol. 17(66) No. 1, 2024, ISSN:2344–2026.  
<https://doi.org/10.31926/but.shk.2024.17.66.1.1>
2. Turcu, I., Oancea. B., Chicomban, M., Simion, G., Simion, S., Negriu Tiuca, C.I., Ordean, M.N., Petrovici, A.G., Nicolescu Șeușan, N.A., Häisan, P.L., Hășmășan, I.T., Hulpuș, A.I., Stoian, I., Ciocan, C.V., **Curițianu, I.M.** Effect of 8-week β-alanine Supplementation on CRP, IL-6, Body Composition, and Bio-Motor Abilities in Elit Male Basketball Players, International Journal of Environmental Research and Public Health, 2022 19(20), 13700; <https://doi.org/10.3390/ijerph192013700> , IF:4,614.
3. **Curițianu, I.M.**, Turcu, I., Alexe, D.I., Alexe, C.I., Tohănean, D.I. Effects of Tabata and HIIT Programs Regarding Body Composition and Endurance Performance among Female Handball Players, Balneo and PRM Research Journal, Vol. 13, No. 2, 2022, ISSN: 2734-8458. <https://bioclima.ro/Journal/index.php/BRJ/article/view/94>
4. Sagat, P., Bartik, P., Lazic, A., Tohănean, D.I., Koronas, V., Turcu, I., Knjaz, D., Alexe, C.I., **Curițianu, I.M.** Self-Esteem, Individual versus Team Sports, International Journal of Environmental Research and Public Health, 2021, 18(24), 12915; <https://doi.org/10.3390/ijerph182412915> , <https://www.mdpi.com/1660-4601/18/24/12915> , IF:3,390.
5. Fîntînă, R., **Curițianu, I.** Recovery of quasi-total rupture of the medial collateral ligament at a handball player, Bulletin of the Transilvania University of Brașov, Series IX: Art Science

of Human Kinetics , Vol. 14(63) No. 2, 2021, ISSN:2344– 2026.  
<https://doi.org/10.31926/but.shk.2021.14.63.2.25>

6. Curițianu, I. The Impact of Movement Games in the Process of Teaching Minihandball at Primarily Level, Bulletin of the Transilvania University of Brașov, Series IX: Science of Human Kinetics, Vol. 13 (62) No. 2, 2020, ISSN: 2344-2018.  
<https://doi.org/10.31926/but.shk.2020.13.62.2.14>
7. Tohanean, D.I., Koronas, V., Sagat, P., Turcu, I., Curițianu, I.M., Alexe, C.I., Alexe, D.I. The Use of Water and Other Liquids of Different Chemical Composition for Hydration in Movement Activities, Revista de Chimie, 71(8), 2020, 249-254,  
<https://doi.org/10.37358/RC.20.8.8297>
8. Fîntînă, R., Curițianu, I. Recovery through kinetotherapy after a Latarjet procedure, Bulletin of the Transilvania University of Brașov, Series IX: Art Science of Human Kinetics , Vol. 12 (61) No. 1, 2019, ISSN: 2344-2018.  
[http://webbut2.unitbv.ro/BU2019/Series%20IX/2019/BULETIN%20I/19\\_Fintina\\_DOI\\_51.pdf](http://webbut2.unitbv.ro/BU2019/Series%20IX/2019/BULETIN%20I/19_Fintina_DOI_51.pdf) , <https://doi.org/10.31926/but.shk.2019.12.61.2.51>
9. Curițianu, I. Recovery of scapulohumeral periarthritis at a handball player, Bulletin of the Transilvania University of Brașov, Series IX: Sciences of Human Kinetics, Human Kinetics, Vol. 10 (59) No. 1, 2018, ISSN: 2344–2026.  
[http://webbut2.unitbv.ro/BU2018/Series%20IX/2018/BULETIN%20I/09\\_Curitianu.pdf](http://webbut2.unitbv.ro/BU2018/Series%20IX/2018/BULETIN%20I/09_Curitianu.pdf)
10. Curițianu, I. Optimization of physical training on the center player in the handball school representative, Bulletin of the Transilvania University of Brașov, Series IX: Sciences of Human Kinetics, Vol. 10 (59) No. 2, 2017, ISSN: 2344–2026.  
[http://webbut2.unitbv.ro/BU2017/Series%20IX/2017/BULETIN%20I/15\\_CURITIANU.pdf](http://webbut2.unitbv.ro/BU2017/Series%20IX/2017/BULETIN%20I/15_CURITIANU.pdf)
11. Curițianu, I.M. Injuries and their prevention in the handball game. Journal of social science research, 7(2), 2015, ISSN: 1271–1275. <https://doi.org/10.24297/jssr.v7i2.3570>
12. Curițianu, I.M. Competitive relations and communication in team sports. Journal of social science research, 7(2), 2015, ISSN: 1276–1280. <https://doi.org/10.24297/jssr.v7i2.3561>
13. Curițianu, I.M., Balint, E., Neamțu, M. Analysis of defense parameters in handball teams HCM Constanța and FC Barcelona in the competition Champions League 2011-2012, Palestrica Mileniului III, Civilizație și sport, Vol. 16, no. 1, IanuarieMartie 2015.  
<http://pm3.ro/pdf/59/ro/08%20-%20curitianu%20%20%2022-26.pdf>

#### D. Lucrări publicate în ultimii 10 ani în reviste și volume de conferințe cu referenți

1. Curițianu, I., Balint, E. (2019). The Benefits Of Trx Suspension Training In Adolescent Idiopathic Scoliosis, Education Facing Contemporary World Issues, vol 67. European Proceedings of Social and Behavioural Sciences (pp. 892-897). Future Academy. <https://doi.org/10.15405/epsbs.2019.08.03.107>
2. Curițianu, I., Cătănescu, A. (2019). Effects Of Six-Week TRX Training On Physical Skills In Female Skier Students, Education Facing Contemporary World Issues, vol 23. European Proceedings of Social and Behavioural Sciences (pp. 1456-1460). Future Academy. <https://doi.org/10.15405/epsbs.2017.05.02.178>

3. **Curițianu, I.**, Cătănescu, A. (2016). Study regarding the development of general and specific motor skills in alpine skiing category U10, Ovidius University Annals, Series Physical Education and Sport, Science, Movement and Health (pp. 329-334), Vol. XVI (2, Supplement). <http://analefeffs.ro/anale-fefs/2016/i2s/pe-autori/9.pdf>

**E. Brevete obținute în întreaga activitate**

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**Data:**

**01.12.2024**

**Semnătura:**

A handwritten signature in black ink, appearing to read "Ilie" or a similar name.