

## Curriculum vitae Europass



### Personal informations

Name / Surname **Nume, Surname Emilia Florina Grosu**

Adress  
Nr 1/ 88 , str.Gen.Eremia Grigorescu, Cluj –Napoca, România

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Nationality romanian

Date of birth 18 .04.1962

Sex feminin

### Place of work / occupational aria

”Babeş –Bolyai” University, Faculty of Physical Education and Sport, Department of Individual Sports  
Cluj –Napoca, Romania  
Aria - teaching

### Professional experinces

- from 2003 till now, university professor dr. ” Babeş –Bolyai”, University Faculty of Physical Education and Sport, Department of individual sports - gymnastics and dances
- with Dance team of Faculty of Physical Education and Sport, I obtain between 2006-2009 a lot of place in Romania and in Italy in different competitions between the University.
- 2002 – psychomotricity teacher in the Matern School “Clementina Perone” – Roma, Italy
- 2000-2003 asociat profesor University Faculty of Physical Education and Sport, Department of individual sports - gymnastics and dances
- between 1994-1999 I work on my PhD and in 1999 I finished my PhD in Sport psychology with the thesis :” The optimizations of performance behavior at artistic gymnast through techniques of mental training
- 1994-2000 university lector, University Faculty of Physical Education and Sport, Department of individual sports - gymnastics and dances
- between 1994 -1996 gymnastics coach in Sharja Womens Club, UAE.
- 1992-1994 university assistent, University Faculty of Physical Education and Sport, Department of individual sports - gymnastics and dances.
- 1990-1992 teacher at School nr 2, Targovişte, aria Damboviţa, Romania
- between 1990-1992, I finish study at Academy of Sport in Bucharest - Romania and I obtain the licence I obtain the second didactic grade with the mark 9,50 / 10 points in the year 1992.
- 1985-1990 Teacher at Childrean Club – Targovişte, aria Damboviţa – Romania ,
- between 1985-1990, I obtain the second palce with gymnastics team in National Competitions between the school.
- 1984-1985 teacher at the School „ Ana Ipătescu „ Gherla – aria Cluj, Romania.

Function – place of work Professor univ.PhD at Faculty of Physical Education and Sport, Departament of individual sports  
Cluj –Napoca, Romania;  
Director of Doctoral school in Faculty of Physical education and sport

Activity and principal responsibility Responsabil with artistic gymnastics and dance disciplines

Name of employment and address	" Babeş –Bolyai" University, M Kogalniceanu streets nr1, Cluj –Napoca, România.																								
Type of activity and activity area	Teaching, Coordonator research.																								
<b>Education and Formation</b>	<p>Masterat in USAMV – University of Agricultural Sciences and Medicine Veterinary, Faculty of Horticultura, Master in PAISV, Landscaping (2016 -2018).</p> <p>Doctorale study 1994 - 1999 – National Academy of Physical Education and Sport - Bucharest.( ANEFS ) – with Professor PhD, HC Mihai Epuran.</p> <p>Licences study 1990 – 1992 – National Academy of Physical Education and Sport - Bucharest( ANEFS)</p> <p>Completion study – final mark 9,41 / 10 points. Licences diploma with 10 mark / 10 points.</p> <p>Superior study: 1981 – 1984 – Physical Education and Sport Institute – Bucharest ( IEFS), cu specialisations artistics gymnastics. I finished in 1984 – firststudent in my year study with mark 9,82 / 10 points.</p> <p>Lyceum (1977-1981) :“George Barițiu” , Cluj –Napoca.</p>																								
Obtain calification diploma	Doctor in Physical Education and Sport with specialisation Sport Psychology.																								
Study disciplines / profesional competents obtain	<p>Theoretical: Sport Psychology, Gymnastics, Sport Training Theory, Didactics, Methodics and theory of physical Education, Fitness.</p> <p>Practice: physical education and sport teacher, gymnastics coach, dance coach.</p>																								
Name of Institution and type of study	National Academy of Physical Education and Sport - Bucharest																								
Matern Language	Romanian																								
Forein language know	Italian, english, france, spanish																								
Autoevaluation <i>European Leavel (*)</i>	<table border="1"> <thead> <tr> <th colspan="2">Undarstanding</th> <th colspan="2">Speaking</th> <th colspan="2">Writting</th> </tr> <tr> <th>Listening</th> <th>writing</th> <th>Participation in conversation</th> <th>Oral speking</th> <th colspan="2">Writting exprimation</th> </tr> </thead> <tbody> <tr> <td>Italian</td> <td>Italian</td> <td>Italian</td> <td>Italian</td> <td></td> <td>Italian</td> </tr> <tr> <td>English, France</td> <td>English, France</td> <td>English , France</td> <td>English , France</td> <td></td> <td>English</td> </tr> </tbody> </table>	Undarstanding		Speaking		Writting		Listening	writing	Participation in conversation	Oral speking	Writting exprimation		Italian	Italian	Italian	Italian		Italian	English, France	English, France	English , France	English , France		English
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Listening	writing	Participation in conversation	Oral speking	Writting exprimation																					
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English, France	English, France	English , France	English , France		English																				
<b>Limba</b>																									
<b>Limba</b>																									
Competences and social ability	Sport Science Concil in Romania –National Institute in Sports research - Bucharest - Membru of Psychology Comision at Sport Psychology																								
Compeces and organizatoric ability	<p>1997 Management Courses –Windesheim Univedrsity – Callo Departament Callo, from Zwolle – Holland</p> <p>From 2011 till now – PhD coordonator in Physical Education and Sport at UBB – FEFS.</p> <p>From 2011 till now – expert membre ARACIS</p> <p>From this year 2015 – member AASCIT</p> <p>From July 2012 Director of Doctoral School in Physical Education and Sport Faculty (FEFS from Babes – Bolyai Universtity, (UBB) Cluj – Napoca</p> <p>From 2012 – membre in Institute of Doctoral Study, (ISD), Babes – Bolyai University, Cluj – Napoca.</p>																								
Competence and technicques ability	<ul style="list-style-type: none"> <li>- Sport psychology (Mental Training, Motor Learning, Motor Development)</li> <li>- Kinotherapy, Recuperation.</li> <li>- Physical Education and Sport</li> <li>- Gymnastics coach obtain from Romanian Federation of Gymnastics - Bucharest - 1984.</li> <li>- Dance coach, obtain from Romanian Federation of Dance – Bucharest – 2008.</li> <li>- Calification for therapeutical garden</li> </ul>																								
Competence and ability to use computer	Soros Fundation Certificat EM103N / SOROS, Fundation – Department of informatic instruction Session autum 1996 with calification “ Very good”. Landscaping programms.																								

Competence and artistic ability

- National Student Dance Festival The 2 nd Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a V-a, 1993, organized by Student Culture Home from Cluj-Napoca și Târgu-Mureș – Romania.
- National Student Dance Festival The 2 nd Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XII-a 2007 organized by Student Culture Home from Sibiu –Romania ( contemporan dance section).
- National Student Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XII-a 2007 organized by Student Culture Home from Sibiu –Romania ( creativity section – Reabon dance)
- International Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XXIII-a 2007 organized by Asociazione OK Club, Scuola Sport, Casa Montagna Valnure – Ferriere (PC), Italy. ([www.vivasworld.org](http://www.vivasworld.org) [sts-gestione@libero.it](mailto:sts-gestione@libero.it))
- National Student Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XIII -a 2008 organized by Student Culture Home from Sibiu –Romania ( inedit dance section).
- National Student Dance Festival The 2 nd Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XIII-a 2008 show revue organized by Student Culture Home from Sibiu –Romania (show revue dance section).
- International Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XXIV a 2008 organized by Asociazione OK Club, Scuola Sport, Casa Montagna Valnure – Ferriere (PC), Italy. ([www.vivasworld.org](http://www.vivasworld.org) [sts-gestione@libero.it](mailto:sts-gestione@libero.it))

Licence driving

B category from 1992.

- From 1992 til now I wrote 19 books from one is International coordonate (Technical elements of body movements (colab. Carmen Padilla – Univ. Cadiz, Spania) și 33 articole BDI, și 3 articol ISI, all of them from Sport Science aria.
1. **Grosu Emilia-Florina**, carte, *Aplicatii ale antrenamentului mental in sport (Applications of mental training in sports) - vol 3*, GMI , CLUJ -NAPOCA, Editor: Editura GMI, 2000, P. 230,
  2. **Grosu Emilia-Florina**, carte, *Invatarea motorie si performanta in sport (Motor learning and performance in sport) - vol. 2* , GMI , CLUJ -NAPOCA, Editor: Editura GMI, 2001, P. 239
  3. **Grosu Emilia-Florina**, carte, *Gimnastica aerobica -Programe de stilare corporala, (Body Lines Programs )* GMI , CLUJ -NAPOCA, Editor: Editura GMI, 2001, P. 223
  4. **Grosu Emilia-Florina**, carte, *Psihomotricitate si gimnastica educativa(Psychomotor and educational gymnastics )- vol 1*, GMI , CLUJ -NAPOCA, Editor: Editura GMI, 2002, P. 485
  5. **Grosu Emilia-Florina**, carte, *Paralele inegale din gimnastica artistica feminina (Female gymnastics uneven) ( vol I) din Colectia "Gimnastica" ,* GMI , CLUJ -NAPOCA, Editor: S.C. GMI SRL, 2004, P. 230
  6. **Grosu Emilia-Florina**, carte, *Biomecanica, metodica si tehnica elementelor acrobatice la sol si barna (Biomechanics, methods and techniques floor acrobatic elements and beam), ( Vol II) Din colectia"Gimnastica",* GMI , CLUJ -NAPOCA, Editor: SC GMI SRL, 2005, P. 260
  7. **Grosu Emilia-Florina, Iurian Cristina, Petrehus Denisa-Elena, Petrus Rodica Cristina, Grebenisan Filomela, Grosu Vlad Teodor**, carte, *Sportul - Fenomen social (Sports - social phenomenon) - vol. I din Colectia " Stiinta Sportului"*, GMI , CLUJ -NAPOCA, Editor: Emilia Florina Grosu, 2007, P. 120
  8. **Grosu Emilia-Florina, Iurian Cristina, Szabo Peter, Grosu Vlad-Teodor**, carte, *Optimizarea antrenamentului sportiv, (Optimizing sports training) din colectia "Stiinta Sportului" vol IV*, GMI , CLUJ -NAPOCA, Editor: Editura GMI, 2008, P. 202
  9. **Grosu Emilia-Florina, Iurian Cristina, Petrehus Denisa-Elena, Grosu Vlad-Teodor**, carte, *Conceptele fundamentale ale Stiintei Sportului, (Fundamental concepts of Sports Science), din colectia " Stiinta Sportului"- vol II*, GMI , CLUJ -NAPOCA, Editor: Editura GMI, 2008, P. 184
  10. **Grosu Emilia-Florina, Iurian Cristina, Szabo Peter, Petrehus Denisa-Elena, Craciun Marius Traian, Grosu Vlad Teodor**, carte, *Pregatirea psihologica si antrenamentul invizibil in activitatea sportiva (Invisible psychological preparation of and the training in sports activity )vol III.din Colectia " Stiinta Sportului"*, GMI , CLUJ -NAPOCA, Editor: Emilia Florina Grosu, 2008, P. 142
  11. **Grosu Emilia-Florina**, carte, *Psihomotricitate (Psychomotricity) ,* GMI , CLUJ -NAPOCA, Editor: GMI , 2009, P. 485
  12. **Grosu Emilia-Florina, Popovici Cornel-Aurel, Mihaiu Costinel**, carte, *Locul si roul fitness-ului in stiinta sportului, (Place and role of fitness in sport science),* GMI , CLUJ -NAPOCA, Editor: ISBN 978-973-1776-33-0, Editura GMI, Cluj -Napoca, 2010, P. 236
  13. **Grosu Emilia-Florina, Grosu Vlad Teodor, Mihaiu Costinel**, carte, *Spiritualitatea in sport, (Spirituality of Sports),* GMI , CLUJ -NAPOCA, Editor: /, 2011, P. 178
  14. **Grosu Emilia-Florina, Popovici Cornel-Aurel, Grosu Vlad Teodor**, carte, *Complexe de exercitii pentru influentarea selectiva a aparatului locomotor - Complex physical exercises for the development of locomotory system, Editia a 2 a*, GMI , CLUJ -NAPOCA, Editor: Editura GMI, 2011, P. 150
  15. **Grosu Emilia-Florina**, carte, *Sariturile in gimnastica competitionala feminina,( The vault in the competitional gymnastics women)* GMI , CLUJ -NAPOCA, 2011, P. 96
  16. **Grosu Emilia-Florina**, carte, *Gimnastica aerobica,(Aerobic gymnastics), vol I din colectia "Programe de stilare corporala", Editia a 2 a* , GMI , CLUJ -NAPOCA, Editor: Editura GMI, 2012, P. 233
  17. **Grosu Emilia-Florina**, carte, *Tehnici de antrenament mental in sport (Techniques of mental training in sport), Vol III din Colectia „Actiune motorie si actiune psihica” ,* GMI , CLUJ -NAPOCA, 2012, P. 279
  18. **Pascan Ioan, Grosu Emilia-Florina**, carte, *Gimnastica, (Gymnastics),* GMI , CLUJ -NAPOCA, 1998, P. 338
  19. **Grosu Emilia-Florina, Carmen Padilla Moledo – Elementele tehnicii corporale în gimnastica artistică, ritmică și dans,** (Elements of body artistic gymnastics, rhythmic and dance), Vol I din Colectia „Gimnastică”, Editura GMI, Cluj – Napoca, 2011. [http:// www.edituragmi.ro](http://www.edituragmi.ro)

#### Ethical principles in sport performance enhancement,

Craciun Marius; Siserman Costel; Petrehus Denisa; Grosu Emilia Florina; Dobosi Serban.

Revista Romana de Bioetica 9.3 (Jul/Sep 2011): n/a, pg. 41-52

<http://search.proquest.com.ux4ll8xu6v.useaccesscontrol.com/pqcentral/results/>,

[https://scholar.google.it/scholar?start=0&q=grosu+emilia+florina&hl=it&as\\_sdt=0,5](https://scholar.google.it/scholar?start=0&q=grosu+emilia+florina&hl=it&as_sdt=0,5)

#### The New Dimension Of Educational Leadership - Modelling Excellence Through Neuro -Linguistic Programming Techniques

Grosu, Vlad Teodor; Grosu, Emilia Florina; Dobrescu, Tatiana.

Edited by: Laborda, JG Conference: 4th World Conference on Learning, Teaching and Educational Leadership (WCLTA) Location: Univ Barcelona, Barcelona, SPAIN Date:OCT 27-29, 2013. 4TH WORLD CONFERENCE ON LEARNING TEACHING AND EDUCATIONAL LEADERSHIP (WCLTA-2013) Book Series: Procedia Social and Behavioral Sciences Volume: 141 Pages: 500-505 Published: 2014 Full Text from Publisher.

[http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search\\_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c](http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c)

### **Neuro-linguistic Programming based on the Concept of Modelling**

Original Research Article Procedia - Social and Behavioral Sciences, Volume 116, 21 February 2014, Pages 3693-3699

Emilia Florina Grosu, Vlad Teodor Grosu, Carmen Aneta Preja, Boros Balint Iuliana

[http://www.sciencedirect.com.ux4ll8xu6v.useaccesscontrol.com/science?\\_ob=ArticleListURL&\\_method=list](http://www.sciencedirect.com.ux4ll8xu6v.useaccesscontrol.com/science?_ob=ArticleListURL&_method=list)  
[http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search\\_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c](http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c)  
<http://www.sciencedirect.com.am.enformation.ro/search?qs=&authors=Grosu+Emilia+Florina&pub=&volume=&issue=&page=&origin=home&zone=qSearch>

### **Neurolinguistic programming and the relation between attention and anxiety in alpine skiing juniors - 6th**

World Conference on Educational Sciences ,

Grosu Emilia-Florina, GROSU Vlad - Teodor, Popovici Cornelia, Dumitrescu Marin,

ScienceDirect, Scopus and Thomson Reuters Conference Proceedings Citation Index (Web of Science). Procedia-Social and Behavioral Journal (ISSN: 1877-0428), vol.116., 2014, 6 th World Conference on Educational Sciences, Malta (WCES 2014) , 2014, P.211-215

<http://www.worldeducationcenter.eu/new/index.php/Wces/wces2014/index>

<http://www.wces.worldeducationcenter.eu/list.php>

<http://www.sciencedirect.com.am.enformation.ro/search?qs=&authors=Grosu+Emilia+Florina&pub=&volume=&issue=&page=&origin=home&zone=qSearch>

### **Considerations regarding the creative dimension of the physical education and sports didactic process**

By: Dobrescu, Tatiana; Cretu, Marian; Grosu, Emilia Florina; et al.

Edited by: Odabasi, HF

Conference: 3rd World Conference on Learning, Teaching and Educational Leadership (WCLTA) Location: Brussels, BELGIUM Date: OCT 25-28, 2012, Sponsor(s): Acad World Educ & Res Ctr

3RD WORLD CONFERENCE ON LEARNING, TEACHING AND EDUCATIONAL LEADERSHIP Book Series:

Procedia Social and Behavioral Sciences Volume: 93 Pages: 853-858 Published: 2013

[http://apps.webofknowledge.com.am.enformation.ro/WOS\\_GeneralSearch\\_input.do?product=WOS&search\\_mode=GeneralSearch&SID=C3NWaYN1zeQEFVa9w1x&errorQid=4#search](http://apps.webofknowledge.com.am.enformation.ro/WOS_GeneralSearch_input.do?product=WOS&search_mode=GeneralSearch&SID=C3NWaYN1zeQEFVa9w1x&errorQid=4#search)

[http://www.sciencedirect.com.ux4ll8xu6v.useaccesscontrol.com/science?\\_ob=ArticleListURL&\\_method=list](http://www.sciencedirect.com.ux4ll8xu6v.useaccesscontrol.com/science?_ob=ArticleListURL&_method=list)

[http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search\\_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c](http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c),

[https://scholar.google.it/scholar?start=0&q=grosu+emilia+florina&hl=it&as\\_sdt=0.5](https://scholar.google.it/scholar?start=0&q=grosu+emilia+florina&hl=it&as_sdt=0.5)

### **Aspects Regarding Classroom Management And Its Part In Making The Educational Process More Effective**

By: Dobrescu, Tatiana; Grosu, Emilia Florina

Edited by: Laborda, JG

Conference: 4th World Conference on Learning, Teaching and Educational Leadership (WCLTA) Location: Univ Barcelona, Barcelona, SPAIN Date: OCT 27-29, 2013

4TH WORLD CONFERENCE ON LEARNING TEACHING AND EDUCATIONAL LEADERSHIP (WCLTA-2013) Book

Series: Procedia Social and Behavioral Sciences Volume: 141 Pages: 465-469 Published: 2014

[http://apps.webofknowledge.com.am.enformation.ro/WOS\\_GeneralSearch\\_input.do?product=WOS&search\\_mode=GeneralSearch&SID=C3NWaYN1zeQEFVa9w1x&errorQid=4#search](http://apps.webofknowledge.com.am.enformation.ro/WOS_GeneralSearch_input.do?product=WOS&search_mode=GeneralSearch&SID=C3NWaYN1zeQEFVa9w1x&errorQid=4#search)

<http://www.sciencedirect.com.am.enformation.ro/search?qs=&authors=Grosu+Emilia+Florina&pub=&volume=&issue=&page=&origin=home&zone=qSearch>

### **The Role of Attention in the Psychological Preparation of Athletes In Perceptual Motor Discipline, Grosu**

Emilia-Florina, GROSU Vlad - Teodor, Moraru Cristina - Elena, MOTICA Florin - Constantin

Science\_Citation\_Expanded, SOCIAL STUDIES OF SCIENCE, 159 , 2014, P.151 – 155

### **The Role of Attention in Adjusting the Behavior of Junior Skiers , Grosu Emilia-Florina, Grosu Vlad-Teodor,**

Dumitrescu Marin, INDEXCOPERNICUS , <http://journals.indexcopernicus.com/karta.php?id=4258> SPORT SI

SOCIETATE. Revista de Educatie Fizica, Sport si Stiinte Conexe, p-ISSN 1582-2168 , 2013, P.3-14

**Correlations of Emotional Distress and Anxiety with Regards to Athletes of 11-15 Years in Perceptual-motor Sports , Grosu Emilia-Florina, Grosu Vlad Teodor, Science\_Citation\_Expanded, [SOCIAL STUDIES OF SCIENCE, 190, 2015, P.269 – 272](http://www.sciencedirect.com.am.enformation.ro/SOCSOCIAL%20STUDIES%20OF%20SCIENCE%20159%20P%20151-155)**

### **The New Dimension of Educational Leadership - Modelling Excellence Through Neuro –Linguistic Programming Techniques**

Vlad Teodor Grosu, Emilia Florina Grosu, Tatiana Dobrescu

[http://apps.webofknowledge.com.am.enformation.ro/WOS\\_GeneralSearch\\_input.do?product=WOS&search\\_mode=G\\_eneralSearch&SID=C3NwaYN1zeQEFVa9w1x&errorQid=4#search](http://apps.webofknowledge.com.am.enformation.ro/WOS_GeneralSearch_input.do?product=WOS&search_mode=G_eneralSearch&SID=C3NwaYN1zeQEFVa9w1x&errorQid=4#search)

<http://www.sciencedirect.com.am.enformation.ro/search?qs=&authors=Grosu+Emilia+Florina&pub=&volume=&issue=&page=&origin=home&zone=qSearch>

### **Aspects on Improving Body Expression in Acting Students**

By: Moraru, Cristina-Elena; Croitoru, Liliana; Grosu, Emilia Florina, Edited by: Sandu, A; Frunza, AC

Conference: 4th International Conference on Logos University Mentality Education Novelty (LUMEN) Location: Lasi, ROMANIA Date: APR 10-12, 2014, Sponsor(s): Lumen Res Ctr Social & Humanist Sci

LUMEN 2014 - FROM THEORY TO INQUIRY IN SOCIAL SCIENCES Book Series: Procedia Social and Behavioral Sciences Volume: 149 Pages: 619-623 Published: 2014

[on.ro/search?qs=&authors=Grosu+Emilia+Florina&pub=&volume=&issue=&page=&origin=home&zone=qSearch](http://www.sciencedirect.com.am.enformation.ro/search?qs=&authors=Grosu+Emilia+Florina&pub=&volume=&issue=&page=&origin=home&zone=qSearch)

[Open access, Original research article](#)

[Procedia - Social and Behavioral Sciences, Volume 141, 25 August 2014, Pages 500-505](#)

[Download PDF \(22 KB\)](#)

<http://www.sciencedirect.com.am.enformation.ro/search?qs=&authors=Grosu+Emilia+Florina&pub=&volume=&issue=&page=&origin=home&zone=qSearch>

***The Relation between Mental Training and the Physiological Index in Artistic Gymnastics***, Grosu Emilia-Florina, Nica-Badea Delia, GROSU Vlad - Teodor, *International Journal of Sports Science* p-ISSN: 2169-8759 e-ISSN: 2169-8791 2013; 3(4): 97-101 doi:10.5923/j.sports.20130304.01, 2013, P.97 - 101, Social\_Sciences\_Citation, [INTERNATIONAL JOURNAL OF SPORTS SCIENCE & COACHING, International Journal of Sports Science p-ISSN: 2169-8759 e-ISSN: 2169-8791 2013; 3\(4\): 97-101 doi:10.5923/j.sports.20130304.01, 2013, P.97 – 101, http://article.sapub.org/10.5923.j.sports.20130304.01.html](#)

***Xantinic Compounds Incentivising the Active Principles of Athletes' Performance - Effects, Opportunities and Risks***, Nica-Badea Delia, Grosu Emilia-Florina, Cambridge Scholars Publishing, <http://www.c-s-p.org/Flyers/978-1-4438-4524-3-sample.pdf>, *Applied Social Sciences: Psychology, Physical Education and Social Medicine*, 2013, P.133-141

***Neurolinguistic Programming Thecniques in Sports training for Enhancing Performance Capacity***, Rusu Alina Cristina, Grosu Emilia-Florina, GROSU Vlad - Teodor Ebsco; Academic Search Complete, USA; [Index Copernicus; Journal Master List, Poland; DOAJ, Sweden.](#), [www.revista Palestrica milenului III.ro](http://www.revista Palestrica milenului III.ro), *Palestrica of the Third Millenium - Civilization and Sport*, vol.14, no.3, July - september, , 2013, P.212-218

***Correlations between Attention, Emotional Distress and Anxiety with Regards to Athletes of 11-15 Years in Perceptual-Motor Sports***, Grosu Vlad Teodor, Grosu Emilia-Florina, Monea Dan, *Universal Journal of Educational Research* 3(8): 508-512, 2015, <http://www.hrpub.org> DOI: 10.13189/ujer.2015.030805, *Horizont Research Publishing Corporation, (HRPUB)*, 2015, P.508-512

Supplementary information

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