



## ANCA - RALUCA TANASĂ



europass

**Nationality:** Romanian | **Gender:** Female | (+40) 751643227 |

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### WORK EXPERIENCE

11/02/2021 – CURRENT – Iasi , Romania

#### **TEACHING ASSISTANT, DOCTORAL CANDIDATE – “ALEXANDRU IOAN CUZA” UNIVERSITY IASI - THE FACULTY OF PHYSICAL EDUCATION AND SPORTS**

Teaching activity: teaching practical papers for bachelor's studies cycles; evaluation activities within the teaching activity (practical assessments); research activities specific to the field, organisation and participation in scientific events; assessment and selection of modern methods for practical papers;

**Teaching Assistant, Doctoral Candidate:**

Basic Gymnastics - first year, specialities: *Physical and Sports Education; Sport and Motor Performance; Kinesiotherapy and Special Motricity.*

Theory and Practice in Expression Sports: Dancesport - first year, specialities: *Physical and Sports Education and Sport and Motor Performance.*

Theory and Practice in the Gymnastic Branch: Rhythmic Gymnastics - third year, speciality: *Physical and Sports Education.*

Swimming and Hydrotherapy - second year, speciality: *Kinesiotherapy and Special Motricity.*

Theory and Practice in Winter Sports: Alpine Ski, first year, speciality: *Physical and Sports Education.*

Theory and Practice in Activities of Tourism and Tourist Orientation, first year, speciality: *Physical and Sports Education.*

Practicum in Education Units - second year, speciality: *Physical and Sports Education.*

Mandatory Pre-University Practicum - third year, speciality: *Kinesiotherapy and Special Motricity.*

Education | [admefs@uaic.ro](mailto:admefs@uaic.ro) | <http://www.sport.uaic.ro/> |

Street Toma Cozma, Nr. 3, 700554, Iasi, Romania

[www.sport.uaic.ro](http://www.sport.uaic.ro)

01/10/2019 – 05/07/2020 – Iasi, Romania

#### **ASSOCIATED TEACHING MEMBER – “ALEXANDRU IOAN CUZA” UNIVERSITY IASI**

Teaching activity: teaching practical papers for bachelor's studies cycles; evaluation activities within the didactic activity (practical assessments); research activities specific to the field, organisation and participation in scientific events; assessment and selection of modern methods for practical papers.

Associated Teaching Member for the Discipline: Physical Education and Sport - first and second year, the Faculty of Psychology and Educational Sciences.

Department of Educational Sciences: The Faculty of Psychology and Educational Sciences | Education |

[secretariat.fpse@uaic.ro](mailto:secretariat.fpse@uaic.ro) | <https://www.psih.uaic.ro/> | Street Toma Cozma, nr. 3, 700554, Iasi, Romania

<https://www.psih.uaic.ro/>

01/09/2016 – 31/08/2021 – Iasi, Romania

#### **TENURED TEACHER, SECOND DEGREE – “ȘTEFAN BÂRSĂNESCU” MIDDLE SCHOOL IASI**

Main activities and responsibilities: formal education; nonformal education; organising sports competitions; counselling students; organising artistic activities.

Tenured teacher for the subject: Physical Education and Sport - primary and middle education

Homeroom teacher for the 8<sup>th</sup> grade A

Physical Education and Sport | Education | [sc15iasi@yahoo.com](mailto:sc15iasi@yahoo.com) | <https://scsb.ro/> |

Street Zugravi, Nr.12A, 700092, Iasi, Romania

## ● EDUCATION AND TRAINING

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07/02/2022

**CERTIFICATE OF ATTENDANCE TO WEB OF SCIENCE: "SEARCHING, VISUALISING, AND ANALYSING PATENTS"** – Web of Science Group

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23/02/2022

**CERTIFICATE OF ATTENDANCE TO WEB OF SCIENCE: "IDENTIFYING THE MAIN OPINION LEADERS USING THE WEB OF SCIENCE DATA"** – Web of Science Group

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24/02/2022

**CERTIFICATE OF ATTENDANCE LA WEB OF SCIENCE: „EMERGING SOURCES CITATION INDEX"** – Web of Science Group

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11/03/2022 – 12/03/2022

**CERTIFICATE OF ATTENDANCE TO THE CONFERENCE: "YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT"** – The Faculty of Physical Education and Mountain Sports Brasov

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27/09/2021

**CERTIFICATE OF ATTENDANCE TO WEB OF SCIENCE: "OPEN ACCESS AND FUNDING IN RESEARCH"** – Web of Science Group

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29/09/2021

**CERTIFICATE OF ATTENDANCE TO WEB OF SCIENCE: "START THE NEW ACADEMIC YEAR WITH WEB OF SCIENCE"** – Web of Science Group

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25/10/2021

**CERTIFICATE OF ATTENDANCE TO WEB OF SCIENCE: "INTRODUCTORY NOTIONS REGARDING THE WORLD UNIVERSITY RANKINGS"** – Web of Science Group

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01/10/2021 – 01/11/2021

**CERTIFICATE OF ATTENDANCE WITHIN THE PROJECT UNITEACH UAIC – PERFORMANCE AND INNOVATION IN THE TEACHING ACTIVITY AT "ALEXANDRU IOAN CUZA" UNIVERSITY IAȘI** – "Alexandru Ioan Cuza" University Iași

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02/09/2021

**CERTIFICATE OF AWARDING THE SECOND TEACHING DEGREE** – The Ministry of National Education and Scientific Research

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06/04/2020 – 13/04/2020

**CERTIFICATE OF TRAINING COMPLETION: "ONLINE TEACHER"** – Digital Nation

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07/05/2020

**CERTIFICATE OF ATTENDANCE TO WEB OF SCIENCE: "SAVE TIME WITH ENDNOTE"** – Web of Science Group

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30/05/2020

**CERTIFICATE OF TRAINING COMPLETION: "EDUCATIONAL MANAGEMENT THROUGH MODERN TECHNOLOGIES"** – Association of Professional Training Providers Chişinău, the Republic of Moldova

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23/11/2020

**CERTIFICATE OF ATTENDANCE TO WEB OF SCIENCE: "THE NEW WEB OF SCIENCE PLATFORM"** – Web of Science Group

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06/04/2019

**CERTIFICATE OF TRAINING COMPLETION: "PHYSICAL EXERCISE RECOMMENDATION IN MEDICAL PRACTICE"** – Preventis Medical Centre

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18/05/2019

**CERTIFICATE OF ATTENDANCE TO THE ANNUAL CONFERENCE: "CHILDHOOD OBESITY PREVENTION** – "Grigore T. Popa" University of Medicine and Pharmacy Iaşi

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26/06/2019

**CERTIFICATE OF TRAINING COMPLETION FOR THE PROGRAM OF FIRST AID AND EXTERNAL AUTOMATIC DEFIBRILLATION** – The National Red Cross Society

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23/11/2018

**CERTIFICATE OF ATTENDANCE TO THE NATIONAL FAIRHAP CONFERENCE** – The Faculty of Physical Education and Sport Iaşi

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19/05/2018

**CERTIFICATE OF ATTENDANCE TO: "CHILDHOOD OBESITY PREVENTION"** – "Grigore T. Popa" University of Medicine and Pharmacy Iaşi

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24/11/2017 – 26/11/2017

**CERTIFICATE OF ATTENDANCE TO FITSPORT - THE INTERNATIONAL FESTIVAL OF YOUTH, SCIENCE, AND SPORT** – The Faculty of Physical Education and Sport Iaşi

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06/10/2017

**CERTIFICATE OF TRAINING COMPLETION: "HEART AND SPORT"** – The Romanian Society of Cardiology

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07/12/2017 – 02/02/2018

**CERTIFICATE OF TEACHING STAFF LIFELONG TRAINING: "SOCIAL DIALOGUE AND LEADERSHIP IN EDUCATION"** – The Federation of Free Education Unions

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11/04/2017

**BASIC TEACHER'S CERTIFICATION** – The Ministry of National Education and Scientific Research

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12/06/2017

**CERTIFICATE OF COMPLETION FROM THE DEPARTMENT OF TEACHING STAFF TRAINING, LEVEL II** – The Ministry of National Education and Scientific Research

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07/04/2015

**CERTIFICATE OF COMPLETION FROM THE DEPARTMENT OF TEACHING STAFF TRAINING, LEVEL I** – The Ministry of National Education and Scientific Research

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20/11/2013

**MASTER'S DEGREE: "STUDY ON THE PRACTICE COMBINED MUSCLE FITNESS FORMS - FITNESS FUSION"** – The Ministry of National Education and Scientific Research

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11/05/2012

**BACHELOR'S DEGREE: "METHODOLOGICAL ASPECTS REGARDING THE USE OF STEP AEROBIC EXERCISES AMONG ADULTS"** – The Ministry of National Education and Scientific Research

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## ● LANGUAGE SKILLS

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Mother tongue(s): **ROMANIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	B1	B1	B1	B1	B1

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

## ● DIGITAL SKILLS

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Microsoft Office (Excel PowerPoint Word) - nivel intermediar | Social Media | Microsoft PowerPoint | Microsoft Word | Microsoft office word | Microsoft Excel | Zoom | Google Drive | Android | Skype | facebook page | Microsoft Word- nivel intermediar | Microsoft Office | Microsoft Word Microsoft Excel Power Point

## ● ORGANISATIONAL SKILLS

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### Organisational skills and competences

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Organisational skills acquired during the years with essential responsibilities.

Good experience on project and team management, acquired due to the projects carried out at school level and to the training courses.

Insight into quality control procedures.

Capacity of educational modelling for students.

Ability to mediate organisational conflicts.

Capacity to coordinate work teams with various responsibilities.

Organisational skills and abilities:

Leadership abilities, analysis and synthesis capacity, decision-making capacities and ability to organise collectives of students/university students.

Punctuality, capacity to take decisions in a short time under pressure, ability to adapt to the context.

Work quality assessment based on performance criteria, quality control.

Self-improvement capacity.

I have acquired and improved these skills during my work experience, as I had to: coordinate sports teams, teach in the pre-university and university setting, coordinate extracurricular activities and research projects.

## ● COMMUNICATION AND INTERPERSONAL SKILLS

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### Social skills and competences

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Coordinating the work teams at "Ștefan Bârsănescu" Middle School Iași.

Drafting up the research reports within the Doctoral School, in the field of Science of Sports and Physical Education.

Member in the commission for the records of results obtained by the school students and school competitions and contests.

Member in the mobility commission of the "Ștefan Bârsănescu" Middle School Iași – commission secretary.

## ● OTHER SKILLS

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### Social skills and abilities

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Team spirit.

Increased adaptation capacity.

Capacity to acquire new knowledge and abilities necessary for activities specific to the academic setting.

Ability to organise sociocultural activities, volunteer-based activities.

## ● DRIVING LICENCE

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Driving Licence: B

## ● PROJECTS

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08/07/2018 – 16/07/2018

Erasmus+ Sport: „Get Addicted to Sport Values”

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## **PUBLICATIONS**

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### **Study On The Physical Training Of Female Gymnasts In Beam**

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Tanasă, A.R., Moraru, C.E., Trofin, P.F., Iordache, A.M., Tomozei, A.R., Ștefan, G.N.  
<https://doi.org/10.31926/but.shk.2021.14.63.1.3> – 2021  
*Science of Human Kinetics* 14(63), 23 – 30.

### **An Analysis Of Extracurricular Physical Activities Among Middle - Schoolers**

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Tanasă, A.R., Trofin, P.F., Moraru, C.E.  
<https://www.kif.unizg.hr/news/16755/9-Conference-Kinesiology-2021-Proceedings-final-za-objavu-web.pdf?fbclid=IwAR37oWMVpr91tmgEpQxeAjYqjZrz2cTktShDDy337bhklzW2nneg03UPIw> – 2021  
*9 th International Scientific Conference on Kinesiology, Opatija, Croatia*, p. 445

### **Monitoring Force In Midle School Students During The Covid 19 Pandemic**

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Tanasă, A.R., Trofin, P.F., Puni, A.R.  
<https://doi.org/10.36836/2021/2/23> – 2021  
*Journal of Physical Education and Sports*, 21(1), 1 - 7

### **Study On The Practice Of Combined Muscular Fitness Forms. Filodirito Editore Proceedings**

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Tanasă, A.R., Moraru, C.E., Dumitru, I.M., Trofin, P.F., Tomozei, A.R., Toader, N.G.  
<https://www.webofscience.com/wos/woscc/full-record/WOS:000682773700009> – 2021  
Study On The Practice Of Combined Muscular Fitness Forms. Filodirito Editore Proceedings, pp. 63 - 69

### **Comparative Study Regarding Extracurricular Sports Activity Among Primary And Middle Schoolers**

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Tanasă, A.R., Moraru, C.E., Trofin, P.F., Puni, A.R., Tomozei, A.R.  
<https://doi.org/10.18662/wlc2021/63> – 2021  
*World LUMEN Congress*, 17(2021). 640 - 649

### **Shockwave Therapy – A Modern And Revolutionary Method In Recovery Of Plantar Fasciitis**

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Ștefan, N.G., Moraru, C.E., Tanasă, A.R., Tomozei, A.R.  
<https://www.webofscience.com/wos/woscc/full-record/WOS:000682773700048> – 2021  
*Filodirito Editore Proceedings*, pp. 318 - 324

### **Contribution Of Radiofrequency, Elongation, And Laser To Treating The Acute Low Back Pain Of Athletes. Science**

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Ștefan, N.G., Moraru, C.E., Tanasă, A.R., Tomozei, A.R.  
2021  
*Movement and Health*, 21(2), 501 - 506

### **The Technical Profile of 110 -m Hurdlers In The Seniors**

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Tomozei, A.R., Morrau, C.E., Tanasă, A.R., Ștefan, N.G.  
2021

## **Physical Profile Differences Between the Players of The First Two Men's Handball Leagues In Romania**

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Trofin, P.F., Honceriu, C., Tanasă, A.R.

<https://doi.org/10.31926/but.shk.2021.14.63.2.3> – 2021

*Bulletin of the Transilvania University of Braşov*, 14(63), 27 - 35

## **Corelations Between Biological Growth And Motor Capacities Of Primary School Children**

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Tanasă, A.R., Moraru, C.E., Trofin, P.F., Puni, A.R., Tomozei, A.R., Toader G.N., Muntianu, V.A

2021

*International Scientific Conference „Perspective in Physical Education and Sport”*, Constanţa, 20 - 21 Mai - to be published

## **Study On The Motor Capacity Of Female Gymnasts Aged 10 – 12 In The Pandemic Context**

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Tanasă, A.R., Moraru, C.E

2021

*International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy*, 12 – 13 Noiembrie, Iasi - to be published

## **Study Concerning The Improvement Of Coordinative Abilities In Junior Female Gymnasts Aged 10 – 12**

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Tanasă, A.R., Moraru, C.E., Trofin, P.F., Tomozei, A.R., Ştefan, N.G

2021

*International Congress Of Education, Health And Human Movement*, 10 - 12 June, Bucharest - to be published

## **Heart Rate Modification Of Junior Handbal Player Field Testing**

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Muntianu, V.A., Tomozei, A.R., Tanasă, A.R., Martinaş, P.F

2021

*International Scientific Conference „Perspective in Physical Education and Sport”*, Constanţa, 20 - 21 Mai - to be published

## **Study Regarding Increased Range Of Motion And Muscular Force In Knee Joint Sprains**

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Ştefan, N.G., Moraru, C.E., Tomozei, A.R., Tanasă, A.R

2021

*International Congress Of Education, Health And Human Movement*, 10 - 12 June, Bucharest - to be published.

## **Study Regarding Peak Performance Age In Speed Races At National Level**

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Tomozei, A.R., Moraru, C.E., Tanasă, A.R., Ştefan, N.G., Muntianu, A.V., Martinaş, P.F

2021

*International Scientific Conference „Perspective in Physical Education and Sport”*, Constanţa, 20 - 21 Mai - to be published

## **Impact Of The Sars-Cov2 Pandemic On Athletic Performance In The 100 m Race**

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Tomozei, A.R., Ştefan, N.G., Tanasă, A.R., Moraru, C.E

2021

*International Congress Of Education, Health And Human Movement*, 10 - 12 June, Bucharest - to be published.

## **Corelations Between Food Education And Body Composition Among Students Aged 16 – 18**

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Trofin, P.F., Puni, A.R., Ungurean, B.C., Dumitru, M.I., Tanasă, A.R.  
2021

*International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy*, 12 -13  
Noiembrie, Iasi - to be published.

## **The Effects of Gymnastics Training on Static Balance Among Children Aged 4 to 8**

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Tanasă, A.R., Dumitru, I.M., Budacă, M.V.  
[10.31926/but.shk.2020.13.62.1.14](https://doi.org/10.31926/but.shk.2020.13.62.1.14) – 2020

*Bulletin of the Transilvania University of Braşov*, 13(62), 111 - 118

## **Qualitative Changes In Rhythmic Gymnastics Hoop Throws from The Perspective of Biomechanical Analysis**

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Tanasă, A.R., Tomozei, A.R., Ştefan, N.G., Gavriluţ, G

[10.31926/but.shk.2020.13.62.1.14](https://doi.org/10.31926/but.shk.2020.13.62.1.14) – 2020

*Interdisciplinary Journal of Physical Education and Sport*, 20(1), 1 - 8

## **The Diet of Schoolchildren, between Theory and Reality**

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Tanasă, A.R., Moraru, C.E., Tomozei R.A., Toader, G.N

[10.29081/gsjesh.2020.21.1.06](https://doi.org/10.29081/gsjesh.2020.21.1.06) – 2020

*Scientific Journal of Education, Sports, and Health*, 21(1), 73 - 86

## **Study on The Improvement of The Methodical Design Used in The Acrobatic Training Process in Capoeira in The Initiation-Consolidation Stage Among Middle – Schoolers**

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Dumitru, I.M., Mangalagiu, I., Tanasă, A.R.

[10.36836/2020/2/15](https://doi.org/10.36836/2020/2/15) – 2020

*Interdisciplinary Journal of Physical Education and Sport*, 20(1), 1 - 15

## **The Tecar Therapy to Support Sports Traumatology**

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Ştefan, N.G., Tanasă, A.R., Moraru, C.E

[doi.org/10.36836/UAIC/FEFS/10.58](https://doi.org/10.36836/UAIC/FEFS/10.58) – 2020

*Interdisciplinary Journal of Physiccal Education and Sports*, 19(2), 69 - 74

## **Shockwave Therapy – a modern and Efficient Pain Treatment**

---

Ştefan, N.G., Moraru, C.E., Tanasă, A.R., Tomozei, R.A.

<https://doi.org/10.36836/2020/2/9> – 2020

*Interdisciplinary Journal of Physical Education and Sport*, 20(2), 1 – 6

## **The technical profile of 110 -m hurdlers in the seniors' competitions**

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Tomozei R.A, Moraru C.E., Tanasă A.R., Ştefan N.G

<https://fefstim.uvt.ro/wp-content/uploads/2014/07/Program-FEFSTIM2020-pentru-site-finalb.pdf>. – 2020



## Technical Approach Concerning Hurdles and Steeplechase

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Tomozei, A.R., Tanasă, A.R., Ștefan, N.G

[10.36836/2020/2/3](https://doi.org/10.36836/2020/2/3) – 2020

*Interdisciplinary Journal of Physical Education and Sport*, 20(1), 1 - 9

## The Influences of Step Aerobics Routines on Exercise Capacity Among Middle-Aged Women

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Tanasă, A.R., Dumitru, I.M., Moraru, C.E., Nichifor, F

<https://doi.org/10.36836/UAIC/FEFS/10.59> – 2019

*Interdisciplinary Journal of Physiccal Education and Sports*, 19(2), 75 - 80

## Analysis of Speed Run Technique through Biomechanics. Scientific Journal of Education, Sports, and Health

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Tomozei R.A., Moraru C.E., Tanasă A.R., Gavriluț G

[10.29081/gsjesh.2020.21.206](https://doi.org/10.29081/gsjesh.2020.21.206) – 2019

*Scientific Journal of Education, Sports, and Health*, 21(2), 90 - 100