

PERSONAL INFORMATION



Raluca Mihaela ONOSE

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WORK EXPERIENCE

24/02/2025 - prezent

Associate Professor

"Alexandru Ioan Cuza" University of Iași, Iași (Romania)

Teaching responsibilities:

Elements of Occupational Therapy, Kinesiotherapy in Geriatrics, Massage and Complementary Techniques, Patient Handling Techniques, Massage in Sports Traumatology, Kinesiological Methods and Techniques in Geriatric Rehabilitation, Hygienic and Therapeutic Massage, Balneo-physiotherapeutic Recovery Methods in Post-traumatic Pathology.

20/02/2018-present

Lecturer

"Al. I. Cuza" University, Iași (Romania)

Current teaching responsibilities: "Techniques for handling patient", "Massage and complementary techniques of massage", "Occupational therapy", "Physical therapy in geriatric pathology", "Internship in social institutions" "Physical therapy in pediatrics", "Physical therapy at home", "Methods and techniques in physical therapy"

20/02/2015–20.02.2018

Assistant Professor

"Al. I. Cuza" University, Iași (Romania)

Current teaching responsibilities: "Techniques for handling patient", "Massage and complementary techniques of massage", "Occupational therapy", "Physical therapy in geriatric pathology", "Internship in social institutions" "Physical therapy in pediatrics", "Physical therapy at home", "Methods and techniques in physical therapy"

01/10/2011–20/02/2015

Associate Teaching Staff

"Al. I. Cuza" University, Iași (Romania)

Responsibilities of instruction: "Techniques for handling patient", "Massage and complementary techniques of massage", "Occupational therapy", "Physical therapy in diseases geriatric", "Physical therapy in disorders abdominal and gynecological", "Techniques and methods Kinesiology" "internship in social institutions"

01/10/2013–01/07/2014

Associate Teaching Staff

Apollonia University, Iași (Romania)

Teaching responsibilities: "Theory in physical therapy", "Kinesiology", "Evaluation in physical therapy"

01/07/2010–31/12/2011

Wind Mobile- Customer Care

Xerox, Iași (Romania)

01/03/2011–30/06/2011

Physical Therapist - Volunteer

Sf. Iosif Retirement Home, Iași (Romania)

Balance reeducation, muscle tone and joint mobility recovery on elders

03/10/2009–03/06/2010

Sales representative

22/06/2025

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01/10/2008–01/06/2009

Volunteer physical therapist at the home of the patient

Caritas Foundation, Iași (Romania)

Recovery of a patient with poliomyelitis sequelae

01/07/2008–01/10/2008

Physical Therapist - Volunteer

Balneary clinic, Iași (Romania)

Physical therapy, massage, hydrotherapy, electrotherapy

EDUCATION AND TRAINING

01/11/2011–11/03/2015

PhD in "Science of Human Motricity"

National University of Physical Education and Sport, București (Romania)

PhD in "Science of Human Motricity" according to O.M. no. 3869 of 05.19.2015

Thesis title: "Strategies to optimize the psychomotricity of the premature"

01/10/2009–30/06/2011

Master Degree

Alexandru Ioan Cuza University, Iași (Romania)

Master title: Physical therapy in sport injuries

Disertation Thesis: "Recovery in the game of volleyball trauma through physical therapy means"

01/10/2020–25/02/2025

Bachelor Degree

Alexandru Ioan Cuza University, Iași (Romania)

Specialization: Physical Education and Sports

Thesis: Study on the Effectiveness of Exercises with Portable Objects on Primary School Students

01/10/2006–01/06/2009

Bachelor Degree

Alexandru Ioan Cuza University, Iași (Romania)

Specialization: Kinetotherapy and special motricity

Thesis: The role and the importance of physical therapy in poliomyelitis sequelae

15/09/2002–15/06/2006

High School Diploma

„Radu Cemătescu” Highschool, Iași (Romania)

Profile: Mathematics-Informatics

PERSONAL SKILLS

Mother tongue(s)

Romanian

Other language(s)

Italian
English

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
B2	B2	B2	B2	B2
B2	B2	B2	B2	B2

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
Common European Framework of Reference for Languages

Communication skills

- Good communication skills gained from my experience as a sales representative
- Excellent interaction skills with children, acquired through the work of physiotherapist

Organisational / managerial skills

- Good organizational skills acquired as Secretary of Sport and Society magazine, responsible for editing and communication with authors
- Good leadership skills of a team, acquired as coordinator of volunteering

Job-related skills

Responsible for training students in the field of physical therapy
Responsible for coordinating internships for students to volunteer

Digital competence

SELF-ASSESSMENT

Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Independent user	Independent user	Independent user	Independent user

Digital competences - Self-assessment grid

Certified in computer science

Good knowledge of Microsoft Office
Good knowledge of photo editing, gained as a amateur photographer

Other skills

Course "Pediatric Sensory Integration", Oradea, 1 to 3 February 2013.
Course "evaluation, recommendation, supply and adaptation of wheelchairs" - The basic accredited by the National Authority for Qualifications in February 24-28 2014 in Bucharest. The training program is organized under the project "Changing wheels" - service- suitable for wheelchair users, financed by USAID - US Agency for International Development and implemented in 2009-2014.
Course "Medical Tape Concept - Medical Concept of neuromuscular bandage", 17 to 18 May 2014, Iasi, graduation certificate issued by the International Academy FysioTape B.V., Netherlands
"NLP-Practitioner EANLP" Training Course, November 20, 2015 - June 26, 2016, Graduation Certificate issued by the European Association for Neuro-Linguistic Programming;
• Trigger Points Therapy Course, 10-11 December 2016, Iasi, Graduation Certificate issued by the Physio Sport Therapy Academy.

Scientific Awards

Excellence Award for outstanding scientific research results during 2018, awarded by Alexandru Ioan Cuza University of Iasi.

Driving licence

B

Projects

1. Member of the project "Accessibility, Awareness, and Connectivity to Higher Education for Persons with Disabilities" (ACCESS), CNFIS-FDI-2025-F-0449, 2025.
2. Member of FINDME - University dual career opportunities, Project number: 101134043, ERASMUS-SPORT-2023
3. Member in Embracing a Complexity Oriented Learning Approach in Health ECOLAH, Erasmus+ KA2 Cooperation Partnerships in Higher Education 2021-KA220-HED-22B8B3FD
4. Member in WP4, WP2, of the project Erasmus+ European Campus of City-Universities (EC2U), Duration:36 months; 01.11.2020 - 31.10.2023, Key Action 2, European Universities; total budget of the project is 5 million euro. <https://ec2u.eu/what-is-ec2u/#>
5. Member in "Media as a channel of Athletes' Dual Careers promotion and education, Application Reference Number: 603456-EPP-1-2018-1-LT-SPO-SCP, Grant Agreement No 2018 -2708 / 001-001", 2019-2021
6. Member in "PASS IT ON PAŞAPORT PENTRU ANGAJABILITATE", cod CNFIS-FDI-2018-0474
7. Member "Expert in career development" in the project implementation team "Identifying and analyzing the expectations of employers and graduates of the" Alexandru Ioan Cuza "University of Iasi (UAIC) regarding access and integration on the labor market", CNFIS-FDI-2017- 0316.
8. Long term Expert - Trainer "Technician masseur for professional reinsertion - "Evaluation Services,



Training and Inclusion S.E.F.I." Nr. Contract financing: HRD / 125 / 5.1 / S / 127 865 period 09.07.2015-23.09.2015

9. Long term Expert - Trainer "Technician masseur for professional reinsertion "IDEAS - Economic Development and Inclusion through Social Entrepreneurship" Contract no. POSDRU / 173 / 6.1 / S / 148 730 period 17.03.2015-16.10.2015
10. Member of team implementing the project "The incidence of somatic disorders in middle school." Financing contract no. 7009 / 06.18.2014

LIST OF SCIENTIFIC PUBLICATIONS

PHD THESIS

Title of the thesis: "Strategies for Optimizing the Psychomotor Development of Preterm Infants"

PhD in Human Movement Sciences, awarded by Ministerial Order No. 3869, dated May 19, 2015, National University of Physical Education and Sports, Bucharest (Romania)

PUBLISHED BOOKS

1. **Onose Raluca-Mihaela** (2024) Masaj - Ghid metodico-practic, Editura Risoprint, Cluj Napoca, ISBN: 978-973-53-3266-2, 120 p.
2. **Hodorcă Raluca Mihaela** (2017) *Strategii de optimizare a psihomotricității prematurului*, Editura Risoprint, Cluj-Napoca, ISBN: 978-973-53-2116-1, 250 p.;
3. **Hodorcă Raluca Mihaela** (2017) *Metode și tehnici în kinetoterapie*, Editura PIM, Iași, ISBN: 978-606-13-4134-4, 150 p.

BOOK CHAPTER

1. Abalasei Beatrice Aurelia, Onose Raluca-Mihaela (2020) Tehnologia în psihomotricitate, *Educația digitală*, Coordonatori: Ciprian Ceobanu, Constantin Cuciș, Olimpiu Istrate, Ion-Ovidiu Pănișoară, Colecție: COLLEGIUM -> Științele educației, ISBN EPUB: 978-973-46-8226-3, ISBN PDF: 978-973-46-8227-0, pg. 350-361, Editura POLIROM;

ISI WITH IMPACT FACTOR

1. De Maio M, Montenegro S, Papale O, Serafini S, Prestanti I, Izzicupo P, Abalasei B-A, Alonso del Hierro T, Çalışkan B, Di Baldassarre A, Ege H, Figueiredo AJ, Ghinassi B, González-García H, Onose I, Onose R-M, Perissinotto M, Molinari A, Ramírez-Muñoz A, Sánchez-Pato A, Stanković N, Stojiljković N, Abelkals I, Doupona M, Capranica L and Fusco A (2025) A scoping review of student Athletes' perspectives on dual career policies, provisions and challenges. *Front. Sports Act. Living* 7:1566208. doi:10.3389/fspor.2025.1566208, IF: 2.6
<https://www.frontiersin.org/journals/sports-and-active-living/articles/10.3389/fspor.2025.1566208/full>
2. Izzicupo, P., Serafini, S, Prestanti, I., Fusco, A., Abalasei, B.A., Alonso del Hierro, T., Caliskan, B., Di Baldassarre, A., Ege, H., Figueiredo, A.J., Ghinassi, B., Gonzalez-Garcia, H., Onose, I., Onose, R.M., Perissinotto, M., Ramirez-Munoz, A., Sanchez-Pato, A., Stankovic, N., Stojiljkovic, N., Doupona, M. & Capranica, L. (2025). A study on the implementation of dual career at European higher education institutions: the student-athletes' and experts' views, *Front. Sports Management, Marketing and Economics*, 7, IF: 2.6
<https://doi.org/10.3389/fspor.2025.1507951>; <https://www.frontiersin.org/journals/sports-and-active-living/articles/10.3389/fspor.2025.1507951/full>
3. Stegariu Vlad Ionut; Abalasei Beatrice Aurelia; **Onose Raluca Mihaela**; Popescu Lucian, A STUDY ON THE CORRELATION BETWEEN INTELLIGENCE AND SPATIAL ORIENTATION IN CHILDREN WHO PRACTICE CHESS AT SCHOOL, 2023, BRAIN-BROAD RESEARCH IN ARTIFICIAL INTELLIGENCE AND NEUROSCIENCE 14 (4) , pp.458-478, DOI10.18662/brain/14.4/516, <https://lumenpublishing.com/journals/index.php/brain/article/view/6618/4641> , IF. 0.8
4. Onose, I.; **Onose, R.-M.**; Abalasei, B.-A. THE ROLE OF MASS MEDIA IN PROMOTING THE DUAL CAREER OF THE PERFORMANCE ATHLETE. *Behav. Sci.* 2023, 13, 196. <https://doi.org/10.3390/bs13030196> , IF 2,5, WOS:000954151300001
5. Onose I., Abalasei B.A., **Onose R.M.**, Albu A. (2020) Appraisal of Motor Skills in a Sample of Students within the Moldavian Area, *Behavioral Sciences*, *Behav. Sci.* 2020, 10(6), 97; <https://doi.org/10.3390/bs10060097> , <https://www.mdpi.com/2076-328X/10/6/97>, IF 2,5

ISI WITHOUT IMPACT FACTOR

1. Albu, A., Petrariu, F.D., **Onose R.M.**, Abalasei, B. (2020) Physical Development and Dietary Habits of Students at the Faculty of Physical Education and at the Faculty of Medicine in Iasi, p. 184-193, 6th International Conference of the University Consortium - FEFSTIM - Physical Education, Sports and Kinesiotherapy - Implications in Quality of Life, Timisoara, ROMANIA, NOV 06-07, 2020, , ISBN 979-12-80225-05-4, pp. 184-193, WOS:000682773700028, <https://www.filodiritto.com/proceedings>
2. Abalasei, B.A., **Hodorca, R.M.**, Onose, I. (2019) The role of dual career in the professional insertion of former athletes, The 5th International Conference of the Universitaria Consortium – Education for Health and Performance, Proceedings of ICU 2019, October 11-12, Cluj Napoca, Romania, pp. 1-6; <http://www.edlearning.it/ebook/CX11.pdf>
3. Albu, A., Indrei, L.L., Onose, I., **Hodorcă, R.M.** (2019) Physical activity and eating habits in a sample of teenagers in Iasi, The 5th International Conference of the Universitaria Consortium – Education for Health and Performance, Proceedings of ICU 2019, October 11-12, Cluj Napoca, Romania, pp. 6-13; <http://www.edlearning.it/ebook/CX11.pdf>
4. Hodorcă, R.M., Moldovan E., Sandu Enoiu R. (2019) Adapted physical exercise – mean to improve the quality of elderly, The 5th International Conference of the Universitaria Consortium – Education for Health and Performance, Proceedings of ICU 2019, October 11-12, Cluj Napoca, Romania, pp. 133-136, <http://www.edlearning.it/ebook/CX11.pdf>
5. Onose I., **Hodorcă R.M.**, Rusu M., Cohal D.C., Albu A., (2018), Recovery Of Hiperkyphosis Through Specific Means From Basketball, Proceedings of ICU 2018, The 4th International Conference of the UNIVERSITARIA Consortium, "The impact of Sport and Physical Education Science on Today's Society", November 23-24, 2018, Iasi, Romania, ISBN-978-88-87729-54-2, <http://www.edlearning.it/ebook/BY23.pdf>, p. 217-222, WOS:000474444100035
6. Onose I., **Hodorcă R.M.**, Albu A., (2018), The Assessment Of Motor Skills And Physical Development Of A Number Of Students From Moldova Area, Proceedings of ICU 2018, The 4th International Conference of the UNIVERSITARIA Consortium, "The impact of Sport and Physical Education Science on Today's Society", November 23-24, 2018, Iasi, Romania, ISBN-978-88-87729-54-2, <http://www.edlearning.it/ebook/BY23.pdf>, p. 223-228, WOS:000474444100036
7. Rațu R.N., Doliș M.G., Murariu O.C., **Hodorcă R.M.**, Onose I., Usturoi M.G., (2018), Studies Regarding Quantitative Evaluation Of Milk Proteins Gathered From Different Animal Breeds As Source For A Healthy Nourishment Of Athletes, Proceedings of ICU 2018, The 4th International Conference of the UNIVERSITARIA Consortium, "The impact of Sport and Physical Education Science on Today's Society",



- November 23-24, 2018, Iasi, Romania, ISBN-978-88-87729-54-2, <http://www.edlearning.it/ebook/BY23.pdf>, p. 303-308, WOS:000474444100049
8. **Hodorcă R.M.**, Onose I., Lucaci P., Albu A., (2018), Recovery Of Hemiplegy Using Physioterapy Means, Proceedings of ICU 2018, The 4th International Conference of the UNIVERSITARIA Consortium, "The impact of Sport and Physical Education Science on Today's Society", November 23-24, 2018, Iasi, Romania, ISBN-978-88-87729-54-2, <http://www.edlearning.it/ebook/BY23.pdf>, p. 119-122, WOS:000474444100019
 9. Adriana Albu, Florin Dima, Ionut Onose, **Raluca Mihaela Hodorca*** (2018) Assessment of physical development in relation to exercise time and eating habits of teenagers in Moldova, published in The European Proceedings of Social & Behavioural Sciences EpSBS, ISSN: 2357-1330, <http://dx.doi.org/10.15405/epsbs.2018.06.02.13>, pp. 121-129;
 10. Ionut Onose, **Raluca Mihaela Hodorca***, Adriana Albu (2018) *The link between physical development and motor skills of rural students in Romania*, published in The European Proceedings of Social & Behavioural Sciences EpSBS, ISSN: 2357-1330, <http://dx.doi.org/10.15405/epsbs.2018.06.02.5>, pp.36-44;
 11. Ionuț Onose, **Raluca Mihaela Hodorcă***, Adriana Albu, (2016) *Assessment of Anthropometric Indicators among Rural Students in the West of Moldavia*, Published in The European Proceedings of Social & Behavioural Sciences EpSBS, e-ISSN: 2357-1330, ISI Thomson Reuters, June 2016, p.266-272, <http://dx.doi.org/10.15405/epsbs.2016.06.36>
 12. **Raluca Mihaela Hodorcă**, Cristina Elena Moraru, Ionuț Onose, Adriana Albu (2016) *Study Regarding the Relation between Chronological Age, Mental Age and Weight of the Premature Included in a Physical Therapy Program*, Published in The European Proceedings of Social & Behavioural Sciences EpSBS, e-ISSN: 2357-1330, ISI Thomson Reuters, June 2016, , pag: 405-409, <http://dx.doi.org/10.15405/epsbs.2016.06.56>, WOS:000377852100055
 13. Adriana Albu, Ionuț Onose, Magda Negrea, Irina Crăcană, **Raluca Mihaela Hodorcă** -(2016) *Correlation between Physical Development Diagnostic and Exercise in a Group of Teens from Garabet Ibraileanu High School of Iasi*, Published in The European Proceedings of Social & Behavioural Sciences EpSBS, e-ISSN: 2357-1330, ISI Thomson Reuters, June 2016, <http://dx.doi.org/10.15405/epsbs.2016.06.37>, pag: 273-279
 14. **Hodorcă R. M.**, Moraru C. M., Onose I. (2015) *The role and importance of kinesiotherapeutic methods in postpartum recovery*, Published by: MEDIMOND- Monduzzi Editore International Proceedings Division, July 2015, pag. 329-334, ISBN: 978-88-7587-718-7, Ref. code: 20150611, ISI., http://www.medimond.com/proceedings/moreinfo/20150611_index.pdf.
 15. Popovici Ileana Monica, Moraru Cristina-Elena, **Hodorca Raluca Mihaela** (2015) Flexibility Development at Women Handball Players (11-12 Years) Through Stretching Exercises, Conference: Proceedings of 6th World Conference on Educational Sciences Location: Grand Hotel Excelsior Convention Center, Valletta, MALTA Date: FEB 06-09, 2014, Proceedings of 6th World Conference on Educational Sciences Book Series: Procedia Social and Behavioral Sciences Volume: 191 Pages: 1107-1112 Published: 2015 , WOS:000380560300193, ISSN: 1877-0428, <https://www.sciencedirect.com/science/article/pii/S1877042815026889?via%3Dihub>
 16. Albu Adriana, Moraru Cristina Elena, Hodorca Raluca Mihaela (2015) The Evaluation Of Some Eating Habits At A Group Of Teenagers studying at Dimitrie Cantemir Highschool Of Iasi, Procedia - Social and Behavioral Sciences 197 (2015) 1947 – 1951, <https://reader.elsevier.com/reader/sd/pii/S1877042815045978?token=6103BFCA3A29DA6872C82AED7CCB9471B57B0F62FB986DD8CB548677F8F96729B67CBDAB017390B3D35F7CE45814340A>
 17. Moraru, Cristina; Neculaes, Marius; **Hodorca, Raluca Mihaela** (2014) Comparative study on the balance ability in sporty and unsporty children, WOS:000335471203144, ISSN 1877-0428, PP. 3659-3663, VOLUME 116, PUBLISHER ELSEVIER SCIENCE BV, Procedia Social and Behavioral Sciences, 5th World Conference on Educational Sciences (WCES), Rome Sapienza Univ, Rome, ITALY, <https://www.sciencedirect.com/science/article/pii/S1877042814008362?via%3Dihub>
 18. Vasile Marcu, Liliana Pădure, Dana Necula, Raluca Mihaela Hodorcă (2014) Education/Rehabilitation of Balance and Coordination in Children with Cerebral Palsy, Procedia - Social and Behavioral Sciences, Volume 117, 19 March 2014, Pages 597-602, <https://doi.org/10.1016/j.sbspro.2014.02.268>

BDI OR B+

1. Onose I., Iconomescu T.M., Onose R.M.*, Talaghir L.G., Ripert F., Abalasei B.A. (2024) SOCIAL MEDIA IN THE DEVELOPMENT OF THE ATHLETE'S DUAL CAREER, Sport and Society, 24(2), doi: <https://doi.org/10.36836/2024/02/14>
2. Onose Ionuț*, Popescu Lucian, Moraru Cristina Elena, Radu Liliana Elisabeta, Onose Raluca Mihaela, Abalasei Beatrice Aurelia (2023) DECISION-MAKING ASPECTS REGARDING DUAL CAREER FOR ATHLETES IN SOME EUROPEAN COUNTRIES , SPORT AND SOCIETY Interdisciplinary Journal of Physical Education and Sports Volume 23, Issue 1 (2023), <https://doi.org/10.36836/2023/1/09>
3. Onose Ionuț*, Abalasei Beatrice Aurelia, Onose Raluca Mihaela (2023) SOCIAL MEDIA AND DUAL CAREER PROMOTION FOR SPORTS HIGH SCHOOL STUDENTS, SPORT AND SOCIETY Interdisciplinary Journal of Physical Education and Sports, Volume 23, Issue 1 (2023), <https://doi.org/10.36836/2023/1/06>
4. Adriana ALBU, Ionuț ONOSE, Raluca-Mihaela ONOSE*, Beatrice ABĂLAȘEI (2022) EATING HABITS OF STUDENTS FROM THE FACULTY OF SPORT AND THE FACULTY OF MEDICINE, Discobolul – Physical Education, Sport and Kinetotherapy Journal, Volume 61, Issue 1, 35-42, <https://doi.org/10.35189/dpeskj.2022.61.1.4>, <https://discobolulunefs.ro/media/4.MARCH2022.pdf>
5. Albu Adriana, Onose Ionuț, Onose Raluca Mihaela, Abalasei Beatrice (2020) Physical development and time allocated to physical activity in a sample of middle schoolers and high school students in Dorohoi-ARTICOL UCRAINA
6. Onose, I., Abalasei, B., Onose, R.M., Albu, A. (2019) Corelation Between Physical Development-Motor Abilities in a Lot of Students From Suceava Country, „Sport și Societate. Revistă de Educație Fizică, Sport și Societate”, Vol. 19, No. 2, pp.44-49, <https://sportsisocietate.ro/articol/459>
7. Chirazi M., Onose I., Hodorcă R.M., Petrea R.G. (2019) Overweight Prevalence Among Elementary Schools Pupils In The City Of Iasi, Romania, International Journal of Advanced Research (IJAR), ISSN 2320-5407, DOI: 10.21474/IJAR01/8387, DOI URL: <http://dx.doi.org/10.21474/IJAR01/8387>, pp. 780-786, Int. J. Adv. Res. 7(1), 780-786 <https://www.journalijar.com/article/26349/overweight-prevalence-among-elementary-schools-pupils-in-the-city-of-iasi-romania/>;
8. Indrei, L.L., Onose, I., **Hodorca, R.M.**, Albu, A. (2019) The Assessment Of Physical Development And The Time Allocated To Physical Activity For A Group Of Adolescents From The Moldova Area, Editura Fundației „Altius Academy” Iași, no. 1, 2019 (indexată în: E-EBSCO SPORTSDiscus, DOAJ, PROQUEST Ulrich's, Index Copernicus, Academic Journals Database, Google Scholar, Consiliul Național pentru Cercetare Științifică din Romania (2011): B+, scipio.ro), e-ISSN-2344-3693, <https://doi.org/10.36836/UAIC/FEFS/10.35>, <https://sportsisocietate.ro/articol/446>, pp. 56-62;
9. Albu A., Onose I., **Hodorcă R.M.**, Abalasei B.A. (2019) Food Habits Of The Students From The Sports Program Highschool In Suceava, Вісник Прикарпатського університету. Серія: Фізична культура. 2019 Берез 26; 33: 198 с, doi: 10.15330/fcult.33.188-193, <http://journals.pu.if.ua/index.php/fcult/article/view/3714/3709>, ISSN: 2411-4707, pp. 188-193;

10. **Hodorcă R.M.**, Onose I., Abalașei B.A., Albu A., (2019) Prevention Of Obesity And Balance Problems Through Adapted Physical Exercises In Persons With Down Syndrome, Вісник Прикарпатського університету 32 (-), 163-168, doi: 10.15330/fcult.32.163-168, <http://journals.pu.if.ua/index.php/fcult/article/view/3713/3708>, ISSN: 2411-4707, pp. 163-168;
11. Albu, A., Onose, I., Grigoraș, E., **Hodorcă, R.M.** (2018) The assessment of the time allocated to the physical activity and food behaviour of a lot of adolescents from 2 highschoools in Suceava, published in Arena- Journal of Physical Activities, No. 7, e ISSN 2392-8026, pp. 53-62; <https://www.uav.ro/jour/index.php/ajpa/article/view/1245/pdf>
12. Ionuț ONOSE, **Raluca Mihaela HODORCĂ***, Adriana ALBU (2018) *The assessment of motor skills and physical development to a number of students in the Moldova Area*, „Sport și Societate. Revistă de Educație Fizică, Sport și Societate”, vol. 18, no. 1, Editura Fundației „Altius Academy” Iași, 2018 (indexată în: EBSCO SPORTSDiscus, DOAJ, PROQUEST Ulrich's, Index Copernicus, Academic Journals Database, Google Scholar, Consiliul Național pentru Cercetare Științifică din Romania (2011): B+, scipio.ro), p-ISSN 1582-2168, [pp. 14-23, https://sportsisocietate.ro/articol/417](https://sportsisocietate.ro/articol/417)
13. Cristina-Elena MORARU, Paul LUCACI, **Raluca Mihaela HODORCĂ**, Marius NECULĂEȘ, Alexandru Rareș PUNI (2018) *Rehabilitation of athletes' ankle fractures using kinesiotherapy and aerobic gymnastics*, „Sport și Societate. Revistă de Educație Fizică, Sport și Societate”, vol. 18, no. 1, Editura Fundației „Altius Academy” Iași, 2018 (indexată în: EBSCO SPORTSDiscus, DOAJ, PROQUEST Ulrich's, Index Copernicus, Academic Journals Database, Google Scholar, Consiliul Național pentru Cercetare Științifică din Romania (2011): B+, scipio.ro), p-ISSN 1582-2168, [pp.39-48; https://sportsisocietate.ro/articol/420](https://sportsisocietate.ro/articol/420)
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