



**Curriculum vitae Europass**



**Personal Information**

Name / Surname GROSU E. EMILIA FLORINA

Address CLUJ NAPOCA, Romania

Nationality Romanian

Date of birth and place

Sex Female

**Place of work / occupational area**  
 BABEȘ-BOLYAI University, Cluj- Napoca, Romania  
 Faculty of Physical education and Sport faculty,  
 Department of Individual Sports

**Professional experience**

<b>Function</b>	Professor	Associate Professor	Lector univ.
<b>Period</b>	2003- present	2000- 2003	1994 - 2000
<b>Institution</b>	Babes-Bolyai University FEFS	Babes-Bolyai. University FEFS	Babes-Bolyai. University FEFS
<b>Place</b>	CLUJ- NAPOCA	CLUJ- NAPOCA	CLUJ- NAPOCA
<b>Function</b>	Asist univ.	Prof. grad II	Prof. definitiv
<b>Period</b>	1992-1994	1987 - 1992	1984 - 1987
<b>Institution</b>	Babes-Bolyai. University FEFS	Casa Pionerilor – DB (1987-1990) and School no. 2 Targoviste DB (1990- 1992)	School „Ana Ipatescu” (1984-1985) Casa Pionerilor – Targoviște 1985-1987)
<b>Place</b>	CLUJ- NAPOCA	Targoviste - DB	Gherla – CJ și Targoviste - DB

Function and place

**PhD Prof Faculty of Physical Education and Sport Faculty  
Conductor PhD in Physical Education and Sport with Decision nr 5268 / 05.09.2011  
Ministry of Education, Research, Youth and Sports  
IOSUD Babes – Bolyai University, Cluj – Napoca, Romania**

**Member in "Registrul național de evaluatori al ARACIS din domeniul Educație fizică și sport"**

[http://pfe.aracis.ro/inscriere/registru/lista\\_c\\_d/7/37/](http://pfe.aracis.ro/inscriere/registru/lista_c_d/7/37/)

**Registru de Experți Evaluatori ARACIS - Conducători de doctorat**

<https://www.aracis.ro/registru-national-al-evaluatorilor/>

<https://cloud.aracis.ro/owncloud/index.php/s/hjwVbhGoVvHoZoA>

Member of the specialized commission of the National Council for Attestation of University Degrees, Diplomas and Certificates (CNATDCU): Commission of Psychology, Educational Sciences, Physical Education and Sports (in the mandate 2016-2020, in accordance with the Order of the Minister of National Education and Scientific Research No. 4106 / 10.06.2016 regarding the nominal composition of the National Council for Attestation of University Degrees, Diplomas and Certificates)

**AU-ID ( "Grosu, Emilia Florina" 54683921200 )**

<https://www-scopus-com.am.e-nformation.ro/results/results.uri?sort=plf-f&src=s&st1=&st2=&nlo=1&nlr=20&nls=count->

[f&sid=fd9eb5e411b911a23dd271a949072cfb&sot=anl&sdt=aut&sl=42&s=AU-ID%28%22Grosu%2c+Emilia+Florina%22+54683921200%29&txGid=fc8984539c085911a7699ecaa27dcf0d](https://www-scopus-com.am.e-nformation.ro/results/results.uri?sort=plf-f&src=s&st1=&st2=&nlo=1&nlr=20&nls=count-f&sid=fd9eb5e411b911a23dd271a949072cfb&sot=anl&sdt=aut&sl=42&s=AU-ID%28%22Grosu%2c+Emilia+Florina%22+54683921200%29&txGid=fc8984539c085911a7699ecaa27dcf0d)

<https://orcid.org/0000-0002-2846-9586>

<p>Activity and principal responsibility</p>	<p><b>Member in professional and scientific association:</b></p> <p>Member of the specialized commission of the National Council for Attestation of University Degrees, Diplomas and Certificates (CNATDCU): Commission of Psychology, Educational Sciences, Physical Education and Sports:</p> <ul style="list-style-type: none"> <li>- Member CNATDCU – Ministry of Education from 2014 - 2020</li> <li>- In the mandate 2016-2020 (in accordance with the Order of the Minister of National Education and Scientific Research no. 4106 / 10.06.2016 regarding the nominal composition of the National Council for Attestation of University Degrees, Diplomas and Certificates) (<a href="https://lege5.ro/Gratuit/gezdcnjrgeyq/ordinul-nr-4106-2016-privind-componenta-nominala-a-consiliului-national-de-atestare-a-titlurilor-diplomelor-si-certificatelor-universitare">https://lege5.ro/Gratuit/gezdcnjrgeyq/ordinul-nr-4106-2016-privind-componenta-nominala-a-consiliului-national-de-atestare-a-titlurilor-diplomelor-si-certificatelor-universitare</a>)</li> <li>- In the mandate 2020-2024 (in accordance with the Order of the Minister of Education and Research no. 4621 / 23.06.2020 for the approval of the Regulation on the organization and functioning of the National Council for Attestation of University Degrees, Diplomas and Certificates) (<a href="https://www.edu.ro/aprobarea-regulamentului-de-organizare-%C8%99i-func%C8%9Bionare-%C8%99i-componen%C8%9Ba-nominal%C4%83-consiliului-na%C8%9Bional-de">https://www.edu.ro/aprobarea-regulamentului-de-organizare-%C8%99i-func%C8%9Bionare-%C8%99i-componen%C8%9Ba-nominal%C4%83-consiliului-na%C8%9Bional-de</a>)</li> <li>- Member ARACIS, from 2011.</li> <li>- Member in FEPSAC – European Federation of Sport Psychology, from 2007</li> <li>- Member in Council of ISD from Univ. „Babeş – Bolyai” Cluj – Napoca, from 2012 - 2020.</li> <li>- Director of Doctoral School in Faculty of Physical Education and Sport Faculty from 2012 till now 2021.</li> </ul>
<p>Name of Employer</p>	<p>Babeş-Bolyai University, Cluj - Napoca, Faculty of Physical Education and Sport – Department of Individual Sports.</p>
<p>Type of activity and aria</p>	<p>Didactic and research in Physical Education and Sport</p>
<p>Qualification and / diploma obtained</p>	<p>Doctor in Physical Education and Sport Faculty, ANEFS Bucharest, 1999, with specialisation Sport Psychology.  Institute of Physical Education and Sport Faculty Bucharest, 1992, License I.E.F.S. Bucharest  Institute of Physical Education and Sport Faculty Bucharest, 1984, diploma absolvent, I.E.F.S. Bucharest, head of promotion with mark 9.86 out of 10.</p>
<p>Principal Discipline study / Professional Competence Acquired</p>	<p>Mental training,  Specialization in artistic gymnastics preparation and sportive dance  Technical and methodology of teaching basic gymnastics  Psychomotricity, Motor development  Motor Learning  Fitness  Neuro-linguistic programming (NLP)  Sport Anthropology</p>
<p>Name of Institution of Education and Type of Study</p>	<p>License: Institute of Physical Education and Sport Faculty Bucharest, 1981- 1984  Master: National Academy of Physical Education and Sport Faculty Bucharest, 1992 -1994  PhD: National University of Physical Education and Sport Faculty Bucharest 1999  Master: degree between 2016-2018 in University in Agricultural Sciences and Veterinary Medicine, USAMV Cluj – Napoca, in Horticultural Faculty, Specialization, PAISV.</p>

International and national classification level	Artistic Gymnastics Specialization – FRG 1984, categ. III International Referee in artistic gymnastics– 1994, FRG, Bucharest Specialization in sportive dance – FRDS 2008, categ. III				
Personal skills and competences	Gymnastics trainer 1994-1996 la Sharjah Women’s Club – UAE Teacher in School 2002 – School „Clementina Perone” – Rome, Italy				
Mother tongue	Romanian				
Foreign Language	Italian, English, French, Spanish				
Self-assessment	<b>Understanding</b>		<b>Speaking</b>		<b>Writing</b>
	Listening	Writing	Participation in conversation	Oral spelling	Writing
<b>Italian language</b>	C2	C2	C2	C2	C1
<b>English language</b>	C2	C1	C2	C1	B2
<b>French language</b>	C1	B2	B2	B1	A2
<b>Spanish language</b>	C1	C1	B1	B1	B2
Competence and social ability	Team spirit and manager: professional experience in didactic, in research in sportive performance at national level in gymnastics and dance Supervisor in License and Master. Reviewer in superior committee for PhD Thesis in Physical Education and Sport field. Supervisor in PhD from 2011 until now 2020.				
Competence and organizational ability	Managerial experience: 1997 Management Courses –Windesheim University – Callo Department, from Zwolle – Holland 1997 -2003; from 2010 – 2012 Resp. International Relation - Faculty of Physical Education and Sport Faculty, University Babes-Bolyai, Cluj- Napoca 1997 till now, Member in Professional and Scientific Association: Member FEPSAC – European Federation of Sport Psychology Member in Scientific Board – Journal Palestrica B+, Publisher UMF Cluj - Napoca Member in Psychology Commission of National Council of Sport Science – National Institute of Research for Sport - Bucharest, 1999-2010. Coordinator of Dance and gymnastics Group „Companion” – with FEFS students. From 2011 till now – Supervisor PhD in Physical Education and Sport in Faculty of profile, in Babes – Bolyai University. From 2011 till now 2020– expert member ARACIS From 2014 till now 2020– member in commission in CNATDCU at Ministry of Education and Research, in the Psychology Committee, Educational Science and Physical education and Sport. Member FIEF (European Federation of Physical Education), from 2016 till now 2020.				

<p>Competences and technical abilities</p>	<p>Driver's licence B, since 1992.  High level of teaching theoretical and practical subjects in gymnastics, dance, sport psychology, psychomotricity, mental training techniques and Neuro-linguistic programming (NLP).  Physical coach for the National Dance Team in Reghin, since 2008 till 2016- organised by FRDS – Romanian Federation of Sportive Dance.  Master's degree between 2016-2018 in University in Agricultural Sciences and Veterinary Medicine, USAMV Cluj – Napoca, Horticultural Faculty, Specialization, Landscape - PAISV.</p>
<p>Competence and abilities in using computer</p>	<p>SOROS Foundation Certification EM103N / Informatics Department, Instruction–Autumn Session 1996 with qualifying “Very Good”.</p>
<p>Competences and artistic abilities</p>	<p>Organization of sportive and artistic competitions at local, national and international level.</p> <ul style="list-style-type: none"> <li>- 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.</li> <li>- 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).</li> <li>- 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)</li> <li>- 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 dello Sport, Casa Montagna Valnure – Ferriere (PC), Italy. (<a href="http://www.vivasworld.org">www.vivasworld.org</a> sts-gestione@libero.it)</li> <li>- 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).</li> <li>- 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).</li> <li>- European Ballet Schools festival ”Grand Assemble”, 27-30 of October 2016, 2017, 2018, Cluj – Napoca. Romania</li> </ul>
	<ul style="list-style-type: none"> <li>- 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. (<a href="http://www.vivasworld.org">www.vivasworld.org</a> sts-gestione@libero.it)</li> <li>- International Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XXV a 2009 organized by Asociazione OK Club, Scuola Sport, Casa Montagna Valnure – Ferriere (PC), Italy. (folckloric dance) (<a href="http://www.vivasworld.org">www.vivasworld.org</a> sts-gestione@libero.it)</li> <li>- „Politehnica” University of Bucharest, Departament of Physical Education and Sport – Kinetotherapy, prize I - Artistic Compozition, University of „Bogdan – Vodă”, in Festivalul Polidansfest „Gineta Stoenescu”, Edition V, 11-12 May, 2012, Bucharest.</li> </ul>

<p><b>Participation in Projects</b></p>	<p>1. Professor coordinator Summer Camps Programmes „Vivas World” Ferriere, Piacenza, Berceto, Parma, prof. Carlo Devoti, (<a href="http://www.vivasworld.org">www.vivasworld.org</a> <a href="mailto:sts-gestione@libero.it">sts-gestione@libero.it</a>) Italy 1997- 2003 – 2014, 2015, 2016, - Piacenza, Italy Italy 2017, 2018, 2019 – Berceto, Parma, Italy</p> <p>2. Title: "Diabetic runners and cyclists for more sport for all in Europe", "Sport give a chance" SPORTGIVECHANCE" n° 590518-EPP-1-2017-1-IT-SPO-SNCESE, Spoleto, Terni, Italy, 2018. For this reason, the partners agree that:</p> <ul style="list-style-type: none"> <li>•The event programme takes place in Italy - Spoleto, starting on the 29.08. and ending on 03. 09. 2018;</li> <li>•The group was formed by the following 14 Participants + 4 Experts.</li> </ul>
<p>Other competences and abilities</p>	<p>Participation in other didactics activity in Teaching Staff Mobility in Erasmus Program (up 19):</p> <ul style="list-style-type: none"> <li>- Courses FRG; FRDS.</li> <li>- Organizer of national and International competitions in gymnastics and dance, European Men's and Women's Artistic Gymnastics in Cluj – Napoca, Romania 2017.</li> <li>- Participation in International Congress, upper 23 conference and congress in period from 1997 until now.</li> </ul>

Published  
Articles

From 1992 until now I wrote 19 books. Out of those, one is International coordinate (Technical elements of body movements (collab. Carmen Padilla – Univ. Cadiz, Spain), multiple articles BDI, 6 articles ISI, all of them from Sport Science area.

**Books in International publisher**

1. **Grosu Emilia-Florina, Georgescu Luminita**, chapter, *Contemporary Trends in Health Promotion Through Physical Education a Romanian Model*, Physical Education and Health, Global Perspectives and Best Practice, SAGAMORE PUBLISHING LLC, ISBN print edition 978-1-57167-703-7 Library of Congress Control Number 201493090303, Urbana, IL 61801, Editor: SAGAMORE PUBLISHING, 2014, P. 383-394

**1 book Interantional coordonator** (Technical Elements Component, colab. Carmen Padilla – Univ. Cadiz, Spania)

**8 books unic author**

- Aplicații ale antrenamentului mental în sport -vol 3, Publisher GMI, Cluj - Napoca
- Învățarea motorie și performanța în sport -vol. 2, Publisher GMI; Cluj - Napoca
- Gimnastica aerobică -Programe de stilare corporala, Publisher GMI; Cluj - Napoca
- Psihomotricitate și gimnastica educativă -vol 1, Publisher GMI, Cluj - Napoca
- Paralele inegale din gimnastica artistică feminină ( vol I) from Colection "Gimnastică"
- Biomecanica, metodica și tehnica elementelor acrobatice la sol și bâră (Vol II) from colection "Gimnastică", Publisher GMI, Cluj - Napoca
- Psihomotricitate, Publisher GMI, Cluj - Napoca
- Săriturile în gimnastica competițională feminină, Publisher GMI, Cluj - Napoca

**12 books in collaboration**

- Sportul - Fenomen social - vol. I in Collection " Știința Sportului",
- "Optimizarea antrenamentului sportiv" in Collection "Știința Sportului" vol IV,
- "Conceptele fundamentale ale Științei Sportului "in Collection " Știința Sportului"- vol II,
- "Pregătirea psihologică și antrenamentul invizibil în activitatea sportivă" , vol III., in Collection " Știința Sportului",
- Sportul - Fenomen social - vol. I in Collectiona " Știința Sportului", vol I, Publisher GMI.
- Locul și roul fitness-ului în știința sportului, Publisher GMI, Cluj - Napoca
- Spiritualitatea în sport, Publisher GMI, Cluj - Napoca
- Complexe de exerciții pentru influențarea selectivă a aparatului locomotor - Complex physical exercises for the development of locomotory system, Ediția a 2 a, Gimnastica, Editura GMI, Cluj -Napoca
- Gimnastica educativă, acrobatică și sărituri la aparate, multiply UBB.
- Grosu Emilia Florina, Gogean Groza Gina, *Gimnastica acrobatică și săriturile cu sprijin la aparate în școală*, Editura Risoprint 2019, 110 pagini
- MODALITĂȚI DE PRACTICARE A AEROBICULUI PRIN IMPLEMENTAREA UNOR PROGRAME DE OPTIMIZARE A CONDIȚIEI FIZICE, GROSU VLAD TEODOR, CIORSAC ALECU-AUREL, GROSU EMILIA FLORINA, EDITURA RISOPRINT Cluj – Napoca, 2023, ISBN 978-973-53-3033-0, 283 de pagini.
- FITNESS-ul Componentă a științei sportului , GROSU VLAD TEODOR, GROSU EMILIA FLORINA, CIORSAC ALECU-AUREL, EDITURA RISOPRINT Cluj – Napoca, 2022, ISBN 978-973-53-2843-6, 270 pg

**Published Article ISI – impact factor**

**Ethical principles in sport performance enhancement / Principii etice in cresterea performantei sportive**, Crăciun Marius Traian, Petrehus Denisa-Elena, Grosu Emilia-Florina, Dobosi Serban-Andrei,

[Science\\_ Citation\\_ Expanded](#), REVISTA ROMANA DE BIOETICA, Vol. 9, Nr. 3, Jul/Sep 2011, P.41 – 52

<https://www-scopus-com.am.e->

[nformation.ro/results/authorNamesList.uri?origin=searchauthorlookup](https://www-scopus-com.am.e-)

[&src=al&edit=&poppUp=&basicTab=&affiliationTab=&advancedTab=&st1=&st2=&institute=Babes++Bolyai+University+Cluj++Napoca%2C+Romania &orcidId=0000-0002-2846-](https://www-scopus-com.am.e-)

[9586&authSubject=LFSC](#)

[&\\_authSubject=on&authSubject=HLSC&\\_authSubject=on&authSubject=PHSC&\\_authSubject=on&authSubject=SOSC&\\_authSubject=on&s=&sdt=&sot=&searchId=&exactSearch=on&sid=](#)

**Differences between Active and Semi-Active Students Regarding the Parameters of Body Composition Using Bioimpedance and Magnetic Bioresonance Technologies (2021)**

pp 2-14, Dana Badau <sup>1</sup>, Adela Badau <sup>1,\*</sup>, Cristian Trambitas <sup>2,\*</sup>, Dia Trambitas-Miron <sup>2</sup>, Raluca Moraru <sup>2</sup>, Alexandru Antoniu Stan <sup>2</sup>, Bogdan Marian Oancea <sup>3</sup>, Ioan Turcu <sup>3</sup>, Emilia Florina Grosu <sup>4</sup>, Vlad Teodor Grosu <sup>5</sup>, Lucia Georgeta Daina <sup>6</sup>, Cristian Marius Daina <sup>6</sup>, Corina Lacramioara Suteu <sup>6</sup> and Liviu Moraru <sup>2</sup>,

International Journal of Environmental Research and Public Health. MDPI, Int. J. Environ. Res. Public Health 2021, 18, 7906. <https://doi.org/10.3390/ijerph18157906>

[www.mdpi.com/journal/ijerph](http://www.mdpi.com/journal/ijerph)

<https://www.mdpi.com/1660-4601/18/15/7906>

Journals IJERPH Volume 18 Issue 15 10.3390/ijerph18157906 Int. J. Environ. Res. Public Health 2021, 18(15), 7906

<https://www.mdpi.com/1660-4601/18/15/7906#cite> .

<https://www.mdpi.com/about/journals>

<https://www-webofscience-com.am.e-nformation.ro/wos/woscc/full-record/WOS:000681876200001>

<https://www-webofscience-com.am.e-nformation.ro/wos/woscc/full-record/WOS:000681876200001>

**Testing the dynamic response of the athletes who practice karate as a performance sport,**

Muresan, DA; Arghir, M; (...); Grosu, EF, Mar 2023 | 66 (1), pp.133-140, ACTA TECHNICA NAPOCENSIS SERIES-APPLIED MATHEMATICS MECHANICS AND ENGINEERING, *Journal Impact Factor™ 2022 0.3, Five Year 0.3*

[https://0b10qe47g-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/summary/56d91291-10d8-4be3-915e-907b4ea5e238-c437662d/relevance/1\(overlay:export/email\)](https://0b10qe47g-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/summary/56d91291-10d8-4be3-915e-907b4ea5e238-c437662d/relevance/1(overlay:export/email))

**The Effects of Small-Sided Games and Behavioral Interventions on the Physical and Motivational Outcomes of Youth Soccer Players,** Pop, RM; Grosu, VT; (...); Dobrescu, T, Nov 2022 | , INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH 19 (21), Enriched Cited References, Free Full Text from Publishermore\_horiz, 53, References, Related records

<https://www-webofscience-com.am.e-nformation.ro/wos/woscc/summary/6339bdb6-3278-4e42-876a-d077f685cbfe-66321de7/relevance/1>

<https://www-webofscience-com.am.e-nformation.ro/wos/woscc/summary/a58bb81f-e268-43c3-8457-cda50d083ca5-66323ca1/relevance/1>

<https://0b109e4bi-y-https-www-scopus-com.z.e-nformation.ro/record/display.uri?eid=2-s2.0-85152054011&origin=resultslist&sort=plf-f&src=s&st1=Grosu&st2=Emilia+Florina&nlo=1&nlr=20&nls=count-f&sid=4f9b16646f433e3ea8e4eb66f59bfaf1&sot=anl&sdt=aut&sl=42&s=AU-ID%28%22Grosu%2c+Emilia+Florina%22+54683921200%29&relpos=0&citeCnt=0&searchTerm=>

**Physical Activity of Middle School Students from Cluj-Napoca during the Covid-19 Pandemic,** Pop, RM and Grosu, EF, Dec 2022 | , REVISTA ROMANEASCA PENTRU EDUCATIE MULTIDIMENSIONALA 14 (4) , pp.524-537, Journal Impact Factor™, 2022 2 Five Year, 1.5, Journal Citation Indicator™ 2022 0.93, 2021 0.95



[https://0b10qe47g-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/summary/56d91291-10d8-4be3-915e-907b4ea5e238-c437662d/relevance/1\(overlay:export/email\)](https://0b10qe47g-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/summary/56d91291-10d8-4be3-915e-907b4ea5e238-c437662d/relevance/1(overlay:export/email))

**Comparison of Procedures Applied on the Auditive Feedback Equipment, Neuromuscular Electrostimulation and Kinesitherapy in Kyphotic Attitudes Recovery**

[Ordean, MN](#) (Ordean, Mircea-Nicolae) [1]; [Grosu, EF](#) (Grosu, Emilia Florina) [2]; [Grosu, VT](#) (Grosu, Vlad Teodor) [3]; [Rozsnyai, RA](#) (Rozsnyai, Radu Adrian) [4]; [Muresan, AD](#) (Muresan, Alexandru Dorin) [2]

REVISTA ROMÂNEASCĂ MULTIDIMENSIONALĂ, Volume 14, Issue 1, Page 299-311, Supplement 1, DOI, 10.18662/rrem/14.1Sup1/552, Published MAR 2022, Indexed 2022-04-18, Journal Impact Factor™ 2022 2, Five Year 1.5

[https://0b10qe47g-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/summary/56d91291-10d8-4be3-915e-907b4ea5e238-c437662d/relevance/1\(overlay:export/email\)](https://0b10qe47g-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/summary/56d91291-10d8-4be3-915e-907b4ea5e238-c437662d/relevance/1(overlay:export/email))

**Lesiones en hockey línea: factores de riesgo y medidas de prevención.** Moreno-Alcaraz, V. J., Cejudo, A., Grosu, E. F., & Sainz de Baranda, P. (2021). *Revista Iberoamericana De Ciencias De La Actividad Física Y El Deporte*, 10(3), 1-17.

<https://doi.org/10.24310/riccafd.2021.v10i3.12468>

**Impact factor 0.16**

<https://revistas.uma.es/index.php/riccafd/article/view/12468>

<https://revistas.uma.es/index.php/riccafd/article/view/12468/14032>

**Article published in ISI Web of Science and other Data base**

Study on perception speed (VP), motor coordination (CMC), and self-regulation (AR) in junior alpine skiing in sports clubs, Toma, Andreea Carleta; Grosu, Vlad Teodor; Rozsnyai, Radu Adrian; Zadic, Alexandru; Ardelean, Viorel Petru; Grosu, Emilia Florina

Designing for Digital Wellbeing Pages 289 - 29817 February 2023, Document type Book Chapter, Book ISBN 978-363189279-4, 978-363189280-0

<https://0b109e4bi-y-https-www-scopus-com.z.e-nformation.ro/record/display.uri?eid=2-s2.0-85152054011&origin=resultslist&sort=plf-f&src=s&st1=Grosu&st2=Emilia+Florina&nlo=1&nlr=20&nls=count-f&sid=4f9b16646f433e3ea8e4eb66f59bfaf1&sot=anl&sdt=aut&sl=42&s=AU-ID%28%22Grosu%2c+Emilia+Florina%22+54683921200%29&relpos=0&citeCnt=0&searchTerm=>

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By: Bechar, Inbal; **Grosu, Emilia Florina**

Conference: 3rd International conference on Education Reflection Development (ERD)

Location: Cluj-Napoca, ROMANIA Date: JUL 03-04, 2015

Sponsor(s): Univ Babes-Bolyai, Fac Psychol Educ Sci; Univ Babes-Bolyai, Dept Educ Sci

3RD INTERNATIONAL CONFERENCE - EDUCATION, REFLECTION, DEVELOPMENT Book

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By: **Grosu, Emilia Florina**; Grosu, Vlad Teodor; Emmanouilidis, Manolis; et al.

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*REDUCE ANXIETY AND STRESS IN BIATHLON – SKIING’ ATHLETES USING MENTAL TRAINING*  
Motică Florin (a), Grosu Vlad Teodor (b), **Grosu Emilia Florina** (c)\*

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*Controlling anxiety and stress in ski-biathlon athletes using a device EmWave2*

**Grosu Emilia Florina**, Motică Florin Constantin, Monea Dan, Grosu Vlad Teodor  
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*Identifying a Connection Between Mobility Degree, Balance, Strength and Tennis Serve: a  
Pilot Study*

Prodan Rodica, **Grosu Emilia Florina**, Popovici Cornelia, Grosu Vlad Teodor  
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*WAYS TO DEVELOP RESISTANCE THROUGH SPECIFIC MEANS OF ATHLETICS IN FOOTBALL JUNIORS*

Monea Dan (a), Grosu Vlad Teodor (b), **Grosu Emilia Florina** (c)\*, Popovici Cornelia

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Cantor Maria<sup>1\*</sup>, **Grosu Emilia Florina**<sup>\*2</sup>, Buru (Hitter) Timea<sup>1</sup>, Buta Erzsebet<sup>1</sup>, Boboc (Oros) Paula<sup>1</sup>

*Therapeutic garden with ornamental plants for enhance and creating well-being at children*  
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*Implementation of landscape design solutions with the color and texture of plants*

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Additional Information	Contact Persons: Prof. Carlo Devoti – Summer Camps Programmes „Vivas Wolrd”- Ferriere, Piacenza, Italia (IT) Prof. Nicu Forminte - Trainer of Romanian National Team of Gymnastics till 2021. Prof. univ.dr. Emanuele Isidori–Universita delle Scienze Motorie- Foro Italico–Roma (IT) Prof. Univ. dr. Kostas Karteroliotis – Athens University – Physical Education and Sports Faculty, Greece (GR)

Date: 2. 02. 2024

Emilia Florina Grosu

