
				
Curriculum vitae Europass				
Personal Information				
Name / Surname	GROSU E. EMILIA FLORINA			
Address				
Phone:		Mobile:		
Fax	+40 (0)264420709			
E-mail				
Nationality	Romanian			
Date of birth and place				
Sex	Female			
Place of work / occupational aria	BABEȘ-BOLYAI University, Cluj- Napoca, Romania Faculty of Physical education and Sport faculty, Department of Individual Sports			
Professional experience	Function	Professor	Associate Professor	Lector univ.
	Period	2003- present	2000- 2003	1994 - 2000
	Institution	Babes-Bolyai University FEFS	Babes-Bolyai. University FEFS	Babes-Bolyai. University FEFS
	Place	CLUJ- NAPOCA	CLUJ- NAPOCA	CLUJ- NAPOCA
	Function	Asist univ.	Prof. grad II	Prof. definitiv
	Period	1992-1994	1987 - 1992	1984 - 1987
	Institution	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)
	Place	CLUJ- NAPOCA	Targoviste - DB	Gherla – CJ și Targoviste - DB

Function and place	<p>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</p> <p>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/</p> <p>Registru de Experți Evaluatori ARACIS - Conducători de doctorat https://www.aracis.ro/registrul-national-al-evaluatorilor/ https://cloud.aracis.ro/owncloud/index.php/s/hjwVbhGoVvHoZoA</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 (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)</p>
Activity and principal responsibility	<p>Member in professional and scientific association: 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"> - Member CNATDCU – Ministry of Education from 2014 - 2020 - 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) (https://lege5.ro/Gratuit/gezdcnjrgeyg/ordinul-nr-4106-2016-privind-componenta-nominala-a-consiliului-national-de-atestare-a-titlurilor-diplomelor-si-certificatelor-universitare) - 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) (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) - Member in FEPSAC – European Federation of Sport Psychology, from 2007 - Member ARACIS, from 2011. - Member in Council of ISD from Univ. „Babeș – Bolyai” Cluj – Napoca, from 2012 - 2020. - Director of Doctoral School in Faculty of Physical Education and Sport Faculty from 2012 till now 2021.
Name of Employer	Babeș-Bolyai University, Cluj - Napoca, Faculty of Physical Education and Sport – Department of Individual Sports.
Type of activity and aria	Didactic and research in Physical Education and Sport

Qualification and / diploma obtained	<p>Doctor in Physical Education and Sport Faculty, ANEFS Bucharest, 1999, with specialisation Sport Psychology.</p> <p>Institute of Physical Education and Sport Faculty Bucharest, 1992, License I.E.F.S. Bucharest</p> <p>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>																																								
Principal Discipline study / Professional Competence Acquired	<p>Specialization in artistic gymnastics preparation and sportive dance</p> <p>Technical and methodology of teaching basic gymnastics</p> <p>Psychomotricity, Motor development</p> <p>Motor Learning</p> <p>Fitness</p> <p>Neuro-linguistic programming (NLP)</p> <p>Sport Anthropology</p>																																								
Name of Institution of Education and Type of Study	<p>License: Institute of Physical Education and Sport Faculty Bucharest, 1981- 1984</p> <p>Master: National Academy of Physical Education and Sport Faculty Bucharest, 1992 - 1994</p> <p>PhD: National University of Physical Education and Sport Faculty Bucharest 1999</p> <p>Master: degree between 2016-2018 in University in Agricultural Sciences and Veterinary Medicine, USAMV Cluj – Napoca, Horticultural Faculty, Specialization, PAISV.</p>																																								
International and national classification level	<p>Artistic Gymnastics Specialization – FRG 1984, categ. III</p> <p>International Referee in artistic gymnastics– 1994, FRG, Bucharest</p> <p>Specialization in sportive dance – FRDS 2008, categ. III</p>																																								
Personal skills and competences	<p>Gymnastics trainer 1994-1996 la Sharjah Women’s Club – UAE</p> <p>Teacher in School 2002 – School „Clementina Perone” – Rome, Italy</p>																																								
Mother tongue	Romanian																																								
Foreign Language	Italian, English, French, Spanish																																								
Self-assessment	<table border="1"> <thead> <tr> <th></th><th colspan="2">Understanding</th><th colspan="2">Speaking</th><th>Writing</th></tr> <tr> <th></th><th>Listening</th><th>Writing</th><th>Participation in conversation</th><th>Oral spelling</th><th>Writing</th></tr> </thead> <tbody> <tr> <td>Italian language</td><td>C2</td><td>C2</td><td>C2</td><td>C2</td><td>C1</td></tr> <tr> <td>English language</td><td>C2</td><td>C1</td><td>C2</td><td>C1</td><td>B2</td></tr> <tr> <td>French language</td><td>C1</td><td>B2</td><td>B2</td><td>B1</td><td>A2</td></tr> <tr> <td>Spanish language</td><td>C1</td><td>C1</td><td>B1</td><td>B1</td><td>B2</td></tr> </tbody> </table>						Understanding		Speaking		Writing		Listening	Writing	Participation in conversation	Oral spelling	Writing	Italian language	C2	C2	C2	C2	C1	English language	C2	C1	C2	C1	B2	French language	C1	B2	B2	B1	A2	Spanish language	C1	C1	B1	B1	B2
	Understanding		Speaking		Writing																																				
	Listening	Writing	Participation in conversation	Oral spelling	Writing																																				
Italian language	C2	C2	C2	C2	C1																																				
English language	C2	C1	C2	C1	B2																																				
French language	C1	B2	B2	B1	A2																																				
Spanish language	C1	C1	B1	B1	B2																																				
Competence and social ability	<p>Team spirit and manager: professional experience in didactic, in research in sportive performance at national level in gymnastics and dance</p> <p>Supervisor in License and Master.</p> <p>Reviewer in superior committee for PhD Thesis in Physical Education and Sport field.</p> <p>Supervisor in PhD from 2011 until now 2020.</p>																																								

Competence and organizational ability	<p>Managerial experience:</p> <p>1997 Management Courses –Windesheim University – Callo Department, from Zwolle – Holland</p> <p>1997 -2003; from 2010 – 2012 Resp. International Relation - Faculty of Physical Education and Sport Faculty, University Babes-Bolyai, Cluj- Napoca</p> <p>1997 till now, Member in Professional and Scientific Association: Member FEPSAC – European Federation of Sport Psychology</p> <p>Member in Scientific Board – Journal Palestrica B+, Publisher UMF Cluj - Napoca</p> <p>Member in Psychology Commission of National Council of Sport Science – National Institute of Research for Sport - Bucharest, 1999-2010.</p> <p>Coordinator of Dance and gymnastics Group „Companion” – with FEFS students.</p> <p>From 2011 till now – Supervisor PhD in Physical Education and Sport in Faculty of profile, in Babes – Bolyai University.</p> <p>From 2011 till now 2020– expert member ARACIS</p> <p>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.</p> <p>Member FIEF (European Federation of Physical Education), from 2016 till now 2020.</p>
Competences and technical abilities	<p>Driver’s licence B, since 1992.</p> <p>High level of teaching theoretical and practical subjects in gymnastics, dance, sport psychology, psychomotricity, mental training techniques and Neuro-linguistic programming (NLP).</p> <p>Physical coach for the National Dance Team in Reghin, since 2008 till 2016- organised by FRDS – Romanian Federation of Sportive Dance.</p> <p>Master’s degree between 2016-2018 in University in Agricultural Sciences and Veterinary Medicine, USAMV Cluj – Napoca, Horticultural Faculty, Specialization, Landscape - PAISV.</p>
Competence and abilities in using computer	<p>SOROS Foundation Certification EM103N / Informatics Department, Instruction– Autumn Session 1996 with qualifying “Very Good”.</p>
Competences and artistic abilities	<p>Organization of sportive and artistic competitions at local, national and international level.</p> <ul style="list-style-type: none"> - 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 dello Sport, Casa Montagna Valnure – Ferriere (PC), Italy. (www.vivasworld.org 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). - European Ballet Schools festival “Grand Assemble”, 27-30 of October 2016, 2017, 2018, Cluj – Napoca. Romania

	<p>- 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 sts-gestione@libero.it)</p> <p>- 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. (folkloric dance) (www.vivasworld.org sts-gestione@libero.it)</p> <p>- „Politehnica” University of Bucharest, Departament of Physical Education and Sport – Kinetotherapy, prize I - Artistic Composition, University of „Bogdan – Vodă”, in Festivalul Polidansfest „Gineta Stoenescu”, Edition V, 11-12 May, 2012, Bucharest.</p>
Participation in Projects	<p>1. Professor coordinator Summer Camps Programmes „Vivas World” Ferriere, Piacenza, Berceto, Parma, prof. Carlo Devoti, (www.vivasworld.org sts-gestione@libero.it) 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" PORTGIVECHANCE” 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"> •The event programme takes place in Italy - Spoleto, starting on the 29.08. and ending on 03. 09. 2018; •The group was formed by the following 14 Participants + 4 Experts.
Other competences and abilities	<p>Participation in other didactics activity in Teaching Staff Mobility in Erasmus Program (up 19):</p> <ul style="list-style-type: none"> - Courses FRG; FRDS. - Organizer of national and International competitions in gymnastics and dance, European Men's and Women's Artistic Gymnastics in Cluj – Napoca, Romania 2017. - Participation in International Congress, upper 23 conference and congress in period from 1997 until now.

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 bârnă (Vol II) from colection "Gimnastică", Publisher GMI, Cluj - Napoca
- Psihomotricitate, Publisher GMI, Cluj - Napoca
- Săriturile în gimnastica competițională feminină, Publisher GMI, Cluj - Napoca

10 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

Published Article ISI – impact factor

1.Craciun Marius Traian, Petrehus Denisa-Elena, Grosu **Emilia-Florina**, Dobosi Serban-Andrei, *Ethical principles in sport performance enhancement / Principii etice in cresterea performantei sportive*, [Science_ Citation_Expanded](#), REVISTA ROMANA DE BIOETICA, Vol. 9, Nr. 3, Jul/Sep 2011, P.41 – 52

https://www-scopus-com.am.e-information.ro/results/authorNamesList.uri?origin=searchauthorlookup&src=al&edit=&poppUp=&basicTab=&affiliationTab=&advancedTab=&st1=&st2=&institut e=Babes+-+Bolyai+University+Cluj+-+Napoca%2C+Romania &orcidId=0000-0002-2846-9586&authSubject=LFSC&_authSubject=on&authSubject=HLSC&_authSubject=on&authSubject=PHSC&_authSubject=on&authSubject=SOSC&_authSubject=on&s=&sdt=&sot=&searchId=&exactSearch=on&sid=

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

1. Cretu Marian, Dobrescu Tatiana, **Grosu Emilia-Florina**, *Considerations regarding the creative dimension of the physical education and sports didactic process*

http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54O45hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c

Social_Sciences_Citation, SOCIAL SCIENCE JOURNAL, Volume: Published: Full Text from Publisher, 2013, P.853 – 858

2. Grosu Emilia-Florina, Nica-Badea Delia, GROSU Vlad - Teodor, *The Relation between Mental Training and the Physiological Index in Artistic Gymnastics*, *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>

3. Grosu Emilia-Florina, GROSU Vlad - Teodor, Moraru Cristina - Elena, MOTICA Florin - Constantin, *The Role of Attention in the Psychological Preparation of Athletes In Perceptual Motor Discipline*, *Science_Citation_Expanded*, SOCIAL STUDIES OF SCIENCE, 159, 2014, P.151 – 155

4. Grosu Emilia-Florina, GROSU Vlad - Teodor, Preja Carmen Aneta, Boros-Balint Iuliana, *Neuro-Linguistic Programming Based on the Concept of Modelling*
http://www.sciencedirect.com.ux4ll8xu6v.useaccesscontrol.com/science?_ob=ArticleListURL&_method=list - http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54O45hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c, Social_Sciences_Citation, SOCIAL SCIENCE JOURNAL, Procedia Social and Behavioral Science, vol.116, 21 February 2014, WCES 2013 ID 29284, 2014, P.3693 – 3699

5. Grosu Emilia-Florina, GROSU Vlad - Teodor, Dobrescu Tatiana, *The New Dimension Of Educational Leadership - Modelling Excellence Through Neuro -Linguistic Programming Techniques* http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54O45hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c, Social_Sciences_Citation, SOCIAL SCIENCE JOURNAL, Volume: 141
http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54O45hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c, 2014, P.500 – 505

6. Dobrescu Tatiana, Grosu Emilia-Florina, *ASPECTS REGARDING CLASSROOM MANAGEMENT AND ITS PART IN MAKING THE EDUCATIONAL PROCESS MORE EFFECTIVE*
http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54O45hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c http://www.sciencedirect.com.ux4ll8xu6v.useaccesscontrol.com/science?_ob=ArticleListURL&_method=list, Social_Sciences_Citation, SOCIAL SCIENCE JOURNAL, Volume: 141 Pages: 465-469 Published: 2014, P.465 – 469

7. Croitoru Liliana, Moraru Cristina - Elena, Grosu Emilia-Florina, *Aspects on Improving Body Expression in Acting Students* http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54O45hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c, Social_Sciences_Citation, SOCIAL SCIENCE JOURNAL, 149
Published: Full Text from Publisher <http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=>

[WOS&SID=3FDD8wZBA54O45hbw2i&search_mode=General Search&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c_PII: S1877-0428\(14\)04950-7](#), DOI: 10.1016/j.sbspro. 2014. 08.237, 2014, P.619 – 623

8. Grosu Emilia-Florina, GROSU Vlad - Teodor, Popovici Cornelia, Dumitrescu Marin, *Neurolinguistic Programming and the Relationship between Attention and Anxiety in Alpine Skiing Juniors*, Science_Citation_Expanded, PROCEEDINGS OF THE ASIS ANNUAL MEETINGS, 191, 2015, P.1634 – 1638

9. Grosu Emilia-Florina, Grosu Vlad Teodor, *Correlations of Emotional Distress and Anxiety with Regards to Athletes of 11-15 Years in Perceptual-motor Sports*, Science_Citation_Expanded, SOCIAL STUDIES OF SCIENCE, 190, 2015, P.269 – 272

10. GROSU Vlad Teodor, GROSU Emilia Florina, MOISA Adrian Antonel, FETEAN Gheorghe, 8th World Conference on Educational Sciences 04-06 February 2016, Madrid, Spain, Effects of applying mental training to alpine skiers through imagery and NLP techniques” <https://sproc.org/ojs/index.php/pntsbs/article/view/1760>, New Trends and Issues Proceedings on Humanities and Social Sciences, ISSN 2547 – 8818, Vol 3, No 1 (2017), DOI: <https://doi.org/10.18844/prosoc.v3i1> Published: 2017-06-28, pp 135 -141

11. Nica-Badea Delia, Grosu Emilia-Florina, *Xantic Compounds Incentivising the Active Principles of Athletes’ Performance - Effects, Opportunities and Risks*, 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

12. Grosu Emilia-Florina, Grosu Vlad-Teodor, Dumitrescu Marin, *The Role of Attention in Adjusting the Behavior of Junior Skiers*, INDEXCOPERNICUS, <http://journals.indexcopernicus.com/karta.php?id=4258>, SPORT SI SOCIETATE. Revista de Educatie Fizica, Sport si Stiinte Conex, p-ISSN 1582-2168, 2013, P.3-14

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

14. Dobrescu Tatiana, Grosu Emilia-Florina, Cretu Marian, Culea Catalina, *Consideration regarding the creative dimensions of the physical education and sports didactic process*, Elsevier, Procedia - Social and Behavioral Sciences, Volume 93, 21 October 2013, www.sciencedirect.com, Social and Behavioral Sciences (WCLTA 2012), 2013, P.853-858

15. Cuceu Marian, Grosu Emilia-Florina, Matean Aurica-Doina, *Observarea, manevrarea si controlul variabilelor selectate si aplicate subiectilor în studiul pilot / The obsevation, the handling and the control of the selected variables applied to the pilot studies subjects*, Romanian Editorial Platform SCPIO, <http://www.scipio.ro/web/studia-universitatis-babes-bolyai-educatio-artis-gymnasticae>, *Studia Universitatis Babes-Bolyai, Educatio Artis Gymnasticae*, volume 59, (LIX),1, , 2014, P.5-17

16. Ronen Tali, Grosu Emilia-Florina, *It’s easy to learn from movement”: learning through the Eshkol-Wachman Movement Notation (EWMN) “Este usor ss înveti din miscare”:* *învatarea prin sistemul de notatie Eshkol-Wachman (EWMN)*, Ebsco, Doaj, Cite Factor, SCPIO, index Copernicus, <http://www.pm3.ro/en/2013-issues/palestrica-of-the-third->

[millennium-civilization-and-sport, Palestrica of the third millennium – Civilization and Sport Vol. 15, no. 3, July-September, 2014, P.193-199](#)

17. Grosu Emilia-Florina, GROSU Vlad - Teodor, Moraru Cristina - Elena, Mihaie Costinel, *Specifics of State Anxiety and Attention in Sport Judo and Alpine Skiing*, Monduzzi Editore International Proceedings, ISBN 978-88-7587-713-2, <http://www.medimond.com/proceedings/moreinfo/20141121.htm>, 5th International Conference LUMEN 2014 Transdisciplinarity and Communicative Action 21-22 November, 2014 - Targoviste (Romania), 2015, P.331-337

18. Grosu Vlad Teodor, Grosu Emilia-Florina, Monea Dan, *Correlations between Attention, Emotional Distress and Anxiety with Regards to Athletes of 11-15 Years in Perceptual-Motor Sports*, 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

19. Grosu Vlad-Teodor, Grosu Emilia-Florina, *Influence of Mental Training on Motor Coordination and Manual Response in Alpine Skiing*, American Association for Science and Technology, <http://www.aascit.org>, <http://www.aascit.org/journal/archive?journalId=910&issueId=9100205>, International Journal of Modern Education Research 2(5), 2015, P.57-61

20. Grosu Emilia-Florina, Bechar Indbal, *An Applicable Physical Activity Program Affecting Physiological and Motor Skills: the Case of Table Tennis Players Participating in Special Olympics (SO)*, Elsevier, Procedia, <https://www.elsevier.com/journals>, Social and Behavioral Science, 2015, P.1-7

21. Grosu Emilia-Florina, GROSU Vlad - Teodor, Popovici Cornelia, Mihaie Costinel, *Sensory submodalities testing in neurolinguistic programming, part of mental training*, DOAJ, EBSCO, INDEX COPERNICUS, ULRICH'S PERIODICALS, www.tperj.ro/.../TPERJ_vol_7_issue_14_art_1.pdf, Timișoara Physical Education and Rehabilitation Journal, DOI: 10.1515/tperj-2015-0001, 2015, P.7-12

22. Grosu Emilia-Florina, Gogean Groza Gina, *STUDIU PRIVIND DEZVOLTAREA CALITATILOR MOTRICE NECESARE PERFECTIONĂRII SĂRITURILOR PRIN YURCHENKO*, sciencedirect, Proquest, Scopus,, www.sciencedirect.com, Gymnasium -Scientific Journal of Education, Spoort and Health, 2015, P.111-125

23. Grosu Vlad Teodor, Grosu Emilia-Florina, Ciufudean Emil, Toader Florian, *Attention and emotional distress at junior athletes in judo and alpine skiing*, IndexCopernicus, Doaj, CiteFactor, Scipio, www.palestrica.mileniuluiIII.ro, [http://www.palestrica.mileniuluiIII.ro/Palestrica of the third millennium – Civilization and Sport Vol. 17, no. 4, Oct - Dec. 2015, P.111-118](http://www.palestrica.mileniuluiIII.ro/Palestrica%20of%20the%20third%20millennium%20-%20Civilization%20and%20Sport%20Vol.%2017,%20no.%204,%20Oct%20-%20Dec.%202015,%20P.111-118)

24. Azmon Michal, Grosu Emilia-Florina, *Factors involved in adherence to physical activity among Israeli physiotherapists*, EBSCO, Academic Search Complete, USA; Index Copernicus, Journals Master List, Poland; DOAJ (Directory of Open Access Journals), Sweden, <http://pm3.ro>, <http://palestrica.ro>, [Palestrica of the third millennium – Civilization and Sport Vol. 16, no. 3, July-September 2015, P.228-234](http://palestrica.ro)

25. Nut Ramona-Ancuta, Grosu Emilia-Florina, *Study of Adaptation Psychometric Instruments that Measure Anxiety, Self-Efficacy and Motivation for Sports Performance*, Romanian Editorial Platform SCPIO, <http://www.scipio.ro/web/studia-universitatis-babes-bolyai-educatio-artis-gymnasticae>, Studia Universitatis Babes-Bolyai, Educatio Artis Gymnasticae, 2014, P.23-36

26. Deak Gratiela-Flavia, Boros-Balint Iuliana, Ciocoi-Pop Dumitru-Rares, **Grosu Emilia-Florina**, *Correlations between physical activity and Ruffier indices in Romanian university students*, EBSCO, <http://www.ebscohost.com/titleLists/e5h-coverage.htm>, *Studia, Universitatis Gymnasticae*, 2014, P.61-72
27. Cristina Elena Moraru, Liliana Elisabeta Radu, Raluca Mihaela Hodorca; "Al.I.Cuza" University, Romania; **Emilia Florina Grosu**; "Babes Bolyai" University, Romania
8th World Conference on Educational Sciences 04-06 February 2016, Madrid, Spain E
Aspects of Heart Rate Monitoring in Rhythmic Gymnastics Exercises
<https://sproc.org/ojs/index.php/pntsbs/article/view/1792>, New Trends and Issues
Proceedings on Humanities and Social Sciences, ISSN 2421 – 8030, Vol 3, No 1 (2017),
DOI: <https://doi.org/10.18844/prosoc.v3i1>, Published: 2017-06-28, pp 396 – 400
28. Grosu Vlad Teodor, **Grosu Emilia Florina**; Dobrescu Tatiana
The 12th International Scientific Conference eLearning Vision 2020 and Software for
Education Bucharest, vol III, April 21-22, 2016 10.12753/2066-026X-16-000
GENERAL AND HAND-EYES COORDINATION IN MENTAL TRAINING OF ALPINE SKIERS
29. Vlad Teodor Grosu ^a, **Emilia Florina Grosu**^{b*}, Cristina Elena Moraru^c
WLC 2016 - World LUMEN Congress. Logos Universality Mentality Education Novelty 2016
| LUMEN 15th Anniversary Edition
Motor Coordination and Reactivity Influenced by Mental Training in Alpine Skiing
<https://sproc.org/ojs/index.php/pntsbs/article/view/286>
Global Journal on Humanities Social Sciences, Vol 3 (2016) 101-105 Selected Paper of 4th
World Conference on Design and Arts, (DAE-2015) 26-28 June 2015, St.Petersburg
Christan University, St. Petersburg, Russia
<https://search.proquest.com/openview/580d877a513aa500db2affaa255bf0db/1?pq-origsite=gscholar&cbl=1876338>
<http://proceedings.elseconference.eu/index.php?paper=bcf4437086d92bc11847b4dfff637c3e>
http://apps.webofknowledge.com.am.e-nformation.ro/summary.do?product=WOS&parentProduct=WOS&search_mode=GeneralSearch&parentQid=&qid=1&SID=E1JmCagJUN2k6Rd7DfL&&update_back2search_link_param=yes&page=1
http://apps.webofknowledge.com.am.e-nformation.ro/Search.do?product=WOS&SID=E1JmCagJUN2k6Rd7DfL&search_mode=GeneralSearch&prID=e649ddfd-e3df-4a94-b885-06564507698d
30. Vlad Teodor Grosu, **Emilia Florina Grosu***, Cristina Elena Moraru
WLC 2016 - World LUMEN Congress. Logos Universality Mentality Education Novelty 2016
| LUMEN 15th Anniversary Edition
Motor Coordination and Reactivity Influenced by Mental Training in Alpine Skiing
<https://sproc.org/ojs/index.php/pntsbs/article/view/286>
http://apps.webofknowledge.com.am.e-nformation.ro/summary.do?product=WOS&parentProduct=WOS&search_mode=GeneralSearch&parentQid=&qid=1&SID=E1JmCagJUN2k6Rd7DfL&&update_back2search_link_param=yes&page=1
Global Journal on Humanities Social Sciences, Vol 3 (2016) 101-105 Selected Paper of 4th
World Conference on Design and Arts, (DAE-2015) 26-28 June 2015, St.Petersburg
Christan University, St. Petersburg, Russia
31. Vlad A.Toma, Eduard Bucălie, Paul Ciolpan, Andreas Banu, Ioana Roman, **Emilia F. Grosu**, Alina S.Rusu, International Session of scientific Communications, Bucharest, March 25 th, 2016, University of Bucharest.

- An interdisciplinary model for the study of the competition stress in alpine skiing: emotions, perceived stress and salivary stress hormones
<https://www.google.ro/search?q=An+interdisciplinary+model+for+the+study+of+the+competition+stress+in+alpine+skiing%3A+emotions%2C+perceived+stress+and+salivary+stress+hormones&oq=An+interdisciplinary+model+for+the+study+of+the+competition+stress+in+alpine+skiing%3A+emotions%2C+perceived+stress+and+salivary+stress+hormones&aqs=chrome..69i57.1296j0j8&sourceid=chrome&ie=UTF-8>
- <https://www.icbcluj.ro/lista-manifestari-2016/toma-v-bucalie-e-banu-a-ciolpan-p-roman-i-grosu-e-rusu-a-an-interdisciplinary-model-for-the-study-of-the-competition-stress-in-alpine-skiing-emotions-perceived-stress-and-salivary-stress-hormones-international-session-of-scientific-communications-the-role-of-physical-education-and-sport-in-promoting-a-healthy-lifestyle-bucharest-bucharest-romania-25-03-2016-poster>
- 32. ROZSNYAI RADU ADRIAN, GROSU EMILA FLORINA, ORMENIȘAN VASILE SEPTIMIU, GROSU VLAD, RADU PAUL OVIDIU, Study Concerning the Efficiency of the Use of Dynamic Games in Physical Education and Sports Lessons at 8th Class / Studiu privind eficiența folosirii jocurilor dinamice în lecția de educație fizică și sport la clasele a VIII-a, YEAR Volume 63 (LXIII) 2018 MONTH DECEMBER, ISSUE 4, S T U D I A UNIVERSITATIS BABEȘ-BOLYAI EDUCATIO ARTIS GYMNASITICAE, pg 49-57, 4/2018 DOI:10.24193/subbeag.63(4)**
- 33. Moraru Cristina Elena, Grosu Emilia Florina,**
 Education for Health and Performance International Conference “Educație pentru sănătate și performanță” organized by the Universitaria Consortium 14-15 October 2016, Cluj-Napoca, Romania
 Use of Adapted Aerobic Gymnastics Means in the Rehabilitation of Bimalleolar Fracture
 Utilizarea mijloacelor gimnasticii aerobice adaptate în recuperarea fracturii bimaleolare
<http://sport.ubbcluj.ro/Conferinta%20FEFS%202016%20RO/html/program.html>
- 34. Prodan Rodica, Grosu Emilia Florina, Muresan Alexandru**
 6 th World Conference on Learning, Teaching & Educational Leadership (WCLTA 2015), ISSN – 8030, DOI <https://doi.org/10.18844/gjhss.v2i7.1184>, Editor prof.dr. Jesus Garcia laborda, University of Alcala, Spain.
Psychomotor Development on Preschool Child through Movement Games
<https://sproc.org/ojs/index.php/pntsbs/article/view/1184>
https://www.researchgate.net/publication/321486272_Psychomotor_development_on_preschool_child_through_movement_games
- 35. Inbal Bechar, Emilia Florina Grosu, ERD Pedagogie UBB 2016**
Development of Movement Abilities, Studia UBB Psychol .-Paed., LXI, 1, 2016, p. 5-14; Studia Universitatis Babes-Bolyai, Psychologia-Paedagogia . Jun2016, Vol. 61 Issue 1, p 5-14. 10p;
<https://web.a.ebscohost.com/abstract?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=12218111&AN=117514077&h=cvsoWCxp6LWTvwCnnAWtdrxMgGfydsuxA9fGbmaz%2bWL%2fRaf6Geibgh%2b2QOITx3ZaGeQgvXzUKht2KfkXXNZ0w%3d%3d&cr=c&resultNs=AdminWebAuth&resultLocal=ErrCrlNotAuth&crlhashurl=login.aspx%3fdirect%3dtrue%26profile%3dehost%26scope%3dsite%26authtype%3dcrawler%26jrnl%3d12218111%26AN%3d117514077>
http://studia.ubbcluj.ro/arhiva/abstract_en.php?editie=PSYCHOLOGIA-PAEDAGOGIA &nr=1 &an=2016&id_art=14378
<https://www.futureacademy.org.uk/publication/EpSBS/ERD2016FutureAcademy/>
- 36. Rodica Prodan*, Emilia Florina Grosu, Vlad Teodor Grosu**

Tennis Game Exercises That Influence the Psychomotor Development of Preschool Children, No:7, Pages:61-68, Key words: Sport, tennis game, preschool child, psychomotor development, education,
[doi:10.15405/epsbs.2018.06.7](https://doi.org/10.15405/epsbs.2018.06.7)
<https://www.futureacademy.org.uk/publication/EpSBS/ERD2017BabesBolyaiUniversityClujNapoca/>

37. Bechar Indbal, Emilia Florina Grosu, Vlad Teodor Grosu, How to increase the performance in Special Olympics (SO) table tennis players
 ARENA – JPA, Journal of Physical Activities, Issue 5, ISSN 2285 – 830X, pp. 28-45, 2016.
<https://web.a.ebscohost.com/abstract?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=2285830X&AN=124653549&h=F%2feDso0%2f6SlmZi%2fj69zch2cA2bwyFlf%2fVJE%2fLULjznsflwBOjZt5qdhz%2bBIKUcxEz0HrVNpsWVuAm%2bROx8ZsA%3d%3d&crf=&resultNs=AdminWebAuth&resultLocal=ErrCrINotAuth&crIhashurl=login.aspx%3fdirect%3dtrue%26profile%3dehost%26scope%3dsite%26authtype%3dcrawler%26jrnl%3d2285830X%26AN%3d124653549>
<http://www.uav.ro/jour/index.php/ajpa/issue/view/57>
<http://www.uav.ro/jour/index.php/ajpa/article/view/823>

38. Prodan Rodica, Emilia Florina Grosu, Behavioral Models on the Players' Activities during the Tennis Matches
 ARENA – JPA, ISSN 2285 – 830X, No 5, pp. 166-176, 2016.
<https://web.a.ebscohost.com/abstract?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=2285830X&AN=124653560&h=7CCYBIb%2fQ8u44JS7pkA0D4VP2r4UwHKn%2fvhKNT%2fqm1BRFVjbK0II52kbVEtctZYzCrtas6VmMJIYqu3dSzOmlw%3d%3d&crf=c&resultNs=AdminWebAuth&resultLocal=ErrCrINotAuth&crIhashurl=login.aspx%3fdirect%3dtrue%26profile%3dehost%26scope%3dsite%26authtype%3dcrawler%26jrnl%3d2285830X%26AN%3d124653560>
<http://www.uav.ro/jour/index.php/ajpa/article/view/834>

39. PÉTER-ZSOLT SZABÓ, EMILIA FLORINA GROSU, IOAN NELU POP, ALMOS ANDRAS, DAN MONEA, GHEORGHE MONEA - Power Output of Judo Athletes and High-Speed Neuromuscular Control * Puterea dezvoltată de sportivii de judo și controlul neuromuscular la viteze mari de execuție, STUDIA UBB EDUCATIO ARTIS GYMNI., LXI, 4, 2016, pp 45 -50. <http://studia.ubbcluj.ro/download/pdf/1076.pdf>

40. PÉTER-ZSOLT SZABÓ, EMILIA FLORINA GROSU, IOAN NELU POP, ALMOS ANDRAS, DAN MONEA, MIHAELA MARIA BOTEZAN, Repetition Speed in the Context of Specific Physical Training Period for Judo Athletes * Viteza de repetiție în contextul unui program de antrenament fizic specific al sportivilor de judo, STUDIA UBB EDUCATIO ARTIS GYMNI., LXII, 1, 2017, pp. 43 - 49 (RECOMMENDED CITATION) DOI:10.24193/subbeag.62(1).04, <http://studia.ubbcluj.ro/download/pdf/1076.pdf>

41. DAN MONEA, SEPTIMIU ORMENISAN, EMILIA GROSU, PAULA APOSTU, DELIA NICA BADEA, Optimisation of the Selection Process in Football Game for 10-12 years old Children * Optimizarea procesului de selecție în jocul de fotbal la copii în vârstă de 10-12 ani
 STUDIA UBB EDUCATIO ARTIS GYMNI., LX, 2, 2015, pp. 67 - 74 (RECOMMENDED CITATION), <http://www.studia.ubbcluj.ro/download/pdf/930.pdf>

42. An Applicable Physical Activity Program Affecting Physiological and Motor Skills: the Case of Table Tennis Players Participating in Special Olympics (SO)
 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
 Series: Procedia Social and Behavioral Sciences Volume: 209 Pages: 247-253
 Published: 2015, Free Full Text from Publisher, View Abstract
 (from Web of Science Core Collection)

http://apps.webofknowledge.com.am.e-nformation.ro/summary.do?product=WOS&parentProduct=WOS&search_mode=GeneralSearch&parentQid=&qid=1&SID=E1JmCagJUN2k6Rd7DfL&&update_back2search_link_param=yes&page=1
<https://www-sciencedirect-com.am.e-nformation.ro/search?authors=Grosu%20Emilia%20Florina&show=25&sortBy=relevance>

43. Correlations of emotional distress and anxiety with regards to athletes of 11-15 years in perceptual-motor sports

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

Conference: 2nd Global Conference on Psychology Researches (GCPR) Location: Univ Barcelona, Barcelona, SPAIN Date: NOV 28-29, 2014

PROCEEDINGS OF 2ND GLOBAL CONFERENCE ON PSYCHOLOGY RESEARCHES (GCPR-2014)

Book Series: Procedia Social and Behavioral Sciences Volume: 190 Pages: 269-272

Published: 2015, Free Full Text from Publisher

View Abstract, (from Web of Science Core Collection)

<https://www-sciencedirect-com.am.e-nformation.ro/search?authors=Grosu%20Emilia%20Florina&show=25&sortBy=relevance>
http://apps.webofknowledge.com.am.e-nformation.ro/summary.do?product=WOS&parentProduct=WOS&search_mode=GeneralSearch&parentQid=&qid=1&SID=E1JmCagJUN2k6Rd7DfL&&update_back2search_link_param=yes&page=1
http://apps.webofknowledge.com.am.e-nformation.ro/Search.do?product=WOS&SID=E1JmCagJUN2k6Rd7DfL&search_mode=GeneralSearch&prID=e649ddfd-e3df-4a94-b885-06564507698d

**44. Emilia Florina Grosu, Vlad Teodor Grosu, MENTAL TRAINING TECHNIQUES USING METALANGUAGE AND SENSORY SUBMODALITIES
 TEHNICI DE ANTRENAMENT MENTAL FOLOSIND METALIMBAJUL ȘI SUBMODALITĂȚILE SENZORIALE**

International Session of Scientific Communications, Bucharest March, 24 th 2017 (Revista DEFS 2017), p. 195 – 204 in the part: The Role of Physical Education and sport in promoting a healthy lifestyle

[http://www.defs.unibuc.ro/conferintaub/administrare/cpanel/file-manager/uploads/Revista%20DEFS%202017%20ONLINE%20\(3,2%20MB\).pdf](http://www.defs.unibuc.ro/conferintaub/administrare/cpanel/file-manager/uploads/Revista%20DEFS%202017%20ONLINE%20(3,2%20MB).pdf)

45. Inbal Bechara*, Emilia Florina Grosu

ERD 2016: Education, Reflection, Development, Fourth Edition

Table Tennis Motor Components and Analysis of Successful Trials Testing These Skills

ERD 2016: Education, Reflection, Development, Fourth Edition, the European Proceedings of Social & Behavioral Sciences EpSBS eISSN 2357-1330, No.29, p 217-224.

doi: <http://dx.doi.org/10.15405/epsbs.2016.12.29>

<https://www.futureacademy.org.uk/publication/EpSBS/ERD2016FutureAcademy/page-2>

<https://www.futureacademy.org.uk/files/images/upload/ERD2016FA029F.pdf>

http://apps.webofknowledge.com.am.e-nformation.ro/summary.do?product=WOS&parentProduct=WOS&search_mode=GeneralSearch&parentQid=&qid=1&SID=E1JmCagJUN2k6Rd7DfL&&update_back2search_link_param=yes&page=1

46. Inbal Bechara*, Emilia Florina Grosu, Physical Activity and Intellectual Disabilities

ERD 2016: Education, Reflection, Development, Fourth Edition, the European Proceedings of Social & Behavioral Sciences EpSBS eISSN 2357-1330, No.30, p 225-234.

<http://dx.doi.org/10.15405/epsbs.2016.12.30>,

<https://www.futureacademy.org.uk/publication/EpSBS/ERD2016FutureAcademy/>

<https://www.futureacademy.org.uk/files/images/upload/ERD2016FA030F.pdf>

<http://apps.webofknowledge.com.am.e->

[nformation.ro/summary.do?product=WOS&parentProduct=WOS](http://apps.webofknowledge.com.am.e-information.ro/summary.do?product=WOS&parentProduct=WOS)

[te back2search link param=yes&page=1](http://apps.webofknowledge.com.am.e-information.ro/summary.do?product=WOS&parentProduct=WOS&search_mode=GeneralSearch&parentQid=&qid=1&SID=E1JmCagJUN2k6Rd7DfL&&update_back2search_link_param=yes&page=1)

47. Yifat Shalem-Zafaria*, Prof. Emilia Florina Grosu, *Dance Movement Therapy, Past and Present: How History Can Inform Current Supervision*

ERD 2016: Education, Reflection, Development, Fourth Edition, the European Proceedings of Social & Behavioral Sciences EpSBS eISSN 2357-1330, No.81, p 663- 672.

<http://dx.doi.org/10.15405/epsbs.2016.12.81>

<https://www.futureacademy.org.uk/publication/EpSBS/ERD2016FutureAcademy/page-5>

<https://www.futureacademy.org.uk/files/images/upload/ERD2016FA081F.pdf>

<http://apps.webofknowledge.com.am.e->

[nformation.ro/summary.do?product=WOS&parentProduct=WOS](http://apps.webofknowledge.com.am.e-information.ro/summary.do?product=WOS&parentProduct=WOS)

[te back2search link param=yes&page=1](http://apps.webofknowledge.com.am.e-information.ro/summary.do?product=WOS&parentProduct=WOS&search_mode=GeneralSearch&parentQid=&qid=1&SID=E1JmCagJUN2k6Rd7DfL&&update_back2search_link_param=yes&page=1)

48. REDUCE ANXIETY AND STRESS IN BIATHLON – SKIING’ ATHLETES USING MENTAL TRAINING

Motică Florin (a), Grosu Vlad Teodor (b), **Grosu Emilia Florina** (c)*

ERD 2017 - Education, Reflection, Development, Fifth Edition,

The European Proceedings of Social % Behavioral Sciences EpSBS, ISSN: 2357-1330,

<http://dx.doi.org/10.15405/epsbs.2018.06.52>, No:52, Pages: 441- 448

<https://www.futureacademy.org.uk/publication/EpSBS/ERD2017BabesBolyaiUniversityClujNapoca/page-3>

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

Grosu Emilia Florina, Motică Florin Constantin, Monea Dan, Grosu Vlad Teodor

8th World Conference on Learning, Teaching and Educational Leadership (WCLTA-2017)

Universidade Aberta, Lisbon, Portugal 26-28 October 2017, ISSN 2547-8818,

New Trends and Issues Proceedings on Humanities and Social Sciences

Volume 4, Issue 8 (2017) 01-07

<https://www.google.ro/search?q=Controlling+anxiety+and+stress+in+ski->

[biathlon+athletes+using+a+device+EmWave2&dq=Controlling+anxiety+and+stress+in+ski-](https://www.google.ro/search?q=Controlling+anxiety+and+stress+in+ski-)

[biathlon+athletes+using+a+device+EmWave2&aq=chrome..69i57.1125j0j8 &](https://www.google.ro/search?q=Controlling+anxiety+and+stress+in+ski-)

[sourceid=chrome&ie=UTF-8](https://www.google.ro/search?q=Controlling+anxiety+and+stress+in+ski-)

50. Grosu Emilia Florina, Dobrescu Tatiana

8th World Conference on Learning, Teaching and Educational Leadership (WCLTA-2017)

Universidade Aberta, Lisbon, Portugal 26-28 October 2017, ISSN 2547-8818,

www.prosoc.eu pp 95-102

New Trends and Issues Proceedings on Humanities and Social Sciences

Study Regarding the Incidence of Physical Deficiencies in Fighting Sports Athletes

Volume 4, Issue 8 (2017) 01-07

51. PÉTER-ZSOLT SZABÓ, EMILIA FLORINA GROSU, IOAN NELU POP, ÁLMOS ANDRÁS,

DAN MONEA, GHEORGHE MONEA, ÁGNES SIMON-UGRON, *Study on Athletes who*

Underwent an Athletic Training Program at Altitude in Order to Increase their Pulmonary Capacity, to Identify Psychological Changes Regarding Attention and Concentration, the

Persistence of Motivation and the Correlations Between the Two * Studiu asupra

sportivilor care urmează un program de pregătire athletică la altitudine pentru creșterea capacității pulmonare pentru a identifica modificări psihologice în ceea ce privește atenția și puterea de concentrare, persistența motivației și corelația dintre cele două

<http://www.studia.ubbcluj.ro/download/pdf/1112.pdf>

STUDIA UBB EDUCATIO ARTIS GYM., LXII, 3, 2017, pp. 13 - 26 (RECOMMENDED CITATION) DOI:10.24193/subbeag.62(3).21, 3/2017 September 2017
DOI:10.24193/subbeag.62(3)

52. YIFAT SHALEM-ZAFARI, EMILIA FLORINA GROSU, *The Effect of the Self- Supervision Model Integrating Authentic Movement and Epimotorics' on Self-Efficacy Among Dance Movement Therapists* .. STUDIA UBB EDUCATIO ARTIS GYM., LXII, 4, 2017, pp. 5 - 17 (RECOMMENDED CITATION) DOI:10.24193/subbeag.62(4).29,
<http://www.studia.ubbcluj.ro/download/pdf/1132.pdf>

53. *Identifying a Connection Between Mobility Degree, Balance, Strength and Tennis Serve: a Pilot Study*

Prodan Rodica, **Grosu Emilia Florina**, Popovici Cornelia, Grosu Vlad Teodor
Univ. BACAU – Sesiunea de Comunicări 2018 nov.

Vol. XIX, Issue 2 / 2018 G Y M N A S I U M Scientific Journal of Education, Sports, and Health, DOI: 10.29081/gsjesh.2018.19.2.12

https://www.researchgate.net/profile/Popovici_Cornelia/publication/335993228_Identifying_a_connection_between_mobility_degree_balance_strength_and_tennis_serve_a_pilot_study/links/5d89fdcfa6fdcc8fd61b4262/Identifying-a-connection-between-mobility-degree-balance-strength-and-tennis-serve-a-pilot-study.pdf

<http://www.gymnasium.ub.ro/index.php/journal/article/view/530/713>

54. Grosu Emilia Florina, Motică Florin Constantin, Ordean Mircea – Nicolae, Grosu Vlad Teodor

The 14th International Scientific Conference, eLearning and Software for Education, Bucharest, April 19-20, 2018. 10.12753/2066-026X-18-181.

INCREASE PERFORMANCES IN SKI-BIATHLON BY REDUCING ANXIETY STRESS USING MENTAL TRAINING TECHNIQUES

<https://www.heartmath.org/research/research-library/abstracts/ski-biathlon-mental-training-techniques/>

<https://www.heartmath.org/assets/uploads/2018/06/ski-biathlon-increase-performance-mental-training-techniques.pdf>

<https://search.proquest.com/openview/b7c1421a09a4c1d110681df9d0e1ed1e/1?pq-origsite=gscholar&cbl=1876338>

<http://proceedings.elseconference.eu/index.php?paper=71bb76ce82468287cb1bf195214d0c3a>

<https://web.b.ebscohost.com/abstract?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=2066026X&AN=129483760&h=OuGW21VrFWuTW6KZpAi63MWMrn2sl%2blx4TnM8LF72mmx52igHtNkn9zCb2XqakeEXsxihkWpQ8Wurz5%2bPfy03A%3d%3d&crl=c&resultNs=AdminWebAuth&resultLocal=ErrCrlNotAuth&crlhashurl=login.aspx%3fdirect%3dtrue%26profile%3dehost%26scope%3dsite%26authtype%3dcrawler%26jrnl%3d2066026X%26AN%3d129483760>

55. Grosu Emilia Florina, Motică Florin Constantin, Grosu Vlad Teodor, Ordean Mircea – Nicolae, Popovici Cornelia, EDU WORLD 2018, The 8 th International Conference, USING EMWAVE2 IN BIATHLON SKIING IN ORDER TO INCREASE SPORT PERFORMANCE
The European Proceedings of Social & Behavioural Sciences EpSBS,

ISSN: 2357-1330, <https://doi.org/10.15405/epsbs.2019.08.03.136>

<https://www.futureacademy.org.uk/publication/EpSBS/EduWorld2018/page-7>

<https://www.futureacademy.org.uk/files/images/upload/EDUWORLD2018F136.pdf>

- 56.** Prodan Rodica, **Grosu Emilia Florina**, *Specific Skills Development Using Appropriate Tools in the Tennis Game*
Dezvoltarea Aptitudinilor Specifice Jocului de Tenis Utilizând Echipamente Adecvate
Gymnasium, Scientific Journal of Education, sports and Health, Issue2, Vol. XVIII, 2017, p 43-54; DOI: <https://doi.org/10.29081/gsjesh.2017.18.2.03>
<file:///C:/Users/emili/Downloads/322-1-593-1-10-20180103.pdf>
www.gymnasium.ub.ro/index.php/journal/article/download/322/292/
- 57.** Rodica Prodan, **Emilia Florina Grosu**, Vlad Teodor Grosu, *TENNIS GAME EXERCISES THAT INFLUENCE THE PSYCHOMOTOR DEVELOPMENT OF PRESCHOOL CHILDREN*
ERD 2017 Education, Reflection, Development, Fifth Edition
The European Proceedings of Social % Behavioral Sciences EpSBS, ISSN: 2357-1330,
<http://dx.doi.org/10.15405/epsbs.2018.06.7>, p.61-68
<https://www.futureacademy.org.uk/files/images/upload/ERD2017F7.pdf>
http://apps.webofknowledge.com.am.e-nformation.ro/summary.do?product=WOS&parentProduct=WOS&search_mode=GeneralSearch&parentQid=&qid=1&SID=E1JmCagJUN2k6Rd7DfL&&update_back2search_link_param=yes&page=1
http://apps.webofknowledge.com.am.e-nformation.ro/Search.do?product=WOS&SID=E1JmCagJUN2k6Rd7DfL&search_mode=GeneralSearch&prID=e649ddfd-e3df-4a94-b885-06564507698d
- 58.** Yifat Shalem-Zafari, **Emilia Florina Grosu**, *THE CONTRIBUTION OF A UNIQUE SUPERVISORY MODEL TO NOVICE DANCE/MOVEMENT THERAPISTS*
ERD 2017 Education, Reflection, Development, Fifth Edition
The European Proceedings of Social % Behavioral Sciences EpSBS, ISSN: 2357-1330,
<http://dx.doi.org/10.15405/epsbs.2018.06.40>, nr.40, p. 330 – 338.
<http://dx.doi.org/10.15405/epsbs.2018.06.7>
<https://www.futureacademy.org.uk/publication/EpSBS/ERD2017BabesBolyaiUniversityClujNapoca/page-2>
http://apps.webofknowledge.com.am.enformation.ro/summary.do?product=WOS&parentProduct=WOS&search_mode=GeneralSearch&parentQid=&qid=1&SID=E1JmCagJUN2k6Rd7DfL&&update_back2search_link_param=yes&page=1
- 59.** *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
ERD 2018 Education, Reflection, Development, Fifth Edition
The European Proceedings of Social % Behavioral Sciences EpSBS, ISSN: 2357-1330,
<http://dx.doi.org/10.15405/epsbs.2018.06.7>
- 60.** Moraru Cristina Elena; **Grosu Emilia Florina**, Alexe Dan Iulian, Albu Adriana
ICU 2018, *Improvement of Kyphotic Posture Using Physical Therapy And Dancesport Means*, November 2018
Conference: THE 4TH INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018): THE IMPACT OF SPORT AND PHYSICAL EDUCATION SCIENCE ON TODAY'S SOCIETY At: Iasi, Romania
Project: recovery, therapy, effects
https://www.researchgate.net/publication/335854532_Improvement_Of_Kyphotic_Posture_Using_Physical_Therapy_And_Dancesport_Means
- 61.** Ganea Virgil, **Grosu Emilia Florina**, *Adventure education, a method to prevent antisocial behavior*
Palestrica of the third millennium – Civilization and Sport Vol. 19, no. 2, April-June 2018, 116–122

- https://scholar.google.ro/scholar?q=Adventure+education,+a+method+to+prevent+antisocial+behavior&hl=ro&as_sdt=0&as_vis=1&oi=scholar
[http://pm3.ro/pdf/72/PM3_Nr.2\(72\)_2018m.pdf#page=40](http://pm3.ro/pdf/72/PM3_Nr.2(72)_2018m.pdf#page=40)
- 62. Cantor Maria^{1*}, Grosu Emilia Florina^{*2}, Buru (Hitter) Timea¹, Buta Erzsebet¹, Boboc (Oros) Paula¹**
Therapeutic garden with ornamental plants for enhance and creating well-being at children
 Filodirritto Editore -Proceedings, PROCEEDINGS of the International Conference on Life Sciences
file:///D:/1.Emy%20Cloud/Materiale%202018/Peisagistica%20articole/Horticulture%20TM%20Conferinta/Lucrare%20ISI_Cantor_Timisoara_2018.pdf
<https://www.journal-hfb.usab-tm.ro/engleza/jhfb2018.html>
 ISBN 978-88-858813-24-3, first Edition July 2018, pp 280-289.
- 63. Cantor Maria^{1*}, Grosu Emilia Florina^{*2}, Buta Erzsebet¹, Zaharia A., Jucan Denisa, Sabo Roxana Alexandra**
Implementation of landscape design solutions with the color and texture of plants
 JOURNAL of Horticulture, Forestry and Biotechnology, Volume 22(1), 22- 28, 2018, ISSN 2066 – 1797, pp 22-28, www.journal-hfb.usab-tm.ro,
https://www.journal-hfb.usab-tm.ro/romana/lucraristiintifice2018_1.html
[https://www.journal-hfb.usab-tm.ro/2018/Volum%2022\(1\)%20PDF/4Cantor%20Maria.pdf](https://www.journal-hfb.usab-tm.ro/2018/Volum%2022(1)%20PDF/4Cantor%20Maria.pdf)
- 64. Rodica Prodan (a)*, Emilia Florina Grosu (a),**
ON-COURT STATIC BALANCE EVALUATION OF YOUNG TENNIS PLAYERS
 ICPEK 2018, International Congress of Physical Education, Sports and Kinetotherapy. Education and Sports Science in the 21st Century, Edition dedicated to the 95th anniversary of UNEFS, The European Proceedings of Social & Behavioural Sciences, EpSBS, ISSN: 2357-1330
<https://dx.doi.org/10.15405/epsbs.2019.02.91>
- 65. Grosu Vlad Teodor, Grosu Emilia Florina, Moraru Cristina Elena, Monea Dan**
Motor coordination and reactivity influenced by mental training in alpine skiing
<https://sproc.org/ojs/index.php/pntsbs/article/view/286>
http://apps.webofknowledge.com.am.e-nformation.ro/Search.do?product=WOS&SID=E1JmCagJUN2k6Rd7DfL&search_mode=GeneralSearch&prID=e649ddfd-e3df-4a94-b885-06564507698d
 Global Journal on Humanities Social Sciences, 4 th World Conference on Design, Arts and Education (DAE – 2015), 01-572, Editor prof. dr. Milan Matijevic, Issue 3 Vol 2 No1 (2016)> Selected Papers of 4 th international Conference on Design and Arts (WCDA – 2015)
- 66. Grosu Vlad Teodor, Moraru Cristina Elena, Grosu Emilia Florina, Preja Carmen Aneta,**
Contribution of mental training to the improvement of sports performance,
 New Trends and Issues Proceedings on Humanities and Social Sciences: Vol 2 No 1 (2016): Selected Papers of 4th International Conference on Design and Arts (WCDA-2015)
<https://sproc.org/ojs/index.php/pntsbs/article/view/285>
- 67. Camelia Munteanu, Bogdan Cantor, Corneliu Tarba, Grosu Emilia Florina, Camelia Lang,**
Acute administration of ReduBull affects blood parameters in untrained and trained young males,
 Studia Universitatis Babeş – Bolyai, Biologia LX, 2, 2015, pg. 75 -84
http://www.studia.ubbcluj.ro/arhiva/abstract_en.php?editie=BIOLOGIA&nr=2&an=2015&id_art=137

http://studia.ubbcluj.ro/download/pdf/Biologia_pdf/2015_2/06.pdf, STUDIA BIOLOGIA, ISSN (online) 2065-9512, ISSN (print): 1221-8103 , ISSN (online): 2065-9512, ISSN-L: 1221-8103

68. Toma, Vlad Alexandru; Bucălie, Eduard; Farcaș, Anca Daniela; Ciolpan, Paul; Roman, Ioana; **Grosu Emilia Florina** et al.,
Dynamics of salivary cortisol and testosterone during competition stress in alpine skiing in adults and children
Cognition, Brain, Behavior: An Interdisciplinary Journal; Cluj-Napoca, Vol. 23 Iss. 1, (Mar 2019): 29-41.
<https://search-proquest-com.am.e nformation.ro/results/FE0EE0F9F4E143C9PQ /1? accountid=136549>

69. Grosu Vlad Teodor, **Grosu Emilia Florina**, Moisa Adria, Cristina Elena Moraru
Effects of mental training practice in Alpine skiers through imagery and NLP techniques, Vol 3 No 1 (2017): Selected paper of 8th World Conference on Educational Sciences (WCES-2016), *New Trends and Issues Proceedings on Humanities and Social Sciences*, DOI: <https://doi.org/10.18844/gijhss.v3i1.1760>, pg. 135 -141, [file:///C:/Users/emili/Downloads/1760-61-7221-2-10-20170612%20\(1\).pdf](file:///C:/Users/emili/Downloads/1760-61-7221-2-10-20170612%20(1).pdf), ISSN 2421-8030, www.prosoc.eu

70. **Grosu, Emilia Florina**; Motica, Florin Constantin; Ordean, Mircea-Nicolae; Grosu Vlad Teodor, *Increase Performances in Ski-Biathlon by Reducing Anxiety Stress Using Mental Training Techniques*
Conference: 14th International Scientific Conference on eLearning and Software for Education - eLearning Challenges and New Horizons Location: Bucharest, ROMANIA Date: APR 19-20, 2018, Sponsor(s): Romanian Adv Distributed Learning Assoc; Univ Natl Aparare Carol I; European Secur & Def Coll; Romania Partnership Ctr
PROCEEDINGS OF THE 14TH INTERNATIONAL SCIENTIFIC CONFERENCE ELEARNING AND SOFTWARE FOR EDUCATION: ELEARNING CHALLENGES AND NEW HORIZONS, VOL 3 Book Series: eLearning and Software for Education Pages: 268-273 Published: 2018
http://apps.webofknowledge.com.am.e nformation.ro/Search.do?product=WOS&SID=F3AflvJXnMHenIZOPFa&search_mode=GeneralSearch&prID=48914179-f4ce-41d4-96c3-07625eb30886

71. Grosu Vlad Teodor, **Grosu Emilia Florina**, Motică Florin,
Optimization of Performance in Alpine Skiing Through Different Mental Training Techniques,
International Journal of Modern Education Research 2016, American Association for Science and Technology; 3(2): 6-12 <http://www.aascit.org/journal/ijmer>; ISSN: 2375-3781

72. DAN MONEA, SEPTIMIU ORMENISAN, **EMILIA GROSU**, PAULA APOSTU, DELIA NICA BADEA,
*Optimisation of the Selection Process in Football Game for 10-12 years old Children **
Optimizarea procesului de selecție în jocul de fotbal la copii în vârstă de 10-12 ani, pp 67 -75, 2/2015 June. E-mail: studia.fefs@yahoo.com; http://www.studia.ubbcluj.ro/serii/educatio/index_en.html
<https://web.b.ebscohost.com/abstract?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=14534223&AN=108710669&h=T7%2fq5ppUYmd9O5VGSt5idPRFi1%2ffsAK12PLZw55UHKNji4aOXQ2WD13BCQl%2b3kld4FAzktSFigrDq8ZuN4%2bvHQ%3d%3d&crcl=&resultNs=AdminWebAuth&resultLocal=ErrCrINotAuth&crclhashurl=login.aspx%3fdirect%3dtrue%26profile%3dehost%26scope%3dsite%26authtype%3dcrawler%26jrnl%3d14534223%26AN%3d108710669>

- 73. Rodica Prodan, Emilia Florina Grosu, Alexandru Muresan,**
Psychomotor development on preschool child through movement games,
 New Trends and Issues on Humanities and Social Sciences, Vol 2 No 7 (2016): Selected
 Papers of 6th World Conference on Learning, Teaching, and Educational Leadership
 (WCLTA 2015) Published Feb 13, **2017**, DOI: <https://doi.org/10.18844/gjhss.v2i7.1184>
 ISSN: 2547-8818, ISSN 2421-8030, <http://sproc.org/ojs/index.php/pntsbs/about>,
<http://sproc.org/ojs/index.php/pntsbs/article/view/1184>
- 74. MILO NAVOT, GROSU EMILIA F., MILO MICHAELA,**
*The Acute Effect of Yo-Yo Intermittent Endurance Test Level 1, on Vertical Jump Height of
 Volleyball Players,*
 pp 13 -27, Volume 63 (LXIII) 2018 MONTH MARCH ISSUE 1, 1/2018
 DOI:10.24193/subbeag.63(1), ISSN (online) 2065-9547, ISSN (print): 1453-4223, ISSN
 (online): 2065-9547, ISSN-L: 1453-4223, DOI:10.24193/subbeag.62(4)
 STUDIA UBB EDUCATIO ARTIS GYM., LXIII, 1, 2018, pp. 13 - 26 (Recommended citation)
[DOI:10.24193/subbeag.63\(1\).02](http://studia.ubbcluj.ro/download/pdf/educatio/2018_1/02.pdf)
http://studia.ubbcluj.ro/download/pdf/educatio/2018_1/02.pdf
- 75. Milo, Navot; Grosu, Emilia Florina; Milo, Michaela; Grosu, Vlad Teodor,**
*The Effect of Reference to the Ball on the Height of Volleyball Block Jump and Volleyball
 Attack Jump of Volleyball Players,*
 Conference: 15th International Scientific Conference on eLearning and Software for
 Education (eLSE) - New Technologies and Redesigning Learning Spaces Location:
 Bucharest, ROMANIA Date: APR 11-12, 2019 Sponsor(s): European Secur & Def Coll;
 Romania Partnership Ctr; Natl Def Univ Carol I
 NEW TECHNOLOGIES AND REDESIGNING LEARNING SPACES, VOL III Book Series:
 eLearning and Software for Education Pages: 489-499 Published: 2019
http://apps.webofknowledge.com.am.e-nformation.ro/Search.do?product=WOS&SID=F3AflvJXnMHenIZOPFa&search_mode=GeneralSearch&prID=48914179-f4ce-41d4-96c3-07625eb30886
<https://search-proquest-com.am.e-nformation.ro/results/FE0EE0F9F4E143C9PQ/1?accountid=136549>
- 76. Gheorghe Dan Fetean, Gheorghe Monea, Florina-Emilia Grosu,**
*The role of emotions in the enhancement of performance in football for the 7 to 10 age
 group / Rolul emoțiilor în creșterea performanței sportive în jocul de fotbal la 7-10 ani,*
 Palestrica of the third millennium – Civilization and Sport Vol. 19, no. 1, January-March
 2018, 23–27,
http://pm3.ro/pdf/71/09%20-%20fetean%20%20%202023-27_pm3_2018_1_71.pdf
- 77. Grosu, Emilia Florina; Vari, Hanna Imola; Grosu, Vlad Teodor; Monea, Dan**
*The specifics of sensations and perceptions in students from different faculties, Timisoara
 Physical Education and Rehabilitation Journal; Timisoara Vol. 11, Iss. 20, (2018): 17-26.*
- 78. Navot Milo; Emilia Florina Grosu; Michaela Milo,**
Vertical Jump Enhancement with Respect to Volleyball Vertical Jump
 Publication: Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae, v62 n4
 (20171230): 87-102 DOI: 10.24193/subbeag.62(4).36, Published Online: 2017-12-30,
 Published Print: 2017-12-30, pp. 87-102,
http://studia.ubbcluj.ro/arhiva/abstract.php?editie=EDUCATIO%20ARTIS%20GYMNASTICAE&nr=4&an=2017&id_art=15771

79. Peter – Zsolt Szabo, Emilia Florina Grosu, Ioan Pop Nelu, Almos Andras, Dan Monea, Mihaela Maria Botezan,
 Viteza de repetiție în contextual unui program de antrenament specific al sportivilor de judo/ *Repetition speed in the context of specific physical training period for judo athletes*, STUDIA EDUCATIO ARTIS GYMNASTICAE, No. 1 / 2017, ISSN (online) 2065-9547, ISSN (print): 1453-4223, DOI: [10.24193/subbeag.62\(4\).36](https://doi.org/10.24193/subbeag.62(4).36)
[https://doi.org/10.24193/subbeag.62\(1\).04](https://doi.org/10.24193/subbeag.62(1).04) ISSN (online): 2065-9547, ISSN-L: 1453-4223,
http://studia.ubbcluj.ro/arhiva/abstract.php?editie=EDUCATIO%20ARTIS%20GYMNASTICAE&nr=1&an=2017&id_art=14937,
http://studia.ubbcluj.ro/arhiva/cuprins.php?id_editie=1076&serie=EDUCATIO%20ARTIS%20GYMNASTICAE&nr=1&an=2017 DOI: [https://doi.org/10.24193/subbeag.62\(1\).04](https://doi.org/10.24193/subbeag.62(1).04)

80. Grosu, Emilia Florina; Motica, Florin Constantin; Ordean, Mircea-Nicolae; Grosu Vlad Teodor, Increase Performances in Ski-Biathlon by Reducing Anxiety Stress Using Mental Training Techniques
 Conference: 14th International Scientific Conference on eLearning and Software for Education - eLearning Challenges and New Horizons Location: Bucharest, ROMANIA Date: APR 19-20, 2018
 Sponsor(s): Romanian Adv Distributed Learning Assoc; Univ National Defense Carol I; European Secure & Def Coll; Romania Partnership, PROCEEDINGS OF THE 14TH INTERNATIONAL SCIENTIFIC CONFERENCE ELEARNING AND SOFTWARE FOR EDUCATION: ELEARNING CHALLENGES AND NEW HORIZONS, VOL 3 Book Series: eLearning and Software for Education Pages: 268-273 Published: 2018
<https://www.heartmath.org/research/research-library/abstracts/ski-biathlon-mental-training-techniques/>
<https://www.heartmath.org/assets/uploads/2018/06/ski-biathlon-increase-performance-mental-training-techniques.pdf>
<https://search.proquest.com/openview/b7c1421a09a4c1d110681df9d0e1ed1e/1?pq-origsite=gscholar&cbl=1876338>
<http://proceedings.elseconference.eu/index.php?paper=71bb76ce82468287cb1bf195214d0c3a>
<https://web.b.ebscohost.com/abstract?direct=true&profile=ehost&scope=site&authype=crawler&jrnl=2066026X&AN=129483760&h=OuGW21VrFWuTW6KZpAi63MWMrn2sl%2blx4TnM8LF72mmx52igHtNkn9zCb2XqakeEXsxihkWPQ8Wurz5%2bPfy03A%3d%3d&crl=c&resultNs=AdminWebAuth&resultLocal=ErrCrlNotAuth&crlhashurl=login.aspx%3fdirect%3dtrue%26profile%3dehost%26scope%3dsite%26authype%3dcrawler%26jrnl%3d2066026X%26AN%3d129483760>

81. Prodan, Rodica; Grosu, Emilia Florina; Grosu, Vlad Teodor
 TENNIS GAME EXERCISES THAT INFLUENCE THE PSYCHOMOTOR DEVELOPMENT OF PRESCHOOL CHILDREN
 Conference: 5th Conference on Education, Reflection, Development (ERD) Location: Babes Bolyai Univ, Cluj Napoca, ROMANIA Date: JUL 07-08, 2017
 ERD 2017 - EDUCATION, REFLECTION, DEVELOPMENT, FIFTH EDITION Book Series: European Proceedings of Social and Behavioural Sciences Volume: 41 Pages: 61-68 Published: 2018
<http://dx.doi.org/10.15405/epsbs.2018.06.7> pp.61-68
<https://www.futureacademy.org.uk/files/images/upload/ERD2017F7.pdf>
http://apps.webofknowledge.com.am.e-nformation.ro/summary.do?product=WOS&parentProduct=WOS&search_mode=GeneralSearch&parentQid=&qid=1&SID=E1JmCagJUN2k6Rd7DfL&&update_back2search_link_param=yes&page=1
<http://apps.webofknowledge.com.am.e-nformation.ro/Search.do?product=WOS&SID=E1JmCagJUN2>

[k6Rd7DfL&search_mode=GeneralSearch&prID=e649ddfd-e3df-4a94-b885-06564507698d](https://apps-webofknowledge-com.am.e-nformation.ro/full_record.do?product=WOS&search_mode=GeneralSearch&qid=7&SID=D4xqmgebWdQB9dc6Syl&page=1&doc=2)

https://apps-webofknowledge-com.am.e-nformation.ro/full_record.do?product=WOS&search_mode=GeneralSearch&qid=7&SID=D4xqmgebWdQB9dc6Syl&page=1&doc=2

82. Shalem-Zafari, Yifat; Grosu, Emilia Florina

Dance Movement Therapy, Past and Present: How History Can Inform Current Supervision

Edited by: Chis, V; Albulescu, I

Conference: 4th Conference on Education, Reflection, Development (ERD) Location:

Babes Bolyai Univ, Cluj Napoca, ROMANIA Date: JUL 08-09, 2016

ERD 2016 - EDUCATION, REFLECTION, DEVELOPMENT, FOURTH EDITION Book Series:

European Proceedings of Social and Behavioural Sciences Volume: 18 Pages: 663-672

Published: 2016

http://apps.webofknowledge.com.am.enformation.ro/WOS_GeneralSearch_input.do?product=WOS&search_mode=GeneralSearch&SID=C3NWaYN1zeQEFVa9w1x&errorQid=4#search

https://www.europeanproceedings.com/files/data/article/49/1510/article_49_1510_pdf_100.pdf

83. Grosu, Vlad Teodor; Grosu, Emilia Florina; Moraru, Cristina Elena

Motor Coordination and Reactivity Influenced by Mental Training in Alpine Skiing

Edited by: Sandu, A; Ciulei, T; Frunza, A

Conference: 15th World LUMEN Congress - Logos Universality Mentality Education

Novelty (LUMEN) Location: Iasi, ROMANIA Date: APR 12-17, 2016

WLC 2016: WORLD LUMEN CONGRESS. LOGOS UNIVERSALITY MENTALITY EDUCATION

NOVELTY 2016 (LUMEN 15TH ANNIVERSARY EDITION) Book Series: European

Proceedings of Social and Behavioural Sciences Volume: 15 Pages: 436-443

Published: 2016, eISSN 2357 -1330

<http://dx.doi.org/10.15405/epsbs.2016.09.56>

http://apps.webofknowledge.com.am.enformation.ro/WOS_GeneralSearch_input.do?product=WOS&search_mode=GeneralSearch&SID=C3NWaYN1zeQEFVa9w1x&errorQid=4#search

84. Milo, Navot; Grosu, Emilia Florina; Milo, Michaela, Grosu Vlad Teodor

The Effect of Reference to the Ball on the Height of Volleyball Block Jump and

Volleyball Attack Jump of Volleyball Players

Conference: 15th International Scientific Conference on eLearning and Software for

Education (eLSE) - New Technologies and Redesigning Learning Spaces Location:

Bucharest, ROMANIA Date: APR 11-12, 2019

Sponsor(s): European Secur & Def Coll; Romania Partnership Ctr; Natl Def Univ Carol I

NEW TECHNOLOGIES AND REDESIGNING LEARNING SPACES, VOL III Book Series:

eLearning and Software for Education Pages: 489-499 Published: 2019

https://apps-webofknowledge-com.am.e-nformation.ro/Search.do?product=WOS&SID=C6HNKrnfw9nzjsXE5so&search_mode=GeneralSearch&prID=82d0ef09-83b1-466a-b1cc-f29cf3abf2d0

10.12753/2066-026x-19-000

DOI:10.12753/2066-026X-19-206

<https://search-proquest-com.am.e-nformation.ro/docview/2213791780/A50CB4CD9BB74155PQ/1?accountid=136549>

85. Shalem-Zafari, Yifat; Grosu, Emilia Florina

	<p>THE CONTRIBUTION OF A UNIQUE SUPERVISORY MODEL TO NOVICE DANCE/MOVEMENT THERAPISTS</p> <p>Conference: 5th Conference on Education, Reflection, Development (ERD) Location: Babes Bolyai Univ, Cluj Napoca, ROMANIA Date: JUL 07-08, 2017</p> <p>ERD 2017 - EDUCATION, REFLECTION, DEVELOPMENT, FIFTH EDITION Book Series: European Proceedings of Social and Behavioural Sciences Volume: 41 Pages: 330-338 Published: 2018</p> <p>http://dx.doi.org/10.15405/epsbs.2018.06.40</p> <p>https://apps-webofknowledge-com.am.e-nformation.ro/Search.do?product=WOS&SID=C6HNKrnfw9nzjsXE5so&search_mode=GeneralSearch&prID=82d0ef09-83b1-466a-b1cc-f29cf3abf2d0</p> <p>http://dx.doi.org/10.15405/epsbs.2018.06.40, nr.40, p. 330 – 338.</p> <p>http://dx.doi.org/10.15405/epsbs.2018.06.7</p> <p>https://www.futureacademy.org.uk/publication/EpSBS/ERD2017BabesBolyaiUniversityClujNapoca/page-2</p> <p>http://apps.webofknowledge.com.am.e-nformation.ro/summary.do?_product=WOS&parentProduct=WOS&search_mode=GeneralSearch&parentQid=&qid=1&SID=E1JmCagJUN2k6Rd7DfL&&update_back2search_link_param=yes&page=1</p> <p>https://apps-webofknowledge-com.am.enformation.ro/full_record.do?product=WOS&search_mode=GeneralSearch&qid=7&SID=D4xqmgebWdQB9dc6Syl&page=1&doc=3</p>
Driving License	B Category
Additional Information	<p>Contact Persons:</p> <p>Prof. Carlo Devoti – Summer Camps Programmes „Vivas Wolrd”- Ferriere, Piacenza, Italia (IT)</p> <p>Prof. Nicu Forminte - Trainer of Romanian National Team of Gymnastics till 2021.</p> <p>Prof. univ.dr. Emanuele Isidori–Università delle Scienze Motorie- Foro Italico–Roma (IT)</p> <p>Prof. Univ. dr. Kostas Karteroliotis – Athens University – Physical Education and Sports Faculty, Greece (GR)</p>

Date: 15. 05. 2021

Emilia Florina Grosu