



Curriculum Vitae Europass



Surname / Name **Onose Ionuț**
Address Valea Lupului, Str Magnoliei, nr. 35E, Iași (România)
Phone +40 232 201 026
E-mail onoseionut@yahoo.com
Nationality Romanian
Date of Birth 05/08/1981
Gender Male

Professional experience

Period	2026 - today
Occupation or position held	Associate professor PhD
Main activities and responsibilities	Training and educating students in physical education and sport ▪ Basketball; ▪ Law tennis; ▪ Sport training.
Name and address of employer	Faculty of Physical Education and Sports, 3, Toma Cozma Street, Iasi, Romania
Type of business or sector	Education
Period	2018 - 2026
Occupation or position held	Lecturer PhD at the Faculty of Physical Education and Sports
Main activities and responsibilities	Training and educating students in physical education and sport ▪ Basketball; ▪ Law tennis; ▪ Table tennis; ▪ Fitness.
Name and address of employer	Faculty of Physical Education and Sports, 3, Toma Cozma Street, Iasi, Romania
Type of business or sector	Education
Period	2012 - 2018
Occupation or position held	Assistant Professor at Faculty of Physical Education and Sports
Main activities and responsibilities	Training and educating students in physical education and sport ▪ Basketball; ▪ Law tennis; ▪ Table tennis; ▪ Fitness.
Name and address of employer	Faculty of Physical Education and Sports, 3, Toma Cozma Street, Iasi, Romania
Type of business or sector	Education

Period	2008 – 2018, 2026
Occupation or position held	Head coach of the university's basketball team
Main activities and responsibilities	Team preparation for participation in University Basketball Championship
Name and address of employer	Faculty of Physical Education and Sports, 3, Toma Cozma Street, Iasi, Romania
Type of business or sector	Competition
Period	October 2015 – April 2016
Occupation or position held	Physical trainer of the volleyball team
Main activities and responsibilities	Team preparation for participation in the National Championship of Volleyball, A Division
Name and address of employer	S.C. Antibiotice Penicilina Iasi, Romania
Type of business or sector	Competition
Period	January 2011 - December 2011
Occupation or position held	Head coach of the basketball team Politehnica Iași
Main activities and responsibilities	Team preparation for participation in the National Championship of Basketball, A Division
Name and address of employer	C.S. Politehnica Iași
Type of business or sector	Competition
Education and Training	
Period	October 2020 – September 2023
Qualification / diploma	PhD in Sport Science and Physical Education
Studied disciplines / professional competences acquired	Ethics and academic integrity; Psychomotricity applied in Science Sport and Physical Education; Optimizing biological potential in Physical Education and Sports.
Name and type of education / training provider	Faculty of Physical Education and Sport, University "Alexandru Ioan Cuza" Iasi
Level in national or international classification	International
Period	October 2011 – December 2014
Qualification / diploma	PhD in Geography
Studied disciplines / professional competences acquired	Trends in fundamental and applied geosciences; Methodology to develop a scientific article; Practical Course of Geomatics.
Name and type of education / training provider	Faculty of Geography and Geology, University "Alexandru Ioan Cuza" Iasi
Level in national or international classification	International

Period	October 2005 – July 2006
Qualification / diploma	Graduate of the Master's Degree Program in "Management and Marketing in Sports"
Studied disciplines / professional competences acquired	Project Management; Marketing, Public Relations and Protocol in Sports; Human Resource Management; Communication and Negotiation in Sports; Organizational Management; Management of Sports Activities and Facilities; Management of Sports Organizations; International Sports Organizations and European Sports Legislation.
Name and type of education / training provider	Faculty of Physical Education and Sport, University "Alexandru Ioan Cuza" Iasi
Level in national or international classification	International
Period	October 2001 – July 2005
Qualification / diploma	Bachelor degree - Faculty of Physical Education and Sports, Basketball Specialization
Studied disciplines / professional competences acquired	History, organization and sports legislation; Theory of Physical Education and Sport; Anatomy of the human body; Physiology; Basketball, technical and tactical concepts; Football, technical and tactical concepts; Table Tennis, technical and tactical concepts; Volleyball, technical and tactical concepts; Tennis, technical and tactical concepts; Fitness and Bodybuilding.
Name and type of education / training provider	Faculty of Physical Education and Sports, Alexandru Ioan Cuza University of Iasi, Romania
Level in national or international classification	International
Period	September 1996 – June 2000
Qualification / diploma	High School Diploma
Studied disciplines / professional competences acquired	Elements of military training.
Name and type of education / training provider	Military High School "Ștefan cel Mare" - Câmpulung Moldovenesc
Level in national or international classification	National

Personal skills and competences

Native language

Romanian

Foreign languages

Autoevaluation
European Level ()*

English

French

Understanding				Speaking				Writing	
Listening		Reading		Participate in discussions		Spoken			
C1	Experienced user	B2	Independent user	B2	Independent user	B2	Independent user	B1	Independent user
B1	Independent user	B2	Independent user	B1	Independent user	B1	Independent user	B1	Independent user

(*)Common European Framework of Reference for Languages

Social skills and competences

Team spirit
Communication and social skills

Organisational skills and competences

Organized and disciplined person
Capacity for analysis and synthesis
Meticulosity

Computer skills and competences

Knowledge of Microsoft Office (Word, Excel, PowerPoint)

Other skills and competences

Participation in numerous national and international scientific events.

Director of the project "Physical education and sport: a model of success", project code 217//SGU//NC//II from 18.09.2019

Member of the project team FIND ME – UNIVERSITY DUAL CAREERS OPPORTUNITIES, Project number 10134043 from 01.11.2023

Member of the project team "Media as channel of Athletes Dual Career promotion and education" project number 603456-EP-102018-1-LT-SPO-SCP from 17/04/2019

Member of the *Summer School for Sciences: A Bridging Program for the Transition from High School to University (Summer of Sciences)* project, Contract No. 18014/04.07.2024.

Member of the *Early University Experience for Students at Risk: A Bridging Program in the Fields of Physical Education and Sports and Roman Catholic Theology (TEOSPOR)* project, Contract No. 15312/05.07.2022.

Member of the *University Ethics and Deontology at UAIC – Integrity in Academic Activity through Continuous Training of Teaching Staff (UniEthic)* project, Contract No. 14859/12.05.2022.

National University Men's Basketball Champion (as Head Coach), Târgoviște, 2006.

Additional information

Articles / papers published

PUBLISHED BOOKS

Mass Media: A Channel for Promoting and Educating Athletes for Dual Careers, Ionuț Onose, RISOPRINT Publishing House, Cluj-Napoca, ISBN: 978-973-53-3524-3, 2025, 122 pages.

Dual Career and Mass Media, Ionuț Onose, RISOPRINT Publishing House, Cluj-Napoca, ISBN: 978-973-53-3412-3, 2025, 108 pages.

The game of chess. Beginner's Guide, Ionuț ONOSE, Vlad-Ionuț STEGARIU, RISOPRINT Publishing House, Cluj-Napoca, ISBN: 978-973-53-2834-4, 2022, 137p.

Theory and practice in tourism activities and tourist orientation, PIM Publishing House, Iași, ISBN: 978-606-13-4135-1, 2017, 138p;

The incidence of geodemographic structures on the general motor capacity of middle school students in Western Moldova, "Alexandru Ioan Cuza" University of Iași, Publishing House, ISBN: 978-606-714-280-8, 2016, 149p.

ISI ARTICLES (WITH IMPACT FACTOR)

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>

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, IF: 2,6, DOI: 10.3389/fspor.2025.1566208

<https://www.frontiersin.org/journals/sports-and-active-living/articles/10.3389/fspor.2025.1566208/full>

Onose, I., Onose, R.M., & Abalasei, B.A. (2023). The Role of Mass Media in Promoting the Dual Career of the Performance Athlete, *Behavioral Sciences*, 13 (3), 196.

<https://0t10q80n8-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000954151300001>

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*, 10 (6), 97, DOI: 10.3390/bs10060097

<https://0t10q80n8-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000551178400006>

ISI ARTICLES (WITHOUT IMPACT FACTOR)

Abalasei, B., Hugianu, E.G., **Onose, I.**, & Albu, A. (2020). Physical Development Particularities Among Pupils at the Sports High School in Iasi, *PROCEEDINGS OF THE 6TH INTERNATIONAL CONFERENCE OF UNIVERSITARIA CONSORTIUM FEFSTIM: PHYSICAL EDUCATION, SPORTS AND KINESIOTHERAPY - IMPLICATIONS IN QUALITY OF LIFE*, 194-202.

<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000682773700029>

Onose I., Hodorca R.M., & Albu, A. (2018). THE LINK BETWEEN PHYSICAL DEVELOPMENT AND MOTOR SKILLS OF RURAL STUDENTS IN ROMANIA, *2nd ICSEP 2018 INTERNATIONAL CONFERENCE ON SPORT, EDUCATION AND PSYCHOLOGY*, 42, 36-44, DOI: 10.15405/epsbs.2018.06.02.5

<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000449696400005>

Albu, A., Dima, F., **Onose, I.**, & Hodorca, R.M. (2018). ASSESSMENT OF PHYSICAL DEVELOPMENT IN RELATION TO EXERCISE TIME AND EATING HABITS OF TEENAGERS IN MOLDOVA, *2nd ICSEP 2018 INTERNATIONAL CONFERENCE ON SPORT, EDUCATION AND PSYCHOLOGY*, 42, 121-129.

<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000449696400013>

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 THE 4th INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018)*, 223-227
<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000474444100036>

Hodorcă, R.M., **Onose, I.**, Lucaci, P., & Albu, A. (2018). Recovery of Hemiplegy Using Physioterapy Means, *PROCEEDINGS OF THE 4th INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018)*, 119-122.
<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000474444100019>

Onose, I., Hodorcă, R.M., Rusu, M., Cohal, D.C., & Albu, A. (2018). Recovery of Hiperkyphosis Through Specific Means from Basketball, *PROCEEDINGS OF THE 4th INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018)*, 217-221.
<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000474444100035>

Ratu, 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 THE 4th INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018)*, 303-308.
<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000474444100049>

Onose, I., Hodorcă R.M., & Albu, A. (2016). Assessment of Anthropometric Indicators among Rural Students in the West of Moldavia, *ICPEK 2015 – 5th INTERNATIONAL CONGRESS OF PHYSICAL EDUCATION, SPORTS AND KINETOTHERAPY*, 11, 266-272, DOI: 10.15405/epsbs.2016.06.36
<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000377852100035>

Albu, A., **Onose, I.**, Negrea, M., Crăcană, I., & Hodorcă, R.M. (2016). Correlation between Physical Development Diagnostic and Exercise in a Group of Teens from Garabet Ibraileanu High School of Iasi, *ICPEK 2015 – 5th INTERNATIONAL CONGRESS OF PHYSICAL EDUCATION, SPORTS AND KINETOTHERAPY*, 11, 273-279, DOI: 10.15405/epsbs.2016.06.37
<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000377852100036>

Hodorcă, R.M., Moraru, C.E., **Onose, I.**, & Albu, A. (2016). Study Regarding the Relation between Chronological Age, Mental Age and Weight of the Premature Included in a Physical Therapy Program, *ICPEK 2015 – 5th INTERNATIONAL CONGRESS OF PHYSICAL EDUCATION, SPORTS AND KINETOTHERAPY*, 11, 405-409, DOI: 10.15405/epsbs.2016.06.56
<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000377852100055>

Hodorcă, R.M., Moraru, C.E., & **Onose, I.** (2015). The Role and Importance of Kinesiotherapeutic Methods in Postpartum Recovery, *4th INTERNATIONAL CONGRESS OF PHYSICAL EDUCATION, SPORT AND KINETOTHERAPY (ICPEK 2014)*, 329-333.
<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000360246100056>

ARTICLES PUBLISHED IN INTERNATIONAL DATABASES

Ionut Onose, Teodora Mihaela Iconomescu, Raluca Mihaela Onose, Laurențiu Gabriel Talaghir, Fabio Ripert, Beatrice Aurelia Abalasei (2024). Social media in the development of the athlete's dual career, *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 24 (2).
<https://www.sportsisocietate.ro/articol/698>

- Onose, I., Abalasei, B.A., & Onose, R.M.** (2023). SOCIAL MEDIA AND DUAL CAREER PROMOTION FOR SPORTS HIGH SCHOOL STUDENTS, *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 23 (1).
<https://www.sportsisocietate.ro/articol/618>
- Onose, I., Popescu, L., Moraru, C.E., Radu, L.E., Onose, R., & Abalasei, B.A.** (2023). Decision-making aspects regarding dual career for athletes in some European countries, *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 23 (1).
<https://www.sportsisocietate.ro/articol/620>
- Albu, A., **Onose, I.**, Onose, R.M., & Abalasei, B. (2022). EATING HABITS OF STUDENTS FROM THE FACULTY OF SPORT AND THE FACULTY OF MEDICINE, *Discobolul – Physical Education, Sport and Kinetotherapy Journal*, 61 (1), 41-48.
<https://discobolulunefs.ro/media/4.MARCH2022.pdf>
- Albu, A., Petrariu, F.D., & **Onose, I.** (2020). PHYSICAL ACTIVITY – DIET CORRELATION IN A SAMPLE OF TEENAGERS WITHIN TWO HIGH SCHOOLS IN ROMANIA (SPORTS AND THEORETICAL HIGH SCHOOL), *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 20 (1).
<https://doi.org/10.36836/2020/1/7>
- Dobreanu, I.B., **Onose, I.** (2020) THE ROLE OF PHYSIOTHERAPY AND ASSOCIATED METHODS IN THE ATHLETE RECOVERY, *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 20 (1).
<https://doi.org/10.36836/2020/1/4>
- 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 and Society Interdisciplinary Journal of Physical Education and Sports*, 19 (2), 43-49.
<http://doi.org/10.36836/UAIC/FEFS/10.54>
- 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, *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 19 (1), 56-62.
<https://sportsisocietate.ro/articol/446>
- Chirazi, M., **Onose, I.**, Hodorca, R.M., & Petrea, R.M. (2019). Overweight prevalence among elementary schools pupils in the city of Iasi, Romania, *International Journal of Advanced Research (IJAR)*, 7 (1), DOI: 10.21474/IJAR01/8387, 780-786.
<http://dx.doi.org/10.21474/IJAR01/8387>
- Albu, A., **Onose, I.**, Hodorcă, R.M., & Abalasei, B.A. (2019). FOOD HABITS OF THE STUDENTS FROM THE SPORTS PROGRAM HIGH SCHOOL IN SUCEAVA, Вісник Прикарпатського університету. Серія: Фізична культура., DOI:10.15330/fcult.33., 188-193.
<http://journals.pu.if.ua/index.php/fcult/article/view/3714/3709>
- 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 Highschools in Suceava, ARENA-JPA, 53-62.
<https://www.uav.ro/jour/index.php/ajpa/article/view/1245/pdf>
- Onose, I.**, Hodorcă, R.M., & Albu, A. (2018). The assessment of motor skills and physical development to a number of students in the Moldova Area, *Sp Soc Int J Ph Ed Sp* 2018, 18 (1), 14-23.
<https://sportsisocietate.ro/articol/417>
- Albu, A., **Onose, I.**, Hodorcă, R.M., & Moraru, C.E. (2017). The time for physical exercise and food habits on a number of students from Pascani National College, *Timișoara Physical Education and Rehabilitation Journal*, 10 (19), 120-124.
<https://doi.org/10.1515/tperj-2017-0028>
- Onose, I.**, Hodorcă, R.M., Moraru, C.E., & Albu, A. (2017). Physical assessment and motor skills development on a group of students from rural areas, *Timișoara Physical Education and Rehabilitation Journal*, 10 (19), 137-142.
<https://doi.org/10.1515/tperj-2017-0031>

- Onose, I.,** Hodorcă, R.M., Petrea, R.G., & Soveja, A. (2017). Comparative Analysis of the Effectiveness of the Action of a Scorer From a NBA Team and One of the Basketball National League, *Gymnasium. Scientific Journal of Education, Sports and Health*, 18 (1), 165-178.
<https://gymnasium.ub.ro/index.php/journal/article/view/22/19>
- Hodorcă, R.M., **Onose, I.**, Ghițescu, A., Albu, A., & Lucaci, P. (2017). Case Study Regarding the Role of Physical Therapy in the Recovery of Column Deficit in Junior Tennis Players, *Gymnasium. Scientific Journal of Education, Sports and Health*, 18 (1), 19-28;
<https://gymnasium.ub.ro/index.php/journal/article/view/5/2>
- Petrea, R.G., & **Onose, I.** (2017). ROMANIA AND THE ROMANIAN ATHLETES AT THE SUMMER OLYMPIC GAMES, *Sp Soc Int J Ph Ed Sp* 2017, 17 (2), 53-60.
<https://sportsisocietate.ro/articol/413>
- Albu, A., **Onose, I.**, Cărașu, M.E., & Hodorcă, R.M. (2017). APPRECIATION OF EATING HABITS IN A GROUP OF TEENAGERS FROM TWO HIGH SCHOOLS IN THE CITY OF IASI: SPORTS HIGHSCHOOL AND G. IBRAILEANU THEORETICAL HIGHSCHOOL, *Discobolul – Physical Education, Sport and Kinetotherapy Journal*, 13 (2), 19-23.
https://discobolulunefs.ro/Reviste/2017/DISCOBOLUL_XII_2_48_2017_fullpaper.pdf
- Albu, A., & **Onose, I.** (2017). EVALUATION OF THE TIME GRANTED FOR EXERCISE AND DIETARY HABITS TO A GROUP OF STUDENTS IN IASI-PILOT STUDY, *Young Scientist*, 3.1 (43.1), 1-3.
<http://molodyvcheny.in.ua/files/journal/2017/3.1/1.pdf>
- Nichifor, F. & **Onose, I.** (2016). MANAGEMENT SCIENCE AND ITS RELATIONSHIP WITH THE SCIENCE OF PHYSICAL EDUCATION AND SPORT, *Gymnasium. Scientific Journal of Education, Sports and Health*, 17 (1), 93-102.
<https://doi.org/10.29081/gsjesh.2016.17.1.06>
- Albu, A., Hodorca, R.M., **Onose, I.**, Negrea, M., & Cracana, I. (2016). The evaluation of the scholar fatigue phenomenon and some causative factors in a group of teenagers from Iasi, *Global Journal of Sociology: Current Issues*. 6 (2), 44-49.
<https://un-pub.eu/ojs/index.php/gjs/article/view/932>
- Albu, A., **Onose, I.**, Negrea, M., Hodorcă, R.M., & Crăcană, I. (2015) RELATIVE STUDY OF FOOD HABITS OF ATHLETIC AND NON-ATHLETIC STUDENTS, *Sp Soc Int J Ph Ed Sp* 2015, 15 (2), 202-208.
<https://sportsisocietate.ro/articol/325>
- Albu, A., Hodorcă, R.M., **Onose I.**, & Crăcană, I. (2015). EVALUAREA OBICEIURILOR ALIMENTARE ALE UNUI LOT DE ADOLESCENȚI DE LA LICEUL CU PROGRAM SPORTIV DIN IAȘI, *Sănătate Publică, Economie și Management în Medicină*, 7 (64), 52-55.
http://repository.usmf.md/bitstream/20.500.12710/11562/1/ALBU_Adriana.pdf
- Hodorcă, R.M., & **Onose, I.** (2014). STUDY REGARDING THE CORRELATION BETWEEN NEUROPSYCHOLOGICAL TESTS AND WEIGHT IN NORMAL PSYCHOMOTOR DEVELOPING OF THE PREMATURE BABIES, *Sp Soc Int J Ph Ed Sp* 2014, 14 (2), 117-127.
<https://sportsisocietate.ro/articol/274>
- Onose, I.**, Petrea, R.G., & Nichifor, F. (2014). ANALYSIS OF THE RESULTS OBTAINED BY FORCE MOTOR QUALITY ON MIDDLE SCHOOL STUDENTS WHO LIVE ON DIFFERENT LEVELS OF ALTITUDE, USING THE SPECIFIC MEANS OF BASKETBALL GAME, *Gymnasium. Scientific Journal of Education, Sports and Health*, 15 (2), 132-144.
<https://gymnasium.ub.ro/index.php/journal/article/view/158/147>
- Onose, I.**, Cuciureanu, M.S., & Iașu, C. (2014). COMPARATIVE STUDY OF THE GENERAL MOTOR CAPACITY OF THE SECONDARY SCHOOL STUDENTS IN WESTERN MOLDAVIA, *Lucrările seminarului geografic Dimitrie Cantemir*, 37 (1), 201-209.
<http://www.seminarcantemir.uaic.ro/index.php/cantemir/article/view/988>
- Cuciureanu, M.S., **Onose, I.**, & Iașu, C. (2014). A PRELIMINARY ANALYSES OF AGRICULTURE IN WESTERN MOLDAVIA, *Lucrările seminarului geografic Dimitrie Cantemir*, 37 (1), 113-121.
<http://www.seminarcantemir.uaic.ro/index.php/cantemir/article/view/977>

Petrea, R.G., & Onose, I. (2013). INSTITUTIONAL ORGANIZATION AND VISUAL IDENTITY, *Gymnasium. Scientific Journal of Education, Sports and Health*, 14 (2), 108-120.

<https://gymnasium.ub.ro/index.php/journal/article/view/287/264>

Onose, I., & Petrea, R.G. (2013). GENERAL DISTRIBUTION OF MOTOR CAPACITY FOR MIDDLE SCHOOL STUDENTS LOCATED AT DIFFERENT FLOOR ALTITUDE FROM WESTERN MOLDAVIA, *Sp Soc Int J Ph Ed Sp* 2013, 13 (2), 161-169.

<https://sportsisocietate.ro/articol/220>

Onose, I., & Petrea, R.G. (2013). THE EFFICIENCY OF THE THROWS-IN UNDER THE BOARD IN BASKETBALL, *Sp Soc Int J Ph Ed Sp* 2013, 13, Special Issue, 145-153.

<https://sportsisocietate.ro/articol/201>

Petrea, R.G., & Onose, I. (2012). THE PROMOTION AND ATTRACTIVENESS OF THE EUROPEAN FOOTBALL CHAMPIONSHIP IN POLAND AND UKRAINE, , *Sp Soc Int J Ph Ed Sp* 2012, 12 (1), 108-118.

<https://sportsisocietate.ro/articol/169>

Onose, I., Seghedin, E., & Ostafe, L. (2012). The Impact of Progressive Development over the Degree of Professional Satisfaction. *Physical Education and Sports Teachers Case, Analele Științifice ale Universității „Alexandru Ioan Cuza”*, Științe ale Educației, 16, 101-114.

<https://www.cceol.com/search/article-detail?id=214959>

ARTICLES PUBLISHED IN CONFERENCE VOLUMES

Onose, I. Onose, R.M., & Abalasei, B.A. (2021). Dual Career - Concept and Representation for a Group of Students of the Faculty of Physical Education and Sports, *Proceedings of ICU 2021. The 7th International Conference of the Universitaria Consortium in Physical Education, Sport and Physiotherapy*, November 12-13, Iasi, ISBN: 978-88-87729-73-3, 381-386.

<http://www.edlearning.it/ebook/EY12.pdf>

Onose, R.M., Popescu, L., Onose, I., & Albu, A. (2021). Correlation Between Body Mass Index And Perception Of Body Weight In A Lot Of Students From The Faculty Of Physical Education And Sports From Iasi, *Proceedings of ICU 2021. The 7th International Conference of the Universitaria Consortium in Physical Education, Sport and Physiotherapy*, November 12-13, Iasi, ISBN: 978-88-87729-73-3, 387-392.

<http://www.edlearning.it/ebook/EY12.pdf>

Rațu, R.N., Onose, I., Postolache, A.N., Usturoi, M.G., Usturoi, A., Radu-Rusu, R.M., & Veleșcu, I.D. (2021). Milk - An Important Source Of Nutrition And Hydration For Athletes, *Proceedings of ICU 2021. The 7th International Conference of the Universitaria Consortium in Physical Education, Sport and Physiotherapy*, November 12-13, Iasi, ISBN: 978-88-87729-73-3, 455-460.

<http://www.edlearning.it/ebook/EY12.pdf>

Albu, A., Onose, I., Onose, R.M., & Abalasei, B. (2021). APPRECIATION OF THE NUTRITION OF ADOLESCENTS FROM TWO HIGH SCHOOLS WITH SPORTS PROGRAM IN THE AREA OF MOLDOVA – ROMANIA, 9th INTERNATIONAL SCIENTIFIC, CONFERENCE ON KINESIOLOGY, Opatija, Croatia, September 15–19, 2021, Proceedings ISBN: 978-953-317-065-7, 210-215.

https://www.kif.unizg.hr/_news/16755/9-Conference-Kinesiology-2021-Proceedings-final%20za%20objavu%20web.pdf

Abalasei, B.A., Hodorca, R.M., & Onose, I. (2019). THE ROLE OF DUAL CAREER IN THE PROFESSIONAL INSERTION OF FORMER ATHLETES, *Proceedings of ICU 2019. The 5th International Conference of the Universitaria Consortium – Education for Health and Performance*, October 11-12, Cluj Napoca, 1-6.

<http://www.edlearning.it/ebook/CX11.pdf>

Albu, A., Indrei, L.L., Onose, I., & Hodorcă, R.M. (2019). PHYSICAL ACTIVITY AND EATING HABITS IN A SAMPLE OF TEENAGERS IN IASI, *Proceedings of ICU 2019. The 5th International Conference of the Universitaria Consortium – Education for Health and Performance*, October 11-12, Cluj Napoca, 7-13.

<http://www.edlearning.it/ebook/CX11.pdf>