

PERSONAL INFORMATION



Lucian POPESCU

 Toma Cozma Street, No. 3, Postal Code 700554, Iași, România

 +40 232 201133

 lucian.popescu@uaic.ro, lucian_popescu2009@yahoo.com

WORK EXPERIENCE /
ACADEMIC

2015 - present

Associate Professor

„Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sports, Department Physical Education and Sports, Toma Cozma Street No. 3, 700554 <http://www.sport.uaic.ro/>

Holder of the discipline: Bachelor level - *World History of Physical Culture, History of Physical Education and Sport, Ethics and Academic Integrity, Scientific Fundamentals of Games: Football, Master level: Organizational and Legislative Regulations in Physical Therapy, Organizational and Legislative Regulations on Motional Activities, PhD level: Ethics and Academic Integrity (2019-2023).*

Business or sector Higher education (academic education, scientific research, educational management)

2002 - 2015

Lecturer

„Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sports, Department Physical Education and Sports, Toma Cozma Street No. 3, 700554 <http://www.sport.uaic.ro/>

Holder of the discipline: Bachelor level - *World History of Physical Culture; History of Physical Education and Sport; Teaching Traineeship in Secondary Education; Scientific Fundamentals of Games: Football, Professional Ethics and Deontology in Sports and Physical Education; Football; History, Organization and Legal Issues in Physical Education and Sports; Football in Schools; Football: Basic Techniques and Strategies; Legislation, organization and deontology in Physical Education and Sports; Sports and Physical Education at other faculties; Master level: International Sports Organizations and European Sport Legislation; Organizational and Legislative Regulations in Physical Therapy; Organizational and Legislative Regulations on Motional Activities.*

Business or sector Higher education (academic education, scientific research, educational management)

1999 - 2002

Assistant Professor

„Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sports, Department of Individual Sports, Toma Cozma Street No. 3, 700554 <http://www.sport.uaic.ro/>

Holder of the discipline: Bachelor level - *History, organization and legislation in physical education and sport, Football, Olympics, Oină, Traineeship in Coaching, Legislation, organization and deontology in Physical Education and Sports, Sports and Physical Education at other faculties.*

Business or sector Higher education (academic education, scientific research, educational management)

1996 - 1999

Teaching Assistant

„Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sports, Department of Individual Sports, Toma Cozma Street No. 3, 700554 <http://www.sport.uaic.ro/>

Holder of the discipline: Bachelor level - *Football, Oină, Sports and Physical Education at other faculties.*

Business or sector Higher education (academic education, scientific research, educational management)

WORK EXPERIENCE / PRACTICE

- 2020 - 2023 **Member of the Board of Directors - Sports Club "Politehnica Iași"**
- 2016 – 2018 **Chairman Board of Directors – Iași Sport Foundation (Fundația Sportului Ieșean)**
(Organization aiming at promoting and supporting performance sports, sports and sports for all practiced at the level of the Municipality and the County of Iasi)
- 2016 - 2017 **Member / Representative in the General Meeting of Shareholders of S.C. Fotbal S.A. Iași**
(Structure in the subordination of the City Hall of Iasi Municipality).

ADMINISTRATIVE EXPERIENCE

- 2016 - 2024 **ARACIS Evaluator in the field of Physical Education and Sport**
The Romanian Agency for Quality Assurance in Higher Education (ARACIS)
Bd. Mărășești nr. 59, sector 1, București <http://www.aracis.ro/>
- 2010 - 2024 **Head of the Department**
„Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport, Department Physical Education and Sport, Toma Cozma Street No. 3, 700554 <http://www.sport.uaic.ro/>
Business or sector Higher education (academic education, scientific research, educational management)
- 2005 - present **Member in the Faculty Board**
„Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport, Department Physical Education and Sport, Toma Cozma Street No. 3, 700554 <http://www.sport.uaic.ro/>
Business or sector Higher education (academic education, scientific research, educational management)

EDUCATION AND TRAINING

- 2020 **Training course**
within the project “IMPROVING THE QUALITY OF TEACHING ACTIVITY THROUGH TRAINING IN THE FIELD OF LEGAL SCIENCES OF TEACHING STAFF FROM NON-LAW FACULTIES OF THE “AL. I. CUZA” UNIVERSITY OF IAȘI (UAIC)” – PERFECT- JURID-UAIC– CNFIS-FDI-2020-0520
- 2017 **Certificate of Participation**
at the Training Session of Expert Evaluators registered in the National Register of Evaluators ARACIS
Organised by the Romanian Agency for Quality Assurance in Higher Education at the „Transilvania” University of Brașov (23 – 24 February 2017).
- 2013 **Course Quality Management in Higher Education**
"Alexandru Ioan Cuza" University of Iasi, project POSDRU "University Community for Quality Management in Higher Education", project manager: prof.dr. Panaite Nica
- 2012 **Course Quality Management in Higher Education**
"Alexandru Ioan Cuza" University of Iasi, project POSDRU "University Community for Quality Management in Higher Education", project manager: prof.dr. Panaite Nica.

2004 - 2008 PhD in History

PhD thesis: *"Physical education and sport in Romania. The legislative and organizational framework of the contemporary period"*

"Alexandru Ioan Cuza" University of Iași, Faculty of History.

2008 Training course in using the MEDIAEC Platform for Remote Learning and Low Frequency

"Alexandru Ioan Cuza" University of Iași

1992 - 1996 Bachelor's Degree in Physical Education and Sport (Specialisation in a sport discipline: Football)

„Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport

PERSONAL SKILLS

Mother tongue Romanian

Other language(s)

English

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
B2	B2	A2	A2	B2

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

Communication skills Communication skills acquired through various activities with students, teachers, delegates of the partners etc.

Organisational / managerial skills Experience in organizing working groups, projecting capacity and initiative spirit from volunteering, training and research activities:

- organizer of sports competitions at different levels;
- organizer of cultural-artistic and sporting events;
- initiator of projects financed by entities from the country;
- member in organizing committees of scientific conferences etc.

Computer skills ▪ Microsoft Office™ (Word, PowerPoint, Excel).

ADDITIONAL INFORMATION

- Projects
- **2024, 2023, 2022** – Grant director „How do I become a teacher/coach?” (CAPA), grant agreement 321/SGU/PV/III
 - **2024** - Member of the project team „UniE-Quality: Developing a culture of quality and improving teaching at UAIC” project code: CNFIS-FDI-2024-F-0632, financed by Institutional Development Fund - FDI 2024, Target area: 5. Improving the quality of teaching activity, including compliance with academic ethics and deontology
 - **2023** - Member of the project team „UniQualitas: Asigurarea și evaluarea calității la Universitatea „Alexandru Ioan Cuza” din Iași”, project code CNFIS-FDI-2023-F-0637, financed by the Institutional Development Fund-FDI 2023, Target area: 5. Improving the quality of teaching activity, including compliance with academic deontology and ethics
 - **2022** - Member of the project team „University ethics and deontology at UAIC - integrity in academic activity through continuous training of teaching staff” (UniEthic) project code CNFIS-FDI-2022-0543
 - **2022** - Member of the project team “ Developing inter-institutional relations and partnerships with the economic-social environment by correlating the educational offer with the demand of the labor market, counseling and career guidance” acronym ACCESS 2.0, project code CNFIS-FDI-2022-0553

Projects

- **2021** - Member of the project team UNITEACH, Project financed by the Institutional Development Fund – FDI 2021, Domain 5: Improving the quality of teaching activity, including compliance with academic deontology and ethics, project code: CNFIS-FDI-2021-0481 <https://www.uaic.ro/proiect-uniteach-uaic-2/>
- **2021, 2020** - Member of the project team „How do I become a teacher/coach?” (CAPA), grant agreement 321/SGU/PV/III
- **2021, 2020, 2019** - Member of the project team „Physical education and sport: model of success” financing contract no. 217//SGU//NC//II dated 18.09.2019, financed by MEN-UMPFE from the ROSE Project - Secondary Education Project - Non-competitive Grant Scheme for Universities Summer Projects - Round II
- **2019** - Member of the project team "Implementation of modern mechanisms for assessing the quality of teaching and didactic evaluation processes from the perspective of sustainability principles in the "Alexandru Ioan Cuza" University of Iași", financing contract no. CNFIS-FDI-2019-0540
- **2017** - Member of the project team: "FITSPORT – International Festival of Youth, Science and Sport", Project manager: Associate Professor Beatrice-Aurelia Abalășei
- **2014** - Member of the project team: "Incidence of somatic diseases in the lower secondary school cycle" (Funding Contract no. 70009/18.06.2014/**07-11.2014**), Project manager: Associate Professor Marin Chirazi.
- **2011** - Member of the project team: "Analysis and increase of the biomotor potential of athletes called up to the Romanian national tennis team to participate in the Davis Cup" (Research Contract no. 3715/24.02.**2011** / 22/07.02.2011), Project manager: Lecturer Cezar Honceriu.

Guest Lecturer

- County Direction for Youth and Sport Iasi

Affiliations

- Member Editorial Board - *International Journal of Sports Science and Physical Education* (2020) <http://www.ijsspe.org/index/r10/4BmY>
- Member - The Romanian Sports Science Council (2016)
- Member - Federation Internationale d' Education Physique - F.I.E.P. (2013 - prezent).
- Member - International Association of Sports Law (2013 - prezent)
- Member - International Society for Clinical Biostatistics, Romanian National Group (2014 -2016)
- Member - Editorial Board - *SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports*(p-ISSN 1582-2168, e-ISSN 2344-3693, <http://www.sportsisocietate.ro/colectiv>

Last Update: August 2025

**PhD thesis**

- ***Physical education and sport in Romania. The legislative and organizational framework of the contemporary period***
 - year of defending the PhD thesis – 2007, „Alexandru Ioan Cuza” University of Iași, Faculty of History.

**Books and book chapters**

- ✓ **Popescu L.**, *Particularities regarding the didactics of the specialty in physical education and sports in University Didactics, training benchmarks*, Constantin Iulian Damian, Constantin Cucoș, Nicoleta Laura Popa (coordonatori), Alexandru Ioan Cuza University Publishing House, Iași, **2021**, pp. 291-295, ISBN 978-606-714-679-0
- ✓ **Popescu L.**, *Identification of good practices regarding sustainability at an international level in the field of Sport Science and Physical Education in a Guide to good practices for the implementation within UAIC of modern mechanisms for assessing the quality of teaching processes and didactic evaluation from the perspective of sustainability principles*, Daniela-Tatiana Agheorghiesei, Mihaela Onofrei – coord., Alexandru Ioan Cuza University Publishing House, Iași, **2019**, pp. 160-165, ISBN 978-606-714-574-8
- ✓ **Popescu L.**, *Quality in education through ethics and social responsibility within the Faculty of Physical Education and Sports of the “Alexandru Ioan Cuza” University of Iași in Quality in education through social responsibility and professional ethics in teaching and evaluation activity*, Corneliu Iașu, Daniela-Tatiana Agheorghiesei, Ovidiu Gavrilovici, Adriana Prodan – editori, Alexandru Ioan Cuza University Publishing House, Iași, **2018**, pp. 211-214, ISBN 978-606-714-513-7
- ✓ **Popescu L.**, *Universal history of physical culture*, Pim Publishing House, Iași, **2015**, Number of pages - 178, ISBN 978-606-13-2237-4
- ✓ **Popescu L.**, *Physical Education at the University of Iași (1860-2010): faculties, professors, scientific schools*, Gheorghe Iacob – coord., Alexandru Ioan Cuza University Publishing House, Iași, **2011**, pp. 103-126, ISBN 978-973-703-589-9
- ✓ **Popescu L.**, *Teaching activity – Faculty of Physical Education and Sports at “Alexandru Ioan Cuza” University of Iași. Yearbook (1989-2009)*, Gheorghe Iacob – coord., Cornelia-Mirela Medeleanu, Ionuț Nistor, Alexandru Ioan Cuza University Publishing House, Iași, **2010**, pp. 162-173, ISBN 978-973-703-618-6
- ✓ **Popescu L.**, *The Semicentennial of the Faculty of Physical Education and Sports in Iași (1960-2010). Monographic pages*, Alexandru Ioan Cuza University Publishing House, Iași, **2010**, Number of pages – 216, ISBN 978-973-703-635-3
- ✓ „*Collectio 150 Excelentia*”, *Handball – men's team training*, author Cercel Paul, Alexandru Ioan Cuza University Publishing House, Iași, **2010**, Number of pages – 352, ISBN 978-973-703-588-2, Second Edition (Care, introductory study and note on the edition by Popescu Lucian).
- ✓ Cercel, P. **Popescu, L.**, *History of physical education and sports – summaries and course notes*, "Chemarea" Foundation Publishing House, Iași, **1998**, Number of pages – 308, ISBN 973-9237-47-9.

**ISI/BDI indexed papers**

- Puni A.R., Cojocariu A., Abalășei B.A., **Popescu L.**, Martinaș F.P., Bulduș C.F., Tătăranu E., Popa C., Ene-Voiculescu C., Pârnu C., Ungurean B.C., *The Influence of Physical Activity Regime on Body Composition among Adolescents with and without Intellectual Disabilities*, published

in „BRAIN. Broad Research in Artificial Intelligence and Neuroscience”, **2024**, vol. 15, pp. 377-397, <https://doi.org/10.18662/brain/15.1/558>, ISSN: 2068-0473 | e-ISSN: 2067-3957, Impact Factor: 0.8 (2024), WOS:001171614600009

- Tanasa, A.R., Abalășei, B.A., Dumitru, I.M., **Popescu, L.**, Ene-Voiculescu, C., Ene-Voiculescu, V., Moraru, C.E., *Investigating the Influence of Personalized Training on the Optimisation of Some Psychomotor Behaviors Among Junior Gymnasts in the Training Process (Moldavia, Romania)*, published in „BRAIN. Broad Research in Artificial Intelligence and Neuroscience”, **2024**, vol. 15, pp. 377-397, <https://doi.org/10.18662/brain/15.1/562>, ISSN: 2068-0473 | e-ISSN: 2067-3957, Impact Factor: 0.8 (2024), WOS:001171614600031
- Cezar Honceriu; Mihai Roca; Alexandru Dan Costache; Beatrice Abălășei; **Lucian Popescu**; Alexandru Rareș Puni; Alexandra Maștaleru; Andra Oancea; Andrei Drugescu; Cristina Adam et al., “*Blood and Salivary Cortisol Variations in Athletes in Relation to Cardiopulmonary Exercise Testing*”, *Medicina*, **2023**, ISSN 1648-9144, Impact Factor: 2.6 (2022); DOI <https://doi.org/10.3390/medicina59101726> , Accession Number: WOS:001095334400001
- Ungurean, B.C., Cojocariu, A., Abalășei, B.A., **Popescu, L.**, “*Analysis of Morphological Parameters and Body Composition in Adolescents with and without Intellectual Disability*”, *International Journal of Environmental Research and Public Health*, **2023**, ISSN 1660-4601, DOI <https://doi.org/10.3390/ijerph20043019>
- Stegariu V.I., Abalășei, B.A., Onose R.M. **Popescu, L.**, *A Study on the Correlation between Intelligence and Spatial Orientation in Children Who Practice Chess at School*, published in „BRAIN. Broad Research in Artificial Intelligence and Neuroscience”, no.4, vol. 14, pp. 458-478, <https://doi.org/10.18662/brain/14.4/516> , **2023**, ISSN: 2068-0473 | e-ISSN: 2067-3957, Accession Number: WOS:001166877200028, Impact Factor: 0.8 (2023)
- Onose I., **Popescu L.**, Moraru C. E., Radu L. E., Onose R. M., Abalășei B. A., *Decision-making aspects regarding dual career for athletes in some European countries*, published in SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports, no.1, Iași, „Altius Academy” Foundation Publishing House, Iași, **2023**, <https://doi.org/10.36836/2023/1/09> , <https://sportsisocietate.ro/articol/620>
- Ungurean, B.C., Cojocariu, A., Abalășei, B.A., **Popescu, L.**, Puni A.R., Stoica M., Pârvu C., *The Analysis of the Correlations Between BMI and Body Composition Among Children with and Without Intellectual Disability*”, *Children*, Special Issue New Frontiers in Adolescent Health and Development, **2022**, ISSN 2227-9067, IF 2 (2023), DOI <https://doi.org/10.3390/children9050582> , WOS:000802581600001
- Dumitru I.M., **Popescu, L.**, Gavrilesu R., *Innovative Dimensions of Contemporary Forms of Aerobic Fitness: Analysis of Aerobic Interval Training on Young Adult (17-18 Years)*, Proceedings of the 6th International Conference of the Universitaria Consortium „FEFSTIM: Physical Education, Sports and Kinesiotherapy – implications in quality of life”, **2020**, Timișoara, ISBN 979-12-80225-05-4, DOI: 10.26352/EY06-FEFSTIM2020, Filodritto Publisher, pp. 111 – 118, WOS:000682773700017
- **Popescu, L.**, *Physical Education and Sports in Romania. The Laws of Physical Education and Sport and Their Importance in the Development of the Field of Activity in the 1918-2018 Period*, ICU 2018, **2019**, WOS: 000474444100043
- Abalășei B.A., **Popescu, L.**, *Considerations on Education cohesion for Values through Sport Activities*, Proceedings Paper of the 5th International Conference on Adult Education (CIEA **2018**): Education for Values – Continuity and Context, ISBN 978-88-87729-48-1, Editografica. WOS:000455654000002 <http://www.edlearning.it/ebook/B425.pdf>
- Abalășei B.A., **Popescu, L.**, Puni, A.R., *Attitudes of Physical Education Teachers and Coaches Regarding Fair play*, Proceedings Paper of the 5th International Conference on Adult

- Educatioan (CIEA **2018**): Education for Values – Continuity and Context, ISBN 978-88-87729-48-1, Editografica. <http://www.edlearning.it/ebook/B425.pdf> WOS:000455654000001
- Abalășei B.A., **Popescu L.**, *Sport games: An analysis of representation*, published in *New Trends and Issues Proceedings on Humanities and Social Sciences*, vol. 4, No. 1, **2017**,
DOI: <https://doi.org/10.18844/prosoc.v4i1.2250>
<http://sproc.org/ojs/index.php/pntsbs/article/view/2250>
 - Popovici I.M., **Popescu L.**, Radu L.E., *Evaluation of Some Physical Fitness Characteristics in 11-13 Years Old*, published in *Cypriot Journal of Educational Sciences*, vol.12, no.1, pp. 9-13, **2017**, ISSN: EISSN-1305-905X <https://eric.ed.gov/?id=EJ1140746> (published by [Birlesik Dunya Yenilik Arastirma ve Yayıncılık Merkezi](#))
 - Popovici I.M., **Popescu L.**, Radu L.E., *Evaluation of some physical fitness characteristics at age 11 to 13*, published in „Timișoara Physical Education and Rehabilitation Journal”, vol. XIX, No.17, Timișoara, **2017**, pp. 24-28 <https://doi.org/10.1515/tperj-2016-0011>
 - UNGUREAN, Bogdan; **POPESCU, Lucian**. *STUDY REGARDING THE AMPLITUDE OF HEART RATE AND RESPIRATORY RATE FOR NORMAL CHILDREN AND CHILDREN WITH MENTAL DISABILITY. GYMNASIUM*, [S.L.], v. XVI, no. 2, aug. **2017**, ISSN 2344-5645. <http://gymnasium.ub.ro/index.php/journal/article/view/145>
 - Popovici I.M., **Popescu L.**, Puni A.R., *The fourth edition of the European Volleyball Championship, Bucharest 1955 – An analytical approach*, published in *SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports*, no1, vol. 16, pp. 105-115, Iași, „Altius Academy” Foundation Publishing House, Iași, **2016** <https://www.sportsisocietate.ro/articol/369>
 - Abalășei B.A., **Popescu L.**, *Body Scheme – Fundamental Component of Growth and Development*, published in „Gymnasium. Scientific Journal of Education, Sports and Health”, vol. XVII, No.2, Bacău, **2016**, pp. 1-6 <http://gymnasium.ub.ro/index.php/journal/article/view/53>, DOI: <https://doi.org/10.29081/gsjesh.2016.17.2.10>
 - Popovici, I.M., **Popescu L.**, Moraru C.E., *Maintaining health through extracurricular leisure exercising*, published in *SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports*, vol. 16, no. 2, pp. 12-21, „Altius Academy” Foundation Publishing House, Iași, Decembrie **2016**, p-ISSN 1582-2168 <https://www.sportsisocietate.ro/articol/371>
 - **Popescu L.**, *Historical retrospective on the regulatory and organizational framework in the field of physical education and sports in romania: training specialists in modern times (1859-1918)*, published in *SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports*, vol. 15, no. 1, pp. 80-89, „Altius Academy” Foundation Publishing House, Iași, Decembrie **2015**, p-ISSN 1582-2168 <https://www.sportsisocietate.ro/articol/285>
 - **Popescu, L.**, *Spiru Haret and his concerns in setting the bases of physical and sportive education within the national education system. Legislative and organizational analysis*, published in *Procedia – Social and Behavioral Sciences*, vol. 142, **2014**, pp. 523-530, <https://doi.org/10.1016/j.sbspro.2014.07.660>
<http://www.sciencedirect.com/science/article/pii/S1877042814045881>
WOS:000345346000082
 - **Popescu, L.**, Budescu, E., *Biomechanical Aspects of the Lower Limb Positions to the Direct Free Kick at Football*, published in *Applied Mechanics and Materials*, Vol. 658 (**2014**), pp. 501-506, ISBN print: 978-3-03835-271-6, doi:10.4028/www.scientific.net/AMM.658.501 www.isinet.com, Institution of Electrical Engineers (IEE) www.iee.org.
<http://www.scientific.net/AMM/details> <https://www.scientific.net/AMM.658.501>
 - Honceriu C., **Popescu L.**, Trofin P.F., *Comparative study regarding the developing method of the football players' aerobian capacity and power*, published in „Gymnasium. Scientific Journal of

Education, Sports and Health”, vol. XIII, no. 1, Bacău, **2012**
<http://gymnasium.ub.ro/index.php/journal/article/view/222>

- **Popescu L.**, *Legislative and organizational references in Romanian physical education and sport during 1940-1944*, published in SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports, no.2, Iași, „Altius Academy” Foundation Publishing House, Iași, **2009**
<https://www.sportsisocietate.ro/articol/46>
- Budescu, E., **Popescu, L.** Iacob, I., Merticariu, E., *Some Aspects Regarding the Kinematics in the Football Game*, published in ICCES, vol. 8, No. 3, Tech Science Press, **2008**
http://www.techscience.com/ices/2008/v8n3_index.html

📄 Papers published in refereed journals and conference proceedings

- Journals

- **Popescu L.**, *The organized beginnings of Iași sports: "The Gymnastics, Sports and Music Society"*, published in „Historia Universitatis Iassiensis”, no. 2, **2011**
- **Popescu L.**, *Physical education and sport in interwar Romania. The impact of the promulgation of the Physical Education Law of May 8, 1933 upon private domain*, published in the Bulletin of the Polytechnic Institute of Iași, Volume LV (LIX), Fascicle 4, Socio-Human Sciences Section, Iași, Publishing House of the Technical University “Gh. Asachi” Iași, **2009**.
- **Popescu L.**, *Physical education and sport in Romania. Legislative background in the interwar period*, Published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, no. 2, Iași, „Altius Academy” Foundation Publishing House, Iași, **2008**
- **Popescu L.**, *Physical education and sport within Romanian education during the world conflagration (1940-1944)*, Published in the Bulletin of the Polytechnic Institute of Iași, Volume LIV (LVIII), Fascicle 3, Socio-Human Sciences Section, Iași, Publishing House of the Technical University “Gh. Asachi” Iași, **2008**
- **Popescu L.**, *Physical education in school. The main legislative and organizational measures from the period of Modern Romania*, Published in the Scientific Bulletin "Education through Sport", Physical Education and Sport Series, no. 11 (1 of 2007), vol. II, ISSN 1453-1194, Pitești, **2007**
- **Popescu L.**, *European systems and Romanian preoccupations in propagating physical education and sport – legislative and organizational aspects from the modern period (1859 – 1918)*, Published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, no. 2, Iași, ISSN 1582-2168, „Altius Academy” Foundation Publishing House, **2007**
- **Popescu L.**, *Auxiliary forms of physical education and sport in the interwar Romania – legislative and organizational aspects*, published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, no. 1, „Altius Academy” Foundation Publishing House, Iași, **2006**
- **Popescu L.**, *Aspects regarding the contribution of some Romanian political personalities in physical education and sports legislation (1859 – 1918)*, published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, no. 2, „Altius Academy” Foundation Publishing House, Iași, **2005**
- **Popescu L.**, *Legislative aspects in Romania regarding physical education and sport in the period of liberal government (1918-1928)*, published in the Bulletin of the Polytechnic Institute of Iași, Socio-Human Sciences Section, ISSN 1224-5860, Publishing House of the Technical University “Gh. Asachi” Iași, **2005**
- **Popescu L.**, *Olympic Games and Doping*, published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, no. 2, „Altius Academy” Foundation Publishing House, Iași, **2004**

- **Popescu L.,** *Legislative and organizer aspects of physical training and sport during interwar*, published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, no. 2, „Altius Academy” Foundation Publishing House, Iași, **2003**.
- **Popescu L.,** *Organizational aspects regarding youth football around the world*, published in the Bulletin of the Polytechnic Institute of Iași, Socio-Human Sciences Section, Publishing House of the Technical University “Gh. Asachi” Iași, **2003**.
- **Popescu L.,** *Games – permanent methods in training beginners in football*, published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, no. 2, „Altius Academy” Foundation Publishing House, Iași, **2002**
- **Popescu L.,** *The resistance development in children from schools with special football program*, published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, no. 1, „Altius Academy” Foundation Publishing House, Iași, **2001**
- **Popescu L.,** *The characteristic of agein young footballers - 11-13 years* , published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, no. 2, „Altius Academy” Foundation Publishing House, Iași, **2000**
- **Popescu L.,** *The development of motor skills in children in classes with a special football program*, published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, „Altius Academy” Foundation Publishing House, Iași, **1999**
- **Popescu L.,** *The physical and technical-tactical preparation of midfielders in the modern football game at juniors I*, published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, no. 2, „Altius Academy” Foundation Publishing House, Iași, **1998**
- **Popescu L.,** *Study on the development of skills in children in classes with a special football program*, published in the Bulletin of the Polytechnic Institute of Iași, Socio-Human Sciences Section, Publishing House of the Technical University “Gh. Asachi” Iași, **1998**.
- **Popescu L.,** *Speed development in children in classes with a special football program*, published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, „Altius Academy” Foundation Publishing House, Iași, **1997**
- **Popescu L.,** *Study on the development of strength in children from classes with a special football program*, published in the Bulletin of the Polytechnic Institute of Iași, Socio-Human Sciences Section, Publishing House of the Technical University “Gh. Asachi” Iași, **1997**
- **Popescu L.,** *The technical-tactical content and training means of the player specialized in the position of full-back at junior level*, published in „SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports”, „Altius Academy” Foundation Publishing House, Iași, **1996**

- Papers in conference proceedings

- **Popescu, L.,** Ungureanu I.C., *Sports Activities and Their Importance in the Social Integration of Children with Migrant Parents on the Labour Market*, Proceedings of ICU **2019** – The 5th International Conference of the Universitaria Consortium „Education for Health and Performance”, Cluj-Napoca, ISBN 978-88-87729-62-7, Editografica, pp. 323 – 325 <http://www.edlearning.it/ebook/CX11.pdf>
- Ungurean B.C., **Popescu, L.,** Puni A.R., Oprean A., *Dynamic Balance, Reaction Speed to Visual Stimulation and Maximum Strength on upper and Lower Train in Children with and without Intellectual Disabilities and Children with Down Syndrome*, Proceedings of ICU **2019** – The 5th International Conference of the Universitaria Consortium „Education for Health and Performance”, Cluj-Napoca, ISBN 978-88-87729-62-7, Editografica, pp. 403 – 408 <http://www.edlearning.it/ebook/CX11.pdf>

- **Popescu, L.,** Abalașei, B.A., *Particularities regarding the management of leisure motor activities*, *Journal of Physical Culture Science - theoretical and scientific journal*, 2018, Republic of Moldova, pp.110-114, ISSN: 1857-4114 <http://scf.usefs.md/PDF/Revista%20SCF/1--2018.pdf>
- **Popescu L.,** *The History of Iași sportive structures: The Gymnastics, Sport and Music Society*, published in the volume *"Innovation and creation in the field of physical activity, sources of human performance"*, pp. 518-522, ISBN 978-973-1724-95-9, Zigotto Publishing House, Galați, **2009**
- **Popescu L.,** *Romanian legislative landmarks and organizational actions in the field of physical education and sports in the period 1859-1918*, published in the volume *"New educational developments in sports, management, physiotherapy and leisure in the European context"*, pp. 386-390, ISSN 2065-6483, Publishing House of the "Transilvania" University of Brașov, **2009**
- **Popescu L.,** *Physical education and sports in Romania. The organizational framework in the modern period (1859-1918)*, Published in the volume *"Creativity and competition, European attributes of scientific and sporting manifestation"*, pp. 451-457, ISBN 978-973-8937-44-4, Academica Publishing House, Galați, **2008**
- **Popescu L.,** *Studying the complex technical-tactical structures within sports training for novice football players*, paper published in the volume *Physical Culture: "Scientific Problems in the Field of Education and Sports"*, Scientific Conference of PhD Students, I.N.E.F.S., Chișinău, **2000**.

Other scientific papers and contributions.

Papers presented at international conferences (published in volumes of abstracts)

- **Popescu L.,** *Historical retrospective on the regulatory and organisational framework in the field of physical education and sports in Romania: training specialists in modern times*, published in *Proceedings of The 5th International Scientific Conference „Achievements and prospects in the field of physical education and sports within the interdisciplinary European education system”*, No. 4/2014, 21-22 Noiembrie **2014**, Bacău
- **Popescu L.,** *Historical reference points of romanian legislation as regards the corporal activities: the physical education law on September 4, 1929*, published in *Book of abstracts „Perspectives in physical education and sport IX-th edition"*, Constanța, **2009**, pp. 63, ISBN 978-973-614-501-8
- **Popescu L.,** *Aspects regarding the kinematics direct free-kick in football*, book abstracts in *„The 16th Biannual Conference of 1SCPES 2008"*, Macau. **2008**, pp. 152 (coautor)
- **Popescu L.,** *The Modernization of the Sport Phenomenon in Romania. The Law for Physical Education from 1923*, in *„14th International Congress on Physical Education and Sport”*, Komotini, University Studiu Press, Greece, **2006** <http://www.phved.diith.er/riles/conKress>

Last update: August 2025