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Universitatea „Ovidius” din Constanța

Facultatea de Educație Fizică și Sport

Departamentul Educație Fizică Sport și Kinetoterapie

ACTIVITATE CERCETARE ȘTIINȚIFICĂ

Teza de doctorat cu titlul:

2005 - 2008, „Selecția și instruirea portarilor în jocul de fotbal la nivelul echipelor de juniori” Calificativ obținut – Foarte Bine

Atestat eliberat de O.M.E.C Seria F nr. 0007725 în baza ordinului de ministru nr. 3030 din 13.01.2009

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Instituția eliberatoare a diplomei: Universitatea din Pitești, Facultatea de Educație Fizică și Sport

Domeniul: Educație fizică și sport

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 calitate de autor principal

11.1 Kryeziu, A.R.; Iseni, A.; **Teodor, D.F.**; Croitoru, H.; Badau, D. Effect of 12 Weeks of the Plyometric Training Program Model on Speed and Explosive Strength Abilities in Adolescents, *Applied Science*, 2023, 13, 2776. <https://doi.org/10.3390/app13052776>, **Impact Factor:** 2.5 (2023); 5-Year Impact Factor: 2.7 (2023)

<https://www.mdpi.com/2076-3417/13/5/2776>

11.2 Badau D, Badau A, Joksimović M, Manescu CO, Manescu DC, Dinciu CC, Margarit IR, Tudor V, Mujea AM, Neofit A, **Teodor D F.**, Identifying the Level of Symmetrization of Reaction Time According to Manual Lateralization between Team Sports Athletes, Individual Sports Athletes, and Non-Athletes. *Symmetry*. 2024; 16(1):28. <https://doi.org/10.3390/sym16010028>, **Impact Factor:** 2.2 (2023); 5-Year Impact Factor: 2.3 (2023)

<https://www.mdpi.com/2073-8994/16/1/28>

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 calitate de autor principal

12.1 **Teodor Dragoș Florin**, The identification of the value dimensions of the high performance goalkeeper pattern, *Ovidius University Annals, Series Physical Education and Sport/ Science movement and health*, vol. IX, issue 1, Constanța, p.80-83, 2009, ISSN:1224-7359. The journal is indexed in: ERIH PLUS, Ebsco, SPORTDiscus, Index Copernicus Journal Master List, DOAJ Directory Of Open Acces Journals, Caby, Gale Cengage Learning, Cabell's Directories

<https://www.analefefs.ro/anale-fefs/2009/v2/i1/PAPAER%20ABSTRACT%20AND%20FULL%20TEXT.pdf>

<https://www.analefefs.ro/anale-fefs/2017/i2s/pe-autori/TEODOR%20Dragos-Florin%202.pdf>

12.2 **Teodor Dragoș Florin**, When return to sport athletes after the anterior cruciate ligament (ACL) injury?, *Ovidius University Annals, Series Physical Education and Sport/ Science movement and health*, vol.XVII, issue 2 supplement, p.517-522, 2017, Constanța, ISSN:1224-7359.The journal is indexed in: ERIH PLUS, Ebsco, SPORTDiscus, Index Copernicus Journal Master List, DOAJ Directory Of Open Acces Journals, Caby, Gale Cengage Learning, Cabell's Directories

<http://analefefs.ro/anale-fefs/2017/i2s/pe-autori/TEODOR%20Dragos-Florin%202.pdf>

12.3 **Teodor Dragoș-Florin**, Hydration In Tennis Performance – Water, Carbohydrate Or Electrolyte Sports Drink?, p. 511. *Ovidius University Annals, Series Physical Education and Sport / Science*,

- Movement And Health*, Vol. XVII, ISSUE 2 Supplement, 2017, Romania. The journal is indexed in: ERIH PLUS, Ebsco, Sportdiscus, INDEX COPERNICUS JOURNAL MASTER LIST, DOAJ DIRECTORY OF OPEN ACCES JOURNALS, Caby, Gale Cengage Learning, Cabell's Directories <https://www.analefeffs.ro/anale-fefs/2017/i2s/pe-autori/TEODOR%20Dragos-Florin%201.pdf>
- 12.4 **Teodor Dragoș Florin**, Nutrition guidelines for competitive tennis. *Palestrica of the third millennium, Civilization and Sport*, Vol. 18, no. 4, October-December 2017:225–228, 2017, Cluj-Napoca, ISSN 2601 – 2537, eISSN2601 – 2545, ISSN-L 2601 – 2537
<http://www.pm3.ro/palestrica-of-the-third-millennium-civilization-and-sport-vol-18-no-4-october-december-2017/nutrition-guidelines-for-competitive-tennis/> <http://pm3.ro/pdf/70/13%20-%20teodor%20%20%20%20225-228.pdf>
- 12.5 **Teodor Dragoș Florin**, Sedentarism and benefits of regular physical activity in healthy adults, *Ovidius University Annals, Series Physical Education and Sport/ Science, Movement and Health*, Vol. XVIII, ISSUE 1, January 2018, 18 (1): 97-102, 2018, Constanța, ISSN:1224-7359. The journal is indexed in: Erih Plus, Ebsco, Sportdiscus, Index Copernicus Journal Master List, Doaj Directory Of Open Acces Journals, Caby, Gale Cengage Learning, Cabell's Directories
<http://analefeffs.ro/anale-fefs/2018/i1/peautori/TEODOR20DRAGOS%20FLORIN%202.pdf>
- 12.6 **Teodor Dragoș Florin**, Physical conditioning - speed and agility in youth football, *Ovidius University Annals, Series Physical Education and Sport/ Science, Movement and Health*, Vol. XVIII, ISSUE 1, January 2018, 18 (1): 80-84, 2018, Constanța, ISSN:1224-7359. The journal is indexed in: Erih Plus, Ebsco, Sportdiscus, Index Copernicus Journal Master List, Doaj Directory Of Open Acces Journals, Caby, Gale Cengage Learning, Cabell's Directories
<https://www.analefeffs.ro/anale-fefs/2018/i1/pe-autori/TEODOR%20Dragos%20Florin.pdf>
- 12.7 **Teodor, Dragoș Florin**, Popa, C., Petcu, D., Practical strategies of recovery in tennis, *Ovidius University Annals, Series Physical Education and Sport / Science, movement and health*, Vol. XXI, ISSUE 2, 2021, Romania,p205– 209. The journal is indexed in: Erih Plus, Ebsco, Sportdiscus, Index Copernicus Journal Master List, Doaj Directory Of Open Acces Journals, Caby, Gale Cengage Learning, Cabell's Directories
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- 12.8 **Teodor Dragoș Florin**, Melenco Ionel, Petcu Damian, Popa Cristian, Return To Sport Activities After Hip Arthroscopy, *Ovidius University Annals, Series Physical Education and Sport / Science, movement and health*, Vol. XXII, issue 2, 2022, June 2022, 22 (2): 177 - 180. The journal is indexed in: Erih Plus, Ebsco, Sportdiscus, Index Copernicus Journal Master List, Doaj Directory Of Open Acces Journals, Caby, Gale Cengage Learning, Cabell's Directories
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- 12.9 **Teodor Dragoș Florin**, Melenco I., Development of young football players, *Ovidius University Annals, Series Physical Education and Sport / Science, Movement And Health*, Vol. XXIII, ISSUE 2 Supplement, 2023, Romania. The journal is indexed in: Erih Plus, Ebsco, Sportdiscus, Index Copernicus Journal Master List, Doaj Directory Of Open Acces Journals, Caby, Gale Cengage Learning, Cabell's Directories
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- 12.10 **Teodor Dragoș Florin**, Georgescu A., Caroli M., Sonogo D. Brivio S., Tsiligkiri C., Papageorgiou P. - Strategies and best practices for international handball development. *Ovidius University Annals, Series Physical Education and Sport / Science, Movement and Health*, Vol. XXIII, Issue 2 Supplement, 2023, Romania. The journal is indexed in: Erih Plus, Ebsco, Sportdiscus, Index Copernicus Journal Master List, Doaj Directory Of Open Acces Journals, Caby, Gale Cengage Learning, Cabell's Directories
<https://www.analefeffs.ro/anale-fefs/2023/i2supplement/pe-autori/48TEOD~1.PDF>
- 1.2.11 **Teodor Dragoș Florin**, Georgescu Adrian, Caroli Marco, Sonogo Daniele, Brivio Sara, Tsiligkiri Christina, Bardakas Dimitrios, Papageorgiou Pannos, Melenco Ionel. Research on the development of handball as an elite sport and recreational activity, *Ovidius University Annals, Series Physical Education and Sport / Science, Movement and Health*, Vol. XXIV, ISSUE 1, 2024, Romania.
<https://analefeffs.ro/anale-fefs/2024/i1/pe-autori/16.%20TEODOR%20DRAGOS%20FLORIN%2C%20GEORGESCU%20ADRIAN%2C%20CAROLI%20MARCO%2C%20SONEGO%20DANIELE%2C%20BRIVIO%20SARA%2C%20BARDAKAS%20D.%2C%20PAPAGEORGIU%20PANOS%2C%20MELENCO%20I%2C.pdf>

- I.2.12 **Teodor Dragoș Florin**, Petcu Damian. Dietary carbohydrate requirements for muscle glycogen resynthesis following exercise
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- I3 Cărți publicate în calitate de autor principal în edituri clasificate A1 sau A2 ($m_{A1} = 3; m_{A2} = 1$)**
- 13.1 *Portarul în fotbal*. **Teodor Dragoș Florin**, Editura Ovidius University Press, Constanța, 2017, 116p., ISBN 978-973-614-974-0
<https://editura.univ-ovidius.ro/florin-dragos-teodor-portarul-in-fotbal/>
- 13.2 *Fitness*. **Teodor Dragoș Florin**, Editura Ovidius University Press, Constanța, 2017, 130p., ISBN 978-973-614-975-7
<https://editura.univ-ovidius.ro/florin-dragos-teodor-fitness/>
- 13.3 *Modelare corporală*. **Teodor Dragoș Florin**, Editura Ovidius University Press, Constanța, 2018, 112p., ISBN 978-973-614-978-8
<https://editura.univ-ovidius.ro/florin-dragos-teodor-modelare-corporala/>
- 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**
- 15.1 Racil, G.; Chelly, M.-S.; Coquart, J.; Padulo, J.; **Teodor, D.F.**; Russo, L. Long- and Short-Term High-Intensity Interval Training on Lipid Profile and Cardiovascular Disorders in Obese Male Adolescents. *Children*, 2023, 10, 1180. <https://doi.org/10.3390/children100711800>, **Impact Factor: 2.0** (2023); 5-Year Impact Factor: 2.1 (2023),
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10378083/>
<https://www.webofscience.com/wos/woscc/full-record/WOS:001035124200001>
- 15.2 Coman M.G., Adam A.M., Gheorghe C, Mocanu M.D., Stoica L., Jordan D.A., Ilie O., Teodor D.F. - Body Composition and Cardiorespiratory Fitness Characteristics Among Female University Students: A Cross-Sectional Study *Balneo and PRM Research Journal* 2024, 15(4): 753
<https://bioclima.ro/Journal/index.php/BRJ/article/view/435>
- 15.3 Badau, D., Badau, A., **Teodor, D. F.**, Dinciu, C. C., Dulceata, V., Mănescu, D. C., Mănescu, C. O., Litoi, M. F., & Stoica, A.-M. (2025). Multidimensional Assessment of Athletic and Non-Athletic Female Students Through Analysis of BMI, Body Perception, Objectification, and Attitudes Towards the Ideal Body. *Behavioral Sciences*, 15(11), 1454. <https://doi.org/10.3390/bs15111454>
<https://www.mdpi.com/2076-328X/15/11/1454>
- 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**
- 16.1 Negrea V., Negrea M., **Teodor Dragoș**, Influence of physical training pliometrics exercises the fifth graders, (influența exercițiilor pliometrice la elevii de clasa a v-a), *Ovidius University Annals, Series Physical Education and Sport/ Science Movement and Health*, vol.X, issue 2, p. 729-731, 2010, Constanța, ISSN: 1224-7359
https://feffs.univ-ovidius.ro/images/pdf/conferinte/2010/vol_abstract_FINAL14_mai_tipografie-CI_2010.pdf
- 16.2 Yilmaz M. D., **Teodor Dragoș Florin**, Recreational activities in romanian mountain tourism, *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, Vol. XVIII, issue 1, 2018 January 2018, 18 (1): 92-96, 2018, Constanța, ISSN:1224-7359
<http://analefeffs.ro/anale-feffs/2018/i1/pe-autori/YILMAZ%20Monica%20Denise.pdf>
- 16.3 Petcu Damian, **Teodor Dragoș Florin**, Melenco Ionel, Multilateral physical training for youth football players, *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, Vol. XXI, ISSUE 2, 2021 June 2021, 21 (2): 172 - 176
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- 16.4 Petcu Damian, **Teodor Dragoș Florin**, Popa Cristian, The importance of tennis service and its learning method, *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, Vol. XXI, ISSUE 2 Supplement, 2021 September 2021, 21 (2): 427 - 431
<https://www.analefeffs.ro/anale-feffs/2021/i2-supplement/pe-autori/35.%20PETCU%20DAMIAN,%20TEODOR%20DRAGOȘ%20FLORIN,%20POPA%20CRISTIAN.pdf>

- 16.5 Petcu Damian, Popa Cristian, **Teodor Dragoș Florin**, Considerations regarding the selection in the football game, *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, Vol. XXI, ISSUE 2 Supplement, 2021 September 2021, 21 (2): 422 - 426
<https://www.analefeffs.ro/anale-feffs/2021/i2-supplement/pe-autori/34.%20PETCU%20DAMIAN,%20POPA%20CRISTIAN,%20TEODOR%20DRAGOȘ%20FLORIN.pdf>
- 16.6 Voica (Vasile) Georgiana-Ștefania, **Teodor Dragoș**, Teodorescu Silvia Violeta - The importance of physical exercise in preschool age, *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, Vol. XXII, ISSUE Supplement, 2022 September 2022, 22 (2): 275 - 279
[https://www.analefeffs.ro/anale-feffs/2022/i2-supplement/pe-autori/15.%20VOICA%20\(VASILE\)%20Georgiana-Ștefania,%20TEODOR%20Dragos,%20TEODORESCU%20Silvia%20Violeta.pdf](https://www.analefeffs.ro/anale-feffs/2022/i2-supplement/pe-autori/15.%20VOICA%20(VASILE)%20Georgiana-Ștefania,%20TEODOR%20Dragos,%20TEODORESCU%20Silvia%20Violeta.pdf)
- 16.7 Melenco Ionel, **Teodor Dragoș Florin**, Notational analysis support for the development of elite football, *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, Vol. XXIII, ISSUE 2 Supplement, 2023 September 2023, 23 (2): 409-412
<https://analefeffs.ro/anale-feffs/2023/i2supplement/>
- 16.8 Popa Cristian, Chiroșca Simona Nicoleta, Popa Corina, **Teodor Dragoș Florin**, Melenco Ionel. Study on the contribution of movement games in the physical education lesson for inclusive center students, *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, Vol. XIV, ISSUE 1, 2024 January 2024, 24 (1): 58-64 Original article
https://www.analefeffs.ro/anale-feffs/2024/i1/pe-autori/11.%20POPA%20CRISTIAN%2C%20CHIROȘCA%20SIMONA%20NICOLETA%2C%20POPA%20CORINA%2C%20TEODOR%20DRAGOȘ%20FLORIN%2C%20MELENCO%20IONE_L_revizuire.pdf
- 16.9 Melenco Ionel, Popa Cristian, **Teodor Dragoș Florin**, Physiological effects of cold water immersion after exercises. *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, Vol. XIV, ISSUE 1, 2024 January 2024, 24 (1): 58-64 Original article
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- 16.10 Melenco Ionel, Popa Cristian, **Teodor Dragoș Florin**. *Aspects of coaching in elite sports* Ovidius University Annals, Series Physical Education And Sport / Science, Movement And Health Vol. Xxiv, Issue 2 Supplement, 2024, Romania
<https://analefeffs.ro/anale-feffs/2024/i2-sup/pe-autori/13.%20MELENCO%20IONEL,%20POPA%20CRISTIAN,%20TEODOR%20DRAGOS.pdf>
- I7 Cărți publicate în calitate de co-autor în edituri clasificate A1 sau A2 (m A1 = 3; m A2 = 1)**
- 17.1 *Metodologia instruirii în jocul de tenis*, Petcu Damian, Teodor Dragoș Florin, Editura: Ovidius University Press, 2022, ISBN: 978-606-060-056-5
<https://editura.univ-ovidius.ro/petcu-damian-teodor-dragos-florin-metodologia-instruirii-in-jocul-de-tenis/>
- I8 Capitole în cărți publicate în calitate de co-autor în edituri clasificate A1 sau A2 (m A1 = 3; m A2 = 1)**
- I9 Lucrări in extenso (tip proceedings) indexate WoS sau altă BDI recunoscută, realizate în calitate de autor principal, 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)**
- I10 Lucrări in 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**
- 110.1 Damian M., Damian C., Oltean A., **Teodor D.** (2018). Accelerated rehabilitation for football players following acl reconstruction. *The European Proceedings of Social & Behavioural Sciences EpSBS*, ISSN: 2357-1330, Volume XLII, Pages 1-157 (June 2018), pp.66-79
<http://dx.doi.org/10.15405/epsbs.2018.06.02.8>
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- I16 Citări ale publicațiilor candidatului în lucrări indexate Web of Science (autocitățile sunt excluse)**

- I16.1 Negrea V., Negrea M., **Teodor Dragoș**, Influence of physical training pliometrics exercises the fifth graders. *Ovidius University Annals, Series Physical Education and Sport/ Science movement and health*, vol.X, issue 2, p. 729-731, 2010, Constanța, ISSN: 1224-7359
<https://www.analefeffs.ro/anale-feffs/2010/issue-2-supplement/pe-autori/72.pdf>
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Futsal Player Rehabilitation after Anterior Cruciate Ligament (ACL) Reconstruction. Damian, C and Damian, M., Mar 2018 | *Revista Romaneasca Pentru Educatie Multidimensionala* 10 (1) , pp.62-70
<https://lumenpublishing.com/journals/index.php/rrem/article/view/435>
- I16.2 **Teodor Dragoș Florin** - *Hydration in tennis performance – water, carbohydrate or electrolyte sports drink?*. *Ovidius University Annals, Series Physical Education and Sport/ Science movement and health*, vol.XVII, issue 2 supplement, p.511-516, 2017, Constanța, ISSN:1224-7359
<https://www.analefeffs.ro/anale-feffs/2017/i2s/pe-autori/TEODOR%20Dragos-Florin%201.pdf>
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- I16.3 **Teodor Dragoș Florin**, *Physical conditioning - speed and agility in youth football*. *Ovidius University Annals, Series Physical Education and Sport/ Science, Movement and Health*, Vol. XVIII, ISSUE 1, January 2018, 18 (1): 80-84, 2018, Constanța, ISSN:1224-7359,
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 Baron, J., Bieniec, A., Swinarew, A. S., Gabryś, T., & Stanula, A. (2020). Effect of 12-week functional training intervention on the speed of young footballers. *International journal of environmental research and public health*, 17(1), 160.
<https://www.mdpi.com/1660-4601/17/1/160>
- I16.4 Kryeziu, A.R.; Iseni, A.; **Teodor, D.F.**; Croitoru, H.; Badau, D. Effect of 12 Weeks of the Plyometric Training Program Model on Speed and Explosive Strength Abilities in Adolescents, *Applied Science* 2023, 13, 2776. <https://doi.org/10.3390/app13052776>
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- I16.5 Kryeziu, A.R.; Iseni, A.; **Teodor, D.F.**; Croitoru, H.; Badau, D. Effect of 12 Weeks of the Plyometric Training Program Model on Speed and Explosive Strength Abilities in Adolescents, *Applied Science* 2023, 13, 2776. <https://doi.org/10.3390/app13052776>
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- I16.6 Kryeziu, A.R.; Iseni, A.; **Teodor, D.F.**; Croitoru, H.; Badau, D. Effect of 12 Weeks of the Plyometric Training Program Model on Speed and Explosive Strength Abilities in Adolescents, *Applied Science* 2023, 13, 2776. <https://doi.org/10.3390/app13052776>
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 Anversha, A. T., & Ramalingam, V. (2023). A Systematic Review: Significance of Plyometric Training on Functional Performance and Bone Mineral Density in Basketball Players of Different Age Groups. *Sports medicine: research and practice*, 13(2), 62-76.
- I16.7 Kryeziu, A.R.; Iseni, A.; **Teodor, D.F.**; Croitoru, H.; Badau, D. Effect of 12 Weeks of the Plyometric Training Program Model on Speed and Explosive Strength Abilities in Adolescents, *Applied Science* 2023, 13, 2776. <https://doi.org/10.3390/app13052776>
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 Raharjo, S., Giang, N. T., Azidin, R. M. F. R., Fitri, M., Yunus, M., & Pelana, R. (2024). Long-Term High-Intensity Plyometric Training Increases Muscle Strength and Power of The Lower Body in

- Young Healthy Males. *Retos: nuevas tendencias en educación física, deporte y recreación*, (57), 324-329.
- I16.8 Kryeziu, A.R.; Iseni, A.; **Teodor, D.F.**; Croitoru, H.; Badau, D. Effect of 12 Weeks of the Plyometric Training Program Model on Speed and Explosive Strength Abilities in Adolescents, *Applied Science* 2023, 13, 2776. <https://doi.org/10.3390/app13052776>
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Brăneț, C., Pelin, R., Grigoroiu, C., Bălan, V., Hangu, S., & Budică, F. (2023). Effect Of 19 Weeks Of Plyometry Combined In Child Athletes. *Journal of Sport & Kinetic Movement*, 1(41).
- I16.9 Kryeziu, A.R.; Iseni, A.; **Teodor, D.F.**; Croitoru, H.; Badau, D. Effect of 12 Weeks of the Plyometric Training Program Model on Speed and Explosive Strength Abilities in Adolescents, *Applied Science* 2023, 13, 2776. <https://doi.org/10.3390/app13052776>
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https://www.researchgate.net/profile/Astrit-Iseni/publication/375027105_the_effect_of_a_12-week_experimental_program_on_the_segmental_velocity_and_explosive_strength_of_the_lower_and_upper_extremities_in_adolescents/links/653bf8cb3cc79d48c5b15092/the-effect-of-a-12-week-experimental-program-on-the-segmental-velocity-and-explosive-strength-of-the-lower-and-upper-extremities-in-adolescents.pdf
- I17.18 **Teodor Dragoș Florin**, *Nutrition guidelines for competitive tennis*. Palestrica of the third millennium – Civilization and Sport Vol. 18, no. 4, October-December 2017:225–228, 2017, Cluj-Napoca, ISSN 2601 – 2537, eISSN2601 – 2545, ISSN-L 2601 – 2537 0
[http://pm3.ro/pdf/70/PM3_Nr.4\(70\)_2017m.pdf#page=45](http://pm3.ro/pdf/70/PM3_Nr.4(70)_2017m.pdf#page=45)
citată în:
Toktaş, N., & Demirörs, R. (2020). Teniste Beslenme. Beslenme ve Diyet Dergisi, 48(2), 100-108.
<https://beslenmevediyetdergisi.org/index.php/bdd/article/view/1287>
- I18 Keynote speaker (comunicare științifică în plen) la conferințe internaționale (m = 3) / naționale (m = 1)**
- I18.1 International Scientific Conference Perspectives In Physical Education And Sport – 2018 , Constanța, România
https://feffs.univ-ovidius.ro/images/2018/conferinta/PROGRAM_CSI_2018.PDF
- 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)
Membru în comitetul de organizare (C)
- I19.1 International Scientific Conference “Perspectives in Physical Education And Sport” 15th edition, Constanta, **2015 - 2020**
<https://feffs.univ-ovidius.ro/images/2020/conferinta/Organising%20Committee.pdf>
- I19.2 **Coordonator simpozion (Chair) (D)**
Oral Presentation - International Scientific Conference “Perspectives in Physical Education and Sport” 19th edition, Constanta, Romania, 16-18 of May 2019,
https://feffs.univ-ovidius.ro/images/2019/conferinta/Organising_Committee.PDF
- I19.3 **Coordonator simpozion (Chair) (D)**
Oral Presentation - International Scientific Conference “Perspectives in Physical Education and Sport” 19-21 of May 2021, Constanta, Romania
<http://www.feffs.univ-ovidius.ro/images/2021/conferinta/3.%20Scientific%20Committee%20pag.%203-4.pdf>
- I19.4 **Membru în comitetul științific (A)**
Scientific Conference Physical Education, Sport and Health, Pitesti, Romania, 2nd -3rd of June 2022
<http://sportconference.ro/committee/>
- I19.5 **Membru în comitetul științific (A)**
International Scientific Conference “Perspectives In Physical Education And Sport” 23 rd edition, Constanta, Romania 12-13 of May 2023
https://feffs.univ-ovidius.ro/images/2022-2023/conferinta_2023/Scientific_Committee_2023%20modificat%2019.07.pdf

	Membru în comitetul științific (C)
I19.6	INTERNATIONAL STUDENT SCIENTIFIC CONFERENCE "Specialists in the future of physical education, sports and physical therapy aim for excellence" Constanta, Romania, 29 of May 2018 - 2025 https://fefs.univ-ovidius.ro/conferinta-stiintifica-studenteasca#2023
I20	Președinte sau membru în comitetul executiv al unei asociații profesionale internaționale ($m = 3$) sau naționale ($m = 1$)
I20.1	Membru Federația Internațională de Educație Fizică (FIEP)
I20.2	Membru în cadrul Asociației Sportive Universitare "Ovidius" Constanța
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 ($m = 0.5$)
I24.2.1	Ovidius University Annals, Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH Vol. XII, ISSUE, 2023, Romania The journal is indexed in: ERIH PLUS, Ebsco, SPORTDiscus, INDEX COPERNICUS JOURNAL MASTER LIST, DOAJ DIRECTORY OF OPEN ACCES JOURNALS, Caby, Gale Cengage Learning, ISSN 1224-7359, https://www.analefefs.ro/docs/1.%20COMITETUL%20EDITORIAL%20OVIDIUS%20%20UNIVERSITY%20ANNALS%20-%202023.pdf 2022 - 2025.
I25	Referent științific ad hoc pentru reviste cu comitet științific și peerreview
	I25.1. Revistă indexată Web of Science
	I25.2. Revistă indexată BDI (alta decât WoS)
I25.2.1	Ovidius University Annals, Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH Vol. XII, ISSUE, 2023, Romania The journal is indexed in: ERIH PLUS, Ebsco, SPORTDiscus, INDEX COPERNICUS JOURNAL MASTER LIST, DOAJ DIRECTORY OF OPEN ACCES JOURNALS, Caby, Gale Cengage Learning, ISSN 1224-7359, https://www.analefefs.ro/docs/1.%20COMITETUL%20EDITORIAL%20OVIDIUS%20%20UNIVERSITY%20ANNALS%20-%202023.pdf
I26	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)
	26.1 la o universitate din TOP 500 conform clasamentului URAP ($m = 3$)
	26.2 la o universitate din afara topului 500 URAP, ca urmare a unei invitații nominale din partea instituției gazdă ($m = 1$)
	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 ($m = 0,5$)
I26.3	Lector invitat de Asociația Județeană de Fotbal Constanța, afiliată la Federația Română de Fotbal în cadrul stagiilor de formare a arbitrilor de fotbal atestați de Comisia Centrală a Arbitrilor.
I27	Director al unui grant finanțat / instituția coordonată
	I27.1 Director grant de cercetare cu relevanță publică largă obținut prin competiție internațională, acordat de către o agenție / instituție internațională ($m = 3$)
	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 ($m = 1$)
	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 ($m = 0.5$)
I27.1.1	Manager – Proiect HANDBALL INTERNATIONAL EDUCATION PROJECT („HIEP”) Grant contract 101090905 ERASMUS-SPORT-2022-SCP Cooperation Partnership ERASMUS LUMP SUM GRANT budget EUR € 400.000/ Contract individual de muncă încheiat și înregistrat sub nr. 18166 / 03.11.2023

I27.2 **Director – Proiect CNFIS-FDI-2021-0384-ACTIV-DIGI-SAN@UOC, 2021, Bază de practică pentru o viață activă și sănătoasă a studenților din Universitatea Ovidius în contextul pandemiei generate de virusul SAR-COV-2 (ACTIV-DIGI-SAN@UOC) buget: 288.000 LEI/;**
Contract individual de muncă încheiat și înregistrat sub nr. **12672/17.05.2021**

I28 Membru în echipa unui grant finanțat / instituția coordonată

I28.1 Membru în echipa unui grant de cercetare cu relevanță publică largă obținut prin competiție internațională sau națională (m = 1)

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)

I28.1.1 **Membru** în cadrul proiectului *PROKINETO – Program de consiliere și dezvoltarea aptitudinilor viitorilor specialiști în kinetoterapie*. Proiect cofinanțat din Fondul Social European prin Programul Operațional Sectorial Dezvoltarea Resurselor Umane 2007-2013. Axa prioritară 2 „Corelarea învățării pe tot parcursul vieții cu piața muncii”. Domeniul major de intervenție 2.1 „Tranziția de la școală la viața activă”, (buget total – 1.729.753,01 lei), (28.07.2015-27.12.2015) Contract POSDRU/189/2.1/G/156834;

Contract individual de muncă încheiat și înregistrat sub nr. **1392/31.07.2015**

I281..2 **Membru** în cadrul proiectului *“Dezvoltarea bazelor de practică în Universitatea “Ovidius” din Constanța prin înființarea, amenajarea și dotarea Cercului de Excelență în pregătirea animatorului socio-educativ”* Proiect CNFIS-FDI-2018-0492, câștigat prin concurs în valoare de 316.000 lei, iunie – decembrie 2018. Funcția Formator în echipa de cercetare.

Contract individual de muncă încheiat și înregistrat sub nr. **6029/03.10.2018**

I28.1.3 **Membru** în cadrul proiectului *„ROSE-CENTRU DE INVĂȚARE SAPIENTIA – OVIDIUS – 2021”*, contract de cercetare prin „Ministerul Educației Naționale prin Unitatea de Management al Proiectelor cu Finanțare Externă”, Acord de grant 106/SGU/CI/II/2018, valoare 932.929,09 lei – Membru/Coordonator activități practice – Mentor- 235902;

Contract individual de muncă încheiat și înregistrat sub nr. **12806/07.06. 2021**

I28.1.4 **Membru** în cadrul proiectului *CNFIS-FDI-2022-0298 MIȘCARE-JOC-APĂ@UOC* funcția Expert Învățământ.

Contract individual de muncă încheiat și înregistrat sub nr. **14854/14.04.2022**

I28.1.5 **Membru** în cadrul proiectului *Centrul de practică, recreere și SPORTURI NAUTICE al studenților din cadrul Universității „Ovidius” din Constanța* „ – Cod Contract: CNFIS-FDI-2023-0025-NOW@UOC; funcția Expert Educație

Contract individual de muncă încheiat și înregistrat sub nr. **16703/21.04.2023**

I28.1.6 **Membru** în cadrul proiectului *„Centrul de practică, jocuri recreative și sporturi nautice - Games @ Ovidius Leagu*, CNFIS-FDI-2025-0067 - GOL@UOC, valoare 353.000 lei, aprilie – decembrie 2025, Expert educație - dom. Ed. Fizică.

I30 30.1. Inițierea sau coordonarea unor programe de studii universitare sau post-universitare

I30.1 Coordonator program de studii *Master Kinetoterapie-Recuperare și Reeducare Motrică* , Facultatea de Educație Fizică, Universitatea „Ovidius” din Constanța