Comisia de specialiști din Școala Doctorală UNEFS
București desemnată a certificat îndeplinirea
standardelor conform OM nr. 6129 /2016
Avizat Director CSUD
Prof.univ.dr. VASILE LUCIELA

FIȘĂ DE AUTOEVALUARE
cu privire la îndeplinirea standardelor minimale pentru abilitare
Domeniul: Știința sportului și educației fizice

Candidat: **Conf. univ. dr. Dan Iulian Alexe**
Universitatea „Vasile Alecsandri” din Bacău

Indicator	Denumirea indicatorului	Punctaj	Unitatea de măsură
Realizări științifice semnificative în calitate de **autor principal**			
I1	Contribuţii in extenso de tip article sau review, publicate în reviste indexate în Web of Science (ISI), al căror IF este mai mare sau egal cu p, realizate în calitate de **autor principal**	3 + (3 x IF)	Articol
	Total punctaj I1	**235,83 p**	**20 articole**
	I1.1. Alexe DI, Choudhary PK, Choudhary S, Saha S, Rawat B, Tohănean DI, Lungu E, Alexe CI. Technological Doping in Sport: Performance Enhancement, Health, Ethics, and Regulator Governance: A Narrative Synthesis. *Bioengineering*. 2026, 13 (3): 257 ***prim autor***, IF=4.4/2025, WOS:001725811100001, https://doi.org/10.3390/bioengineering13030257 https://www.mdpi.com/2306-5354/13/3/257, https://www.webofscience.com/wos/woscc/full-record/WOS:001725811100001	3 + (3 x 4.4) 16.20 p	Articol
	I1.2. Doua N, Marzouki H, Selmi O, Cherni B, Djeddi R, **Alexe DI,** Canli M, Wilk M, Bouhlel E, Sakizlian ER. Comparative effects of reactive and planned agility training on physical performance, internal load and enjoyment in youth soccer players. *Scientific Reports* 2026, vol.16, issue 1. ***autor corespondent***, IF=4,9/2025, WOS:001732933900007, https://doi.org/10.1038/s41598-026-41891-8, https://www.nature.com/articles/s41598-026-41891-8, https://www.webofscience.com/wos/alldb/full-record/WOS:001732933900007	3 + (3 x 4,9) 17.70 p	Articol
	I1.3. Rahmoune MA, Selmi O, Bouali, Bouassida A, **Alexe DI,** Aldhahi MI, Cojocaru AM, Mirela Ștef M, Alexe CI. Effects of small-sided games and dribbling circuit training on physical and technical skills in youth soccer players. *Scientific Reports 16, 1731* (2025). ***autor corespondent,*** IF=4,9/2025, WOS:001662921300007, https://doi.org/10.1038/s41598-025-31382-7 , https://www.webofscience.com/wos/alldb/full-record/WOS:001662921300007	3 + (3 x 4.9) 17.70 p	Articol
	I1.4. Zelenović M, Milan, Arsenijević R, Alexe CI, Aksović N, Cojocaru M, Čaušević D, Ceylan HI**, Alexe DI.** In-Season Physical and Physiological Variations in Junior Basketball: A Longitudinal Analysis. *Applied Sciences*, 2025. 15, 22: 12045. ***autor corespondent și ultim autor,*** IF= 2,9/2025, WOS:001625499700001, https://doi.org/10.3390/app152212045, https://www.mdpi.com/2076-3417/15/22/12045, https://www.webofscience.com/wos/woscc/full-record/WOS:001625499700001	3 + (3 x 2.9) 11.70 p	Articol
	I1.5. Alexe DI, Alexe CI, Čović N, Abazović E, Man MC, Attoh-Mensah E, Dragoș O, Čaušević D. 2025. Anthropometric and Performance Differences Between U16 and U18 Male Basketball Players in the Post-PHV Phase, *Applied Sciences* 15, no. 18: 10038.	3 + (3 x 2.5) 11.70 p	Articol

Semnătura:

	WOS:001581254800001, ***prim autor,*** IF= 2.9 /2024, https://doi.org/10.3390/app151810038 , https://www.mdpi.com/2076-3417/15/18/10038, https://www.webofscience.com/wos/woscc/full-record/WOS:001581254800001		
	I1.6. Waer FB**, Alexe DI,** Chaari F, Alexe CI, Laatar R, Badau D, Rebai H, Albina AM, Ljubojevic A, Sahli S. Caffeine optimizes Zumba training benefits on functional performances in middle-aged women: a randomized trial study. *Scientific Reports* 2024, 14, 25657, ***autor corespondent,*** IF=3.9/2024, WOS:001345832600029, https://doi.org/10.1038/s41598-024-76650-0, https://www.webofscience.com/wos/alldb/full-record/WOS:001345832600029	3 + (3 x 3.9) 14.70 p	Articol
	I1.7. Waer FB, **Alexe DI,** Alexe CI, Eken Ö, Păun LI, Sahli S. Impact of Classical Music Listening on Cognitive and Functional Performances in Middle-Aged Women. *Applied Sciences.* 2024, 14(15):6779. ***autor corespondent,*** IF=2,5/2024 WOS:001287855400001, https://doi.org/10.3390/app14156779, https://www.webofscience.com/wos/woscc/full-record/WOS:001287855400001	3 + (3 x 2.5) 10.50 p	Articol
	I1.8. Baccouch R, Jouira G, Alexe CI, Tohănean DI**, Alexe DI.** Postural Control and Neuromuscular Activation in 11–13-Year-Old Athletic Boy Swimmers. *Children,* 2024; 11(7):863. ***ultim autor,*** IF=2.1/2024, WOS:001278120200001**,** https://doi.org/10.3390/children11070863, https://www.webofscience.com/wos/woscc/full-record/WOS:001278120200001	3 + (3 x 2.1) 9,30 p	Articol
	I1.9. Waer FB, **Alexe DI,** Lahiani M, Sanchez-Gomez R, Chaari F, Alexe CI, Tohanean DI, Rebai H, Iconomescu TM, Talaghir LG, Sahli S**.** Pilates versus Zumba training effects on postural control under conflicting sensory conditions in postmenopausal women, *Experimental Gerontology*, Volume 188, 2024, 112383, autor ***corespondent,*** IF=4.3/2024, WOS:001188134800001 https://doi.org/10.1016/j.exger.2024.112383, https://www.webofscience.com/wos/alldb/full-record/WOS:001188134800001	3 + (3 x 4.3) 15.90 p	Articol
	I1.10. Čaušević D, Čović N, Abazović E, Rani B, Manolache GM, Ciocan CV, Zaharia G, **Alexe DI.** Predictors of Speed and Agility in Youth Male Basketball Players. *Applied Sciences,* 2023, 13 (13) 7796. ***ultim autor,*** IF=2.5/2023, WOS:001031116400001, https://doi.org/10.3390/app13137796, https://www.mdpi.com/2076-3417/13/13/7796, https://www.webofscience.com/wos/woscc/full-record/WOS:001031116400001	3 + (3 x 2.5) 10.50 p	Articol
	I1.11. Alexe DI, Cîrțiță BC, Tohănean DI, Larion A, Alexe CI, Dragos P, Burgueño R. Interpersonal Behaviors Questionnaire in Sport: Psychometric Analysis With Romanian Professional Athletes. *Perceptual and Motor Skills***,** 2023, 130(1), 497-519, ***prim autor,*** IF=1.4/2023, WOS:000875908300001, https://doi.org/10.1177/00315125221135669, https://www.webofscience.com/wos/woscc/full-record/WOS:000875908300001	3 + (3 x 1,4) 7,20 p	Articol
	I1.12. Alexe DI, Sandovici A, Robu V, Burgueño R, Tohănean, DI, Larion, AC, Alexe CI. Measuring Perceived Social Support in Elite Athletes: Psychometric Properties of the Romanian Version of the Multidimensional Scale of Perceived Social Support. *Perceptual and Motor Skills*, 2021, Vol: 128, Issue: 3, p.1197-1214, ***prim autor,*** IF=2.212/2021, WOS:000648631500017, https://doi.org/10.1177/00315125211005235, https://www.webofscience.com/wos/woscc/full-record/WOS:000648631500017	3 + (3 x 2.212) 9.63 p	Articol
	I1.13. Alexe DI, Saha S, Choudhary PK, Alexe CI, Choudhary S, Tohănean DI. Exercise Snacks as a Strategy to Interrupt Sedentary Behavior: A Systematic Review of Health Outcomes and Feasibility. *Healthcare*, 2025. 13(24):3216. ***prim autor,*** IF= 3.4/2025, WOS:001646621200001, https://doi.org/10.3390/healthcare13243216, https://www.mdpi.com/2227-9032/13/24/3216 , https://www.webofscience.com/wos/woscc/full-record/WOS:001646621200001	3 + (3 x 3.4) 13,20 p	Articol
	I1.14 Jouira G, Rekik G, **Alexe DI,** Panaet EA, Ștefănescu CA, Alexe CI, Effects of smartphone use duration on postural balance in adolescents with intellectual disabilities. *BMC Pediatr*ics, 2025, 25 (1), 983, ***autor corespondent,*** IF= 2,3/2025, WOS:001636119900001, https://doi.org/10.1186/s12887-025-06277-1, https://www.webofscience.com/wos/alldb/full-record/WOS:001636119900001	3 + (3 x 2.3) 9,90 p	Articol
	I1.15. Jouira G, **Alexe DI,** Moraru CE, Rekik G, Alexe CI, Marinău MA, Sahli S. The influence of cognitive load and vision variability on postural balance in adolescents with intellectual disabilities. *Frontiers in Neurrology* 2024, 15:13 85286. ***autor corespondent***, IF=2.8/2024, WOS:001247267600001 https://doi.org/10.3389/fneur.2024.1385286, https://www.webofscience.com/wos/woscc/full-record/WOS:001247267600001	3 + (3 x 2.8) 11,40 p	Articol

Semnătura:

	I1.16. Jouira G, **Alexe DI,** Alexe CI, Rebai H, Cucui AI, Vulpe A-M, Cucui GG, Sahli S. Effect of Verbal Encouragement on Postural Balance in Individuals with Intellectual Disabilities. *Healthcare*, 2024; 12(10): 995. ***autor corespondent,*** IF=2.7/2023, WOS:001232970900001, https://doi.org/10.3390/healthcare12100995, https://www.webofscience.com/wos/alldb/full-record/WOS:001232970900001	3 + (3 x 2.7) 11,10 p	Articol
	I1.17. Waer BF, Lahiani M, Alexe CI, Badau D, Onoi MP, **Alexe DI,** Sahli S. The Effects of Pilates vs. Zumba Dancing on Functional Performance, Mood and Health-Related Quality of Life in Postmenopausal Women. *Applied Sciences*. 2024, 14, 2886, ***autor corespondent,*** IF=2.5/2024, WOS:00120162580001, https://doi.org/10.3390/app14072886, https://www.webofscience.com/wos/woscc/full-record/WOS:001201625800001	3 + (3 x 2,5) 10.50 p	Articol
	I1.18. Jouira G, Rebai H, **Alexe DI,** Sahli S. Effect of Combined Training With Balance, Strength, and Plyometrics on Physical Performance in Male Sprint Athletes With Intellectual Disabilities. *Adapted Physical Activity Quarterly*, 2024, 41 (3), 382-401, ***autor corespondent,*** IF=1.6/2024, WOS:001178593500001, https://doi.org/10.1123/apaq.2023-0105, https://www.webofscience.com/wos/alldb/full-record/WOS:001178593500001	3 + (3 x 1,6) 7,80 p	Articol
	I1.19. Jouira G, Alexe CI, Herlo JN, Moraru CE, Bogdan M, **Alexe DI,** Mareș G, Sahli S. Effects of Smartphone Activities on Postural Balance in Adolescents with Intellectual Disabilitie, *Children*, 2023, 10, no. 11: 1810. ***autor corespondent,*** IF=2.0/2023, WOS:001110455500001, https://doi.org/10.3390/children10111810, https://www.webofscience.com/wos/woscc/full-record/WOS:001110455500001	3 + (3 x 2.0) 9,00 p	Articol
	I1.20. Waer FB, Alexe CI, Tohănean DI, Čaušević D, **Alexe DI,** Sahli S. The Influence of Listening to Preferred versus Non-Preferred Music on Static and Dynamic Balance in Middle-Aged Women. *Healthcare*, 2023, 11 no.19, 2681. ***autor corespondent,*** IF=2.4/2023, WOS:001094715000001, https://doi.org/10.3390/healthcare11192681, https://www.webofscience.com/wos/alldb/full-record/WOS:001094715000001	3 + (3 x 2,4) 10,20 p	Articol
I2	Contribuţii in extenso de tip article sau review, publicate în reviste indexate în Web of Science (ISI), al căror IF este mai mic decât p sau în reviste neindexate Web of Science (IF = 0), dar indexate în cel puţin două baze de date internaţionale recunoscute, din care în cel puţin una se regăsește în format in extenso (full-text), realizate în **calitate de autor principal**	3 + IF	Articol
	Total punctaj I2	**48 p**	**16 articole**
	I2.1. Sanchez-Gomez R, Carrión ÁG, Ortuño Soriano I, Sanz Wozniak P, Zaragoza García I, Waer FB, Alexe CI, **Alexe DI**. Iliotibial Band Behavior Assessed Through Tensor Fasciae Latae Electromyographic Activity with Different Foot Orthoses in Recreational Runners According to Foot Type: A Cross-Sectional Study. *Journal of Functional Morphology and Kinesiology*, 2025; 10(3): 237. ***ultim autor,*** IF= 2.5 /2025, WOS:001581545900001, https://doi.org/10.3390/jfmk10030237 , https://www.mdpi.com/2411-5142/10/3/237 , https://www.webofscience.com/wos/woscc/full-record/WOS:001581545900001, https://doaj.org/article/ab4f8e7273c642849c69674393ec8bd8, https://www.proquest.com/docview/3254555664/55E7E3038FB5485APQ/1?accountid=136808&sourcetype=Scholarly%20Journals	3 p	Articol
	I2.2. Gasibat Q, Borhannudin A., Shamsulariffin S., Abdusalam E., Alexe CI, Anghel M, **Alexe DI.** The Impact of Isometric Exercises on Correcting Upper Body Muscle Imbalances in Young Elite Badminton Players. *Montenegrin Journal of Sports Science and Medicine*, 2025, 21 (1), 87–98. ***ultim autor***, IF= 1,4/2025, WOS:001436512800001, https://doi.org/10.26773/mjssm.250310, https://www.mjssm.me/clanci/MJSSM_March_2025_Gasibat.pdf, https://www.webofscience.com/wos/alldb/full-record/WOS:001436512800001	3 p	Articol
	I2.3. Alexe DI, Čaušević D, Čović N, Rani B, Tohănean DI, Abazović E, Setiawan E, Alexe CI. The Relationship between Functional Movement Quality and Speed, Agility, and Jump Performance in Elite Female Youth Football Players. *Sports*. 2024; 12(8):214. ***prim autor,*** IF=2.9/2024, WOS:001307624100001, https://doi.org/10.3390/sports12080214, https://doaj.org/article/b8840684863c461891e120f8c922fe46,	3 p	Articol

Semnătura:

	https://www.proquest.com/docview/3098168810/513E9D6ACFC04C9CPQ/3?accountid=136808&sourcetype=Scholarly%20Journals https://www.webofscience.com/wos/woscc/full-record/WOS:001307624100001		
	I2.4. Jumareng H, Setiawan E, Tannoubi A, Lardika RA, Adil A, Gazali N, Gani RA, Ahmedov F, Kurtoğlu A, **Alexe DI.** Small Sided Games 3vs3 Goalkeeper-Encouragement: Improve the Physical and Technical Performance of Youth Soccer Players, *European Journal of Human Movement,* 2024, vol. 52, p.129-140, ***ultim autor,*** IF=0.7/2024, WOS:001331138100003, https://doi.org/10.21134/eurjhm.2024.52.11 , https://www.eurjhm.com/index.php/eurjhm/article/view/866/788, https://doaj.org/article/85483e3e157d490bbb4ed55d09f0b9a0, https://www.webofscience.com/wos/alldb/full-record/WOS:001331138100003	3 p	Articol
	I2.5. Jouira G, **Alexe DI**,Tohănean DI, Alexe CI, Tomozei RA, Sahli S. The Relationship between Dynamic Balance, Jumping Ability, and Agility with 100 m Sprinting Performance in Athletes with Intellectual Disabilities. *Sports* 2024, 12, 2, 58., ***autor corespondent***, IF=2.9/2024, WOS:001176469300001, https://doi.org/10.3390/sports12020058, https://doaj.org/article/6afab67e0c0540698461106f179bbd2c, https://www.webofscience.com/wos/woscc/full-record/WOS:001176469300001 , https://www.proquest.com/docview/2932432819/436C6F005B014A93PQ/1?accountid=136808&sourcetype=Scholarly%20Journals	3 p	Articol
	I2.6. Panaet EA, **Alexe DI,** Zwierzchoska A, Rosołek B, Peyré-Tartaruga LA, Alexe CI. Distribution of plantar pressures under static conditions, in various areas of the pediatric flatfoot in sensitive period of development – pilot study, *Balneo and PRM Research Journal* 2023, 14(4): 607, ***autor corespondent,*** IF=0.7/2023, WOS:001167118000012, DOI 10.12680/balneo.2023.607, https://doaj.org/article/973b386b60e84b7984b405cf477bbc52, https://bioclima.ro/Balneo607.pdf, https://www.webofscience.com/wos/woscc/full-record/WOS:001167118000012, https://doaj.org/article/973b386b60e84b7984b405cf477bbc52	3 p	Articol
	I2.7. Čović N, Čaušević D, Alexe CI, Rani B, Dulceanu CR, Abazović E, Lupu GS, **Alexe DI.** Relations between specific athleticism and morphology in young basketball players, *Frontiers in Sports and Active Living*, 2023, vol.5, ***ultim autor*** IF=2.3/2023. WOS:001087666700001 https://doi.org/10.3389/fspor.2023.1276953, https://pmc.ncbi.nlm.nih.gov/articles/PMC10593457/, https://www.webofscience.com/wos/woscc/full-record/WOS:001087666700001 , https://www.proquest.com/docview/2881713430/BF3470DD0FB64676PQ/1?accountid=136808&sourcetype=Scholarly%20Journals	3 p	Articol
	I2.8. Gasibat Q, Abdullah B, Samsudin S, **Alexe DI,** Alexe CI, Tohănean DI. Gender-Specific Patterns of Muscle Imbalance in Elite Badminton Players: A Comprehensive Exploration. *Sports* 2023, 11(9), 164. IF=2.2/2023, autor corespondent, WOS:001077847800001 https://doi.org/10.3390/sports11090164, https://www.webofscience.com/wos/woscc/full-record/WOS:001077847800001, https://www.proquest.com/docview/2869617162/135D0E49C11D4AE5PQ/1?accountid=136808&sourcetype=Scholarly%20Journals	3 p	Articol
	I2.9. Gasibat Q, Alexe CI, Raveica G, Tohănean DI, Vasilios K, **Alexe DI.** Decoding Hip Muscle Activation: A Comparative Electromyographic Analysis of Turn-Out Bent Knee Pulse and Single-Leg Banded Glute Bridge Exercises in Healthy Female Subjects. Eur. J. Investig. Health Psychol. Educ. 2023, 13, 1612-1623, ***autor corespondent,*** IF=3.0/2023, WOS:001073210000001, https://doi.org/10.3390/ejihpe13090117, https://www.webofscience.com/wos/alldb/full-record/WOS:001073210000001 , https://www.proquest.com/docview/2869309410/3EFE0A74142B424APQ/1?accountid=136808&sourcetype=Scholarly%20Journals	3 p	Articol
	I2.10. Ljubojevic A, Jakovljevic V, Bijelic S, Sârbu I, Tohănean DI, Albină C, **Alexe DI**. The Effects of Zumba Fitness® on Respiratory Function and Body Composition Parameters: An Eight-Week Intervention in Healthy Inactive Women. Int. J. Environ. Res. Public Health 2023, 20, 314. ***autor corespondent,*** WOS:000909149800001 https://doi.org/10.3390/ijerph20010314, https://www.proquest.com/docview/2761185989/80772FA97F194F79PQ/1?accountid=136808&sourcetype=Scholarly%20Journals, https://www.webofscience.com/wos/woscc/full-record/WOS:000909149800001	3 p	Articol
	I2.11. Curțianu IM, Turcu I, **Alexe DI,** Alexe CI, Tohănean DI. Effects of Tabata and HIIT Programs Regarding Body Composition and Endurance Performance among Female Handball Players, *Balneo and PRM Research Journal* 2022, 13 (2): 500, ***autor corespondent***, IF=1,5/2022, WOS:000822430700009, Full Text DOI 10.12680/balneo.2022.500, https://bioclima.ro/Balneo500.pdf,	3 p	Articol

Semnătura:

Dan Iulian Alexe – Fișa de îndeplinire a standardelor conform **OM nr. 6129 /2016**

	https://doaj.org/article/636e30ca8c7445a491b0d9aaa1529ee4, https://www.webofscience.com/wos/alldb/full-record/WOS:000822430700009		
	I2.12. Panaet AE, Alexe CI, Stângaciu OA, Hazar F, Rață G, **Alexe DI,** Hofmeister H, The effects of pediatric flat foot on the frontal alignment of proximal segment, *Balneo and PRM Research Journal* 2022, 13(2):499**, *autor corespondent,*** IF=1,5/2022, WOS:000822430700004, https://bioclima.ro/Balneo499.pdf, https://doaj.org/article/2847a8d45738413a842ec96bd1672945 https://www.webofscience.com/wos/alldb/full-record/WOS:000822430700004	3 p	Articol
	I2.13. Alexe DI, Abalsei BA, Mares G, Rata BC, Iconomescu, TM, Mitrache G, Burgueño R. Psychometric Assessment of the Need Satisfaction and Frustration Scale with Professional Romanian Athletes. Int. J. Environ. Res. Public Health, 2022, 19, 1696. ***prim autor,*** WOS:000755513300001, https://doi.org/10.3390/ijerph19031696, https://www.proquest.com/docview/2627533435/E2A45B906CF427BPQ/1?accountid=136808&sourcetype=Scholarly%20Journals https://www.webofscience.com/wos/alldb/full-record/WOS:000755513300001	3 p	Articol
	I2.14. Alexe DI, Sandovici A. Dimensions of the psychological training program assessment in professional sports, Gymnasium - Scientific Journal of Education, Sports and Health, vol. XIX, nr.1, supliment 2018, ***prim autor*** https://doi.org/10.29081/gsjesh.2018.19.1s.04 http://gymnasium.ub.ro/index.php/journal/article/view/507, https://www.proquest.com/docview/2365085498/4F87640B5ED34FD1PQ/1?accountid=136808&sourcetype=Scholarly%20Journals, https://search.crossref.org/search/works?q=10.29081%2Fgsjesh.2018.19.1s.04&from_ui=yes	3 p	Articol
	I2.15. Sandovici A, **Alexe DI.** *Psychological Training Program For Professional Athletes*, Bulletin of the Transilvania University of Brasov, Series IX - Sciences of Human Kinetics, (Online), Vol. 11 (60) No.1, 2018 pp.85-94, ultim autor https://webbut.unitbv.ro/index.php/Series_IX/article/view/2720, https://doaj.org/article/a8c57182b641426983e43e6efe10a783, https://www.proquest.com/docview/2116609462/2A65518415A54737PQ/1?accountid=136808&sourcetype=Scholarly%20Journals	3 p	Articol
	I2.16. Panaet AE, Grigore V, Man CM, Dolinschi CM, **Alexe DI,** Effect of paediatric flat foot on the sagittal alignment of the pelvis and spine, Discobolul – Physical Education, Sports and Kinetotherapy Journal, Volume 60, Issue 4, 2021, 475-484, ISSN (online) 2286 – 3702, ISSN–L 1454 – 3907, https://discobolulunefs.ro/media/December2021.10.pdf , https://doi.org/10.35189/dpeskj.2021.60.4.10, https://erih.dimensions.ai/details/publication/pub.1145309306?search_mode=content&search_text=10.35189%2Fdpeskj.2021.60.4.10&search_type=kws&search_field=full_search	3 p	Articol
I3	Cărţi publicate în calitate de **autor principal** în edituri clasificate A1 sau A2 (m A1 =3; m A2 = 1)	12 x m	Carte
	Total punctaj I3	**36 p.**	**3 cărți**
	I3.1. Dan Iulian Alexe, Cristina Ioana Alexe, Cristina Man, Teodora Mihaela Iconomescu, Ilie Mihai, 2020, Simularea de condiții, captarea mișcării și analiza datelor în cercetarea din domeniul sportului, Editura RISOPRINT, Cluj-Napoca, ISBN 978-973-53-2492-6 , 130p; https://www.risoprint.ro/detaliicarte.php?id=2364	12 p	Carte
	I3.2. Dan Iulian Alexe, Cristina Ioana Alexe, Dragoș Ioan Tohănean, Alin Viorel Tudose, 2020, Mijloace utilizate în pregătirea, monitorizarea, profilaxia, refacerea și cercetarea din domeniul sportului, Editura RISOPRINT, Cluj-Napoca, ISBN 978-973-53-2470-4, 178p; https://www.risoprint.ro/detaliicarte.php?id=2359	12 p	Carte
	I3.3. Dan Iulian Alexe, Cristina Ioana Alexe, 2020, Echipamente, instalații și aparatură sportivă. Curs studii de licență pentru programul de studiu Sport și Performanță Motrică, Editura RISOPRINT, Cluj-Napoca, ISBN 978-973-53-2449-0, 270p; https://www.risoprint.ro/detaliicarte.php?id=2342	12 p	Carte
I4	Capitole în cărţi publicate în calitate de **autor principal** în edituri clasificate A1 sau A2 (m A1 = 3; m A2 = 1)	3 x m	Capitol
Realizări ştiinţifice semnificative în calitate de co-autor			
I5	Contribuţii in extenso de tip article sau review, publicate în reviste indexate în Web of Science (ISI), al căror IF este mai mare sau egal cu p, realizate în **calitate de co-autor**	3 + [(3 x IF)/n]	Articol

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Dan Iulian Alexe – Fișa de îndeplinire a standardelor conform **OM nr. 6129 /2016**

Total punctaj I5	**63,37 p**	**15 articole**
I5.1. Marcelino Argemi A, **Alexe DI,** Ortuño Soriano I, Zaragoza García I, Saura Sempere A, Bueno Fermoso R, Gómez Carrión Á, Sánchez-Gómez R. Reliability and Validity of Plantar Pressures and the Modified ICPBL Test vs. Telemetry for Diagnosing Anatomical Discrepancies: A Pilot Study. *Life*. 2026; 16(4):612. ***coautor,*** IF= 3,9/2025, WOS:001751797200001, https://doi.org/10.3390/life16040612, https://www.mdpi.com/2075-1729/16/4/612 , https://www.webofscience.com/wos/woscc/full-record/WOS:001751797200001	3 + [(3 x 3.9)/8] 4,46 p	Articol
I5.2. Fostiak K, Bichowska-Paweska M, Trybulski R, **Alexe DI,** Wilk M. Acute effects of BFR intra-conditioning on torque and muscle activity of the rectus femoris muscle during isokinetic knee extensions. *Scintific Reports*, 2025, 15, issue 1, 30312, coautor, IF= 4,9 /2025, WOS:001597697500034, https://doi.org/10.1038/s41598-025-15562-z , https://www.nature.com/articles/s41598-025-15562-z, https://www.webofscience.com/wos/woscc/full-record/WOS:001597697500034	3 + [(3 x 4.9)/5] 5.94 p	Articol
I5.3. Başarır B, Canlı U, Şendil AM, Alexe CI, Tomozei RA, **Alexe DI,** Burchel LO, Effects of coordination-based training on preschool children's physical fitness, motor competence and inhibition control. *BMC Pediatrics* 25, 539 (2025). coautor, IF= 2.3/2025, WOS:001524676800002, https://doi.org/10.1186/s12887-025-05897-x, https://bmcpediatr.biomedcentral.com/articles/10.1186/s12887-025-05897-x , https://www.webofscience.com/wos/woscc/full-record/WOS:001524676800002	3 + [(3 x 2.3)/7] 3.98 p	Articol
I5.4. Rosołek B, **Alexe DI,** Celebańska D, Zwierzchowska A. Musculoskeletal Pain and Compensatory Mechanisms in Posture and Adaptation to Sport in Players from the Polish Men's Goalball National Team—Cross Sectional Study. *Applied Sciences*. 2025; 15(11):6363. coautor, IF= 2.9/2025, WOS:001506492900001 https://doi.org/10.3390/app15116363 , https://www.mdpi.com/2076-3417/15/11/6363, https://www.webofscience.com/wos/woscc/full-record/WOS:001506492900001	3 + [(3 x 2.9)/4] 5.17 p	Articol
I5.5. Rosolek B, **Alexe DI,** Gawlik K, Panaet EA, Mihai I, Antohe BA, Zwierzchowska A**.** Exploring the Relationship Between Low Back Pain, Physical Activity, Posture, and Body Composition in Older Women. *Healthcare*, 2025, 13, 1054. coautor, IF= 3.4 /2025, WOS:001486145400001, https://doi.org/10.3390/healthcare13091054, https://www.mdpi.com/2227-9032/13/9/1054 , https://www.webofscience.com/wos/alldb/full-record/WOS:001486145400001	3 + [(3 x 3.4)/7] 4.45 p	Articol
I5.6. Ghada J, Baccouch R, Jardak M, **Alexe DI,** Rebai H, Sahli S. Effects of Real-Life Motor Complexity on Walking and Mobility in Trained and Sedentary Adolescents With Intellectual Disabilities: A Motor Dual-Task Investigation, *Pediatric Exercise Science*, 2025, 38 (1), 44-51, coautor, IF= 1.3/2025, WOS:001395117000001 https://doi.org/10.1123/pes.2024-0086, https://journals.humankinetics.com/view/journals/pes/aop/article-10.1123-pes.2024-0086/article-10.1123-pes.2024-0086.xml, https://www.webofscience.com/wos/woscc/full-record/WOS:001395117000001	3 + [(3 x 1.3)/6] 3.65 p	Articol
I5.7. Gökhan D, Kabak B, Çakır VO, Ceylan HI, Muntean RI, **Alexe DI,** Stefanica V. Respiratory Muscle Strength as a Predictor of VO2max and Aerobic Endurance in Competitive Athletes. Applied Sciences, 2024, 14, no.19: 8976, coautor, IF=2.5/2024, WOS:001332158000001 https://doi.org/10.3390/app14198976, https://www.webofscience.com/wos/alldb/full-record/WOS:001332158000001	3 + [(3 x 2,5)/7] 4,07 p	Articol
I5.8. Jouira G, Rebai H, **Alexe DI.,** Sahli S. Postural Balance in Boys With Intellectual Disabilities Who Participate in Soccer Training. *Pediatric Exercise Science*, 2024, volume 37, issue 1, pp.37-45, coautor, IF=1.4/2024, WOS:001141534800001, https://doi.org/10.1123/pes.2023-0098, https://www.webofscience.com/wos/woscc/full-record/WOS:001165502000001	3 + [(3 x 1,4)/4] 4,05 p	Articol
I5.9. Waer FB, Sahli S, Alexe CI, Man MC, **Alexe DI,** Burchel LO. The Effects of Listening to Music on Postural Balance in Middle-Aged Women. *Sensors*, 2024, 24(1):202, coautor, IF=3,5/2024, WOS:001141534800001, https://doi.org/10.3390/s24010202, https://www.mdpi.com/1424-8220/24/1/202, https://www.webofscience.com/wos/alldb/full-record/WOS:001141534800001	3 + [(3 x 3,5)/6] 4,75 p	Articol
I5.10. Krzysztofik M, Trybulski R, Trąbka B, Perenc D, Łuszcz K, Zajac A, **Alexe DI,** Dobrescu T, Moraru CE. The impact of resistance exercise range of motion on the magnitude of upper-body post-activation performance enhancement. *BMC Sports Sciences, Medicine and Rehabilitation*, 2022, 14, 123, coautor, IF=1.9/2022, WOS:000825424000001, https://doi.org/10.1186/s13102-022-00519-w, https://bmcsportsscimedrehabil.biomedcentral.com/articles/10.1186/s13102-022-00519-w, https://www.webofscience.com/wos/alldb/full-record/WOS:000825424000001	3 + [(3 x 1,9)/9] 3,63 p	Articol

Semnătura:

	I5.11. Trybulski R, Makar P, **Alexe DI,** Stanciu S, Piwowar R, Wilk M, Krzysztofik M. Post-Activation Performance Enhancement: Save Time With Active Intra-Complex Recovery Intervals. *Frontiers in Physiology*. 2022, 13:840722, coautor, IF=4/2022, WOS:000829408700001, https://doi.org/10.3389/fphys.2022.840722, https://www.frontiersin.org/articles/10.3389/fphys.2022.840722/full, https://www.webofscience.com/wos/alldb/full-record/WOS:000829408700001	3 + [(3 x 4)/7] 4,71 p	Articol
	I5.12. Trybulski R, Wojdała G, **Alexe DI,** Komarek Z, Aschenbrenner P, Wilk M, Zając A, Krzysztofik M. Acute Effects of Different Intensities during Bench Press Exercise on the Mechanical Properties of Triceps Brachii Long Head. *Applied Sciences*. 2022; 12(6):3197. coautor, IF=2,7/2022, WOS:000776098800001, https://doi.org/10.3390/app12063197, https://www.webofscience.com/wos/alldb/full-record/WOS:000776098800001	3 + [(3 x 2,7)/8] 4,01 p	Articol
	I.5.13. Alexe CI, **Alexe DI,** Mareș G, Tohănean DI, Turcu I, Burgueño R. Validity and reliability evidence for the Behavioral Regulation in Sport Questionnaire with Romanian professional athletes. *PeerJ* 2022, 10:e12803, coautor, IF=2,7/2022, WOS:000743080100007, https://doi.org/10.7717/peerj.12803, https://www.webofscience.com/wos/alldb/full-record/WOS:000743080100007 ,	3 + [(3 x 2,7)/6] 4,35 p	Articol
	I5.14. Zelenovic M, Kontro T, Stojanovic T, **Alexe DI**, Bozic D, Aksovic N, Bjelica B, Milanovic Z, Adrian SM. Effects of repeated sprint training in hypoxia on physical performance among athletes: A systematic review. *Int. J. Morphol.*, 2021,39(6):1625-1634, coautor, IF=0,504/2021 WOS:000733224500019, http://www.intjmorphol.com/wp-content/uploads/2021/11/art_14_396.pdf https://www.webofscience.com/wos/woscc/full-record/WOS:000733224500019	3+[(3x0,504)/9] 3,16 p	Articol
	I5.15. Elbadry N, Hamza A, Pietraszewski P, **Alexe DI,** Lupu G, Effect of the French Contrast Method on Explosive Strength and Kinematic Parameters of the Triple Jump Among Female College Athletes, Journal of Human Kinetics, 2019, Vol. 69, 225-230, coautor, IF=1,664/2019, WOS:000491222600021, doi:10.2478/hukin-2019-0047, https://johk.pl/wp-content/uploads/2023/03/10078-69-2019-v69-2019-21.pdf, https://www.webofscience.com/wos/alldb/full-record/WOS:000491222600021	3+[(3x1,664)/5] 3,99 p	Articol
I6	Contribuţii in extenso de tip article sau review, publicate în reviste indexate în Web of Science (ISI), al căror IF este mai mic decât p sau în reviste neindexate Web of Science (IF = 0), dar indexate în cel puţin două baze de date internaţionale recunoscute, din care în cel puţin una se regăsește în format in extenso (full-text), realizate în **calitate de co-autor**	(3 + IF)/n	Articol
	Total punctaj I6	**2,15 p**	**7 articole**
	I6.1. Sanchez-Gomez R, Chang BP, Lipik V, Sanz-Wozniak P, **Alexe DI,** Garrido Cebrecos J, Martín Vega M, Gomez Carrion A. Effects of Leg-Length Discrepancy Compensation and Wedge Foot-Orthoses on Tensor Fasciae Latae EMG in Runners, *Sports* 2025. 13, no. 11: 412. coautor, IF= 3.2/2025, WOS:001625849800001, https://doi.org/10.3390/sports13110412 , https://www.mdpi.com/2075-4663/13/11/412, https://www.webofscience.com/wos/alldb/full-record/WOS:001625849800001 , https://www.proquest.com/docview/3275559835/8E895AA6750449F3PQ/1?accountid=136808&sourcetype=Scholarly%20Journals	3/13=0.23p	Articol
	I6.2. Bichowska-Paweska M, Fostiak K, Gawel D, Trybulski R, **Alexe DI,** Wilk M, The Acute Effect of Blood Flow Restriction or Ischemia on Countermovement Jump Performance. *Journal of Human Sport and Exercise*, 2025, 20(2), p.658-670, https://doi.org/10.55860/1wmw9h79 **coautor,** IF=0.8/2024, WOS:001459538100007 https://www.jhse.es/index.php/jhse/article/view/effect-ischemia-cmj/115 , https://www.webofscience.com/wos/woscc/full-record/WOS:001459538100007	3/6=0.5p	Articol
	I6.3. Manullang JG, Handayani EW, Imansyah F, Junaidi IA, Hermansah B, Poblete-Valderrama F, Lobo J, Monterrosa-Quintero A., **Alexe DI,** Setiawan E. The Impact of Virtual Reality in Modern Karate Training: Increasing Engagement Levels and Fitness of Elite Athletes. Ido Movement for Culture-Journal of Martial Arts Anthropology, 2025, 25 (2): 61–70 DOI: 10.14589/ido.25.2.7, WOS:001455958900007 **coautor,** IF= 0.9/2025, http://www.imcjournal.com/index.php/en/2148-the-impact-of-virtual-reality-in-modern-karate-training-increasing-engagement-levels-and-fitness-of-elite-athletes , https://www.webofscience.com/wos/alldb/full-record/WOS:001455958900007	3/10=0.3p	Articol

Semnătura:

	I6.4. Rusmana R, Sulaiman I, Rihatno T, Chaniago H, Samsudin, Asmawi M, Wiradihardja S, Bahtiar B, Supriadi D, **Alexe DI**, Gazali N, Pavlović R, Setiawan E. Effects of tactical game+encouragement on improve decision making and skill execution in basketball athletes, Revista Iberoamericana De Psicología Del Ejercicio Y El Deporte Vol. 18 nº 5 pp. 612-617, coautor, IF=0.5/2023, WOS:001133834500011 https://www.riped-online.com/articles/effects-of-tactical-gameencouragement-on-improve-decision-making-and-skill-execution-in-basketball-athletes-103668.html, https://www.webofscience.com/wos/alldb/full-record/WOS:001133834500011, https://www.scopus.com/record/display.uri?eid=2-s2.0-85185459922&origin=resultslist&sort=plf-f&src=s&sid=7f25fff9425e13cdb1a439325c9e74ae&sot=b&sdt=b&s=TITLE%28Effects+of+Tactical+Game%2BEncouragement+on+Improve+Decision+Making+and+Skill+Execution+in+Basketball+Athletes%29&sl=112&sessionSearchId=7f25fff9425e13cdb1a439325c9e74ae	3/13=0.23p	Articol
	I6.5. Basri H, Rihatno T, Sukur A, Samsudin, S., Prayogo G, Dlis F, Dimyati A, Kurtoğlu A, Tannoubi A, Alexe DI, Śliż, M., Sari ZN Setiawan E. Impact of Augmented Video-Verbal Encouragement Feedback on Motivation and Technical Performance in Novice Cricket Athletes. Sport and Tourism Central European Journal / Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe, 2024, 7(3), 93–110, https://czasopisma.ujd.edu.pl/index.php/sport/article/view/2398/1830**,** https://www.scopus.com/record/display.uri?eid=2-s2.0-85206920231&origin=resultslist&sort=plf-f&src=s&sot=b&sdt=b&s=TITLE%28Impact+of+Augmented+Video-Verbal+Encouragement+Feedback+on+Motivation+and+Technical+Performance+in+Novice+Cricket+Athletes%29&sessionSearchId=bdd660278e2d29abbaed176fa80c572d , https://erih.dimensions.ai/details/publication/pub.1175229660?search_mode=content&search_text=Impact%20of%20Augmented%20Video-Verbal%20Encouragement%20Feedback%20on%20Motivation%20and%20Technical%20Performance%20in%20Novice%20Cricket%20Athletes&search_type=kws&search_field=full_search	3/13=0.23p	Articol
	I6.6. Hartoto S, Ridwan M, Andrijanto D, Roepajadi J, Asrul Sidik M, Monterrosa-Quintero A, Alexe DI, Tohanean, D.I, Setiawan E. The Coach Leadership Style: How it Impacts on the Sports Commitment and Playing Skills of Student Tennis Athletes?. Physical Education Theory and Methodology, 2023, 23 (4), 543–551, https://doi.org/10.17309/tmfv.2023.4.08, https://www.tmfv.com.ua/journal/article/view/2231 , https://doaj.org/article/8fb4ee1bf3f140ce881e5cb5f7de75b2 , https://www.scopus.com/record/display.uri?eid=2-s2.0-85175251176&origin=resultslist&sort=plf-f&src=s&sot=b&sdt=b&s=DOI%2810.17309%2Ftmfv.2023.4.08%29&sessionSearchId=c23fbe47dc16157efed96088bb8e4882	3/9=0.33p	Articol
	I6.7. Vasilica G, Cristina, AI, **Alexe DI,** Georgeta M, Radu P. The Profile of the Emotional-affective State of the Middle and Long Distance Running Athletes during the Competition. Procedia - Social and Behavioral Sciences, 2013, 84, 1269–1274, coautor, WOS:000323984200244, https://doi.org/10.1016/j.sbspro.2013.06.742 https://www.sciencedirect.com/science/article/pii/S1877042813018168, https://www.webofscience.com/wos/alldb/full-record/WOS:000323984200244	3/9=0.33p	Articol
I7	Cărţi publicate în calitate de co-autor în edituri clasificate A1 sau A2 (m A1 = 3; m A2 = 1)	12 x m/n	Carte
I8	Capitole în cărţi publicate în calitate de co-autor în edituri clasificate A1 sau A2 (m A1 = 3; m A2 = 1)	3 x m/n	Capitol
Alte realizări ştiinţifice			
I9	Lucrări in extenso (tip proceedings) indexate WoS sau altă BDI recunoscută, realizate în calitate de **autor principal**, publicate în volumele unor conferinţe internaţionale, cu relevanţă pentru domeniul de abilitare, disponibile în format full-text în cel puţin o BDI (în cazul I9 şi I10 se pot puncta cumulat cel mult două contribuţii/ediţie conferinţă)	1	Lucrare
	Total punctaj I9	1 p	1 lucrare

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	I9.1. Alexe Dan Iulian, Ciocan DM, *Analysis of decisional factors that influences the university training for candidates at physical therapy faculty in Eastern part of Romania***,** lucrare publicată în "New Trends and Issues Proceedings on Humanities and Social Sciences", 2017, vol.4 nr.8, pp.212-224; https://un-pub.eu/ojs/index.php/pntsbs/article/view/3052 , https://doi.org/10.18844/prosoc.v4i8.3052 , https://search.crossref.org/?from_ui=&q=Analysis+of+decisional+factors+that+influences+the+university+training+for+candidates+at+physical+therapy+faculty+in+Eastern+part+of+Romania&publisher=New%20Trends%20and%20Issues%20Proceedings%20on%20Humanities%20and%20Social%20Sciences	1 p	lucrare
I10	Lucrări in extenso (tip proceedings) indexate WoS sau altă BDI recunoscută, realizate în calitate de **co-autor,** publicate în volumele unor conferinţe internaţionale, cu relevanţă pentru domeniul de abilitare, disponibile în format full-text în cel puţin o BDI	1/n	Lucrare
	Total punctaj I10	**0.25 p**	**1 lucrare**
	I10.1. Moraru Cristina-Elena, Grosu Emilia Florina, Alexe Dan Iulian, Albu Adriana, *Improvement of kyphotic posture using physical therapy and dancesport means,* Proceedings of the 4th International Conference of the Universitaria Consortium (ICU 2018): The impact of sport and physical education science on today's society, http://www.edlearning.it/ebook/BY23.pdf, N23-24 noiembrie 2018, Iași, Publisher Editografica S R L, INTL Proceedings DIV, Via G Verdi 15, Pianoro, Bologna Italy, ISBN 978-88-87729-54-2, pp:165-169, WOS:000474444100026**,** https://www.webofscience.com/wos/alldb/full-record/WOS:000474444100026	1 / 4 =0.25p	lucrare
I11	Alte articole in extenso publicate în calitate de autor/co-autor în reviste ştiinţifice, cu condiţia ca revistele să fie indexate la nivel de rezumat în cel puţin o bază de date internaţională recunoscută	1/n	Articol
I12	Cărţi publicate în calitate de autor/co-autor în edituri clasificate de tip B (m B = 0,5)	12 x m/n	Carte
	Total punctaj I12	**18 p.**	**4 cărți**
	I12.1. Alexe Dan Iulian, "Atletismul argeşean. Campionii naţionali ai României 1914-2014"**,** Editura PIM, Iaşi, 2015, ISBN 978-606-13-2554-2**,** 476 pagini; **I12.2. Alexe Dan Iulian, Alexe Cristina Ioana** (2012) - „Jogging de la A la Z" Vol.II, Editura PIM, Iaşi, ISBN 978-606-13-0638-1 (general) 978-606-13-0714-2 (specific vol. II), p.170; **I12.3. Alexe Dan Iulian, Alexe Cristina Ioana** (2011) - „Jogging de la A la Z" Vol.I, Editura PIM, Iaşi, ISBN 978-606-13-0638-1 (general) 978-606-13-0639-8 (specific vol. I), p.198; **I12.4. Alexe Dan Iulian** (2010) – „Predarea atletismului în învăţământul gimnazial", Editura PIM, Iaşi, ISBN 978-606-13-0116-4, pag.277;	12 x 0.5 = 6 12 x 0.5/2 = 3 12 x 0.5/ 2= 3 12 x 0.5 = 6	Carte Carte Carte Carte
I13	Capitole în cărţi publicate în calitate de autor/co-autor în edituri clasificate de tip B (m B = 0,5)	3 x m/n	Capitol
I14	Autor/co-autor rapoarte de analiză de politici/strategii educaţionale I4.1 rapoarte internaţionale (m = 3); I4.2 rapoarte naţionale (m = 1)	8 x m/n	Raport
I15	Brevete de invenţie/drepturi de autor/mărci înregistrate OSIM/ORDA, ca urmare a unui demers de inovare ştiinţifică în vederea elaborării de materiale curriculare, teste psihologice sau educaţionale, tesle motrice/funcţionale, softuri specializate etc.	3/n	Brevet/drept de autor

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2.A2. Vizibilitate şi impact ştiinţific

Indicator	Denumirea indicatorului	Punctaj	Unitatea de măsură
I16	Citări ale publicaţiilor candidatului în lucrări indexate Web of Science (autocitările sunt excluse)	0.5	Citare
	Total punctaj I16	**115 p**	**230 citări**
	I16.1. Citări ale publicației: Krzysztofik M, Trybulski R, Trąbka B, Perenc D, Łuszcz K, Zajac A, **Alexe DI,** Dobrescu T, Moraru CE. The impact of resistance exercise range of motion on the magnitude of upper-body post-activation performance enhancement. *BMC Sports Sciences, Medicine and Rehabilitation*, 2022, 14, 123, WOS:000825424000001, https://doi.org/10.1186/s13102-022-00519-w, https://www.webofscience.com/wos/alldb/full-record/WOS:000825424000001	**26 x 0.5 = 13.0 p**	**26 citări**
	Arthur Zecchin, Diego Soto-García, Jaime Fernandez-Fernandez, Luis Santos, Carl Foster, Daniel Boullosa. The Effects of Different Warm-Up Exercises on Throwing Velocity in Handball Players, International Journal of Sports Medicine, 2025, ISSN 0172-4622, eISSN 1439-3964, DOI: 10.1055/a-2734-1436, WOS:001621933200001, https://www.thieme-connect.com/products/ejournals/abstract/10.1055/a-2734-1436, https://www.webofscience.com/wos/woscc/full-record/WOS:001621933200001, early acces, ***referința: 33***	0,5 p	1 citare
	Oliver Rokkjar Olsen, Jens Bojsen-Moller, Per Aagaard. Post-Activation Performance Enhancement in Strength and Power Sports—A Narrative Review. Scandinavian Journal of Medicine and Science in Sports, ISSN 0905-7188, eISSN 1600-0838, 2025, Vol.35, art.e70162, p.1-21, WOS:001608901600001, https://doi.org/10.1111/sms.70162 , https://onlinelibrary.wiley.com/doi/10.1111/sms.70162, https://www.webofscience.com/wos/alldb/full-record/WOS:001608901600001 , pagina:9,11, ***referinta:144***	0,5 p	1 citare
	Asencio, Pablo, José Luis Hernández-Davó, Marco Beato, and Rafael Sabido. PAPE Effect in Female Footballers: Analyzing the Benefits of Different Flywheel Protocols. Sports, ISSN: 2075-4663, 2025, Vol.13 No.11, art.371, p.1-12, WOS:001625882200001, https://doi.org/10.3390/sports13110370, https://www.mdpi.com/2075-4663/13/11/370 , https://www.webofscience.com/wos/woscc/full-record/WOS:001625882200001, pagina:2, ***referinta:11***	0,5 p	1 citare
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	Dana Badau, Adela Badau, Marko Joksimović, Catalin Octavian Manescu, Dan Cristian Manescu, Corina Claudia Dinciu, Iulius Radulian Margarit, Virgil Tudor, Ana Maria Mujea, Adriana Neofit, Dragfos Florin Teodor. Identifying the Level of Symmetrization of Reaction Time According to Manual Lateralization between Team Sports Athletes, Individual Sports Athletes, and Non-Athletes. Symmetry, ISSN: 2073-8994, 2024, Vol. 16, issue 1, art.28, p.1-15, WOS:001151266000001, https://doi.org/10.3390/sym16010028, https://www.mdpi.com/2073-8994/16/1/28, https://www.webofscience.com/wos/alldb/full-record/WOS:001151266000001 pagina:2, ***referinta: 38***	0,5 p	1 citare

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I17	Alte citări ale publicațiilor candidatului (autocitările sunt excluse) I17.1 Disponibile în lucrări clasificate A1 (m = 3) I17.2. Disponibile în lucrări clasificate A2 sau în baza de date Scopus (altele decât cele deja incluse la I16) (m = 1) I17.3. Disponibile în lucrări clasificate B sau în alte surse academice identificabile prin Google Scholar (altele decât cele deja incluse) (m 0.5)	m/10	Citare
	Total punctaj I17	**1.40 p**	**22 citari**
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	Taufiq Hidayat, Irma Febriyanti, Advendi Kristiyandaru, Suroto, Hari Wisnu, Ahmet Kurtoğlu, Amayra Tannoubi, Joseph Lobo, Baglan Yermakhanov, Jarosław Muracki, Edi Setiawan. Effects of Coach's Verbal Encouragement During Small-Sided Volleyball Games on Specific Physical Fitness and Technical-Tactical Behavior of Youth Athletes. Physical Activity and Health, E-ISSN: 2515-2270, 2025, Vol.9 Issue 1, p.27-40, https://doi.org/10.5334/paah.410, https://paahjournal.com/articles/10.5334/paah.410 pagina:28,29,36, ***referinta:11***	0,5 / 10 = 0,05 p	1 citare
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	Bachtiar, Ade Tuti Lestari, Titis Nurina, Ahmad Adil, Edi Setiawan. Effect of teacher encouragement duringdeep learning on attention and volleyball techniques among studentsat high school physical education. Edo Sportivo Indonesian Journal of Physical Education, e-ISSN 2745-942X, 2025, Vol.6. Issue 3, p.274-284, https://journal.uir.ac.id/index.php/SPORTIVO/article/view/25752/8951 pagina:275, ***referinta:6***	0,5 / 10 = 0,05 p	1 citare
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	I17.5. Citări ale publicației: Sunda M, Gilic B, Sekulic D, Matic R, Drid P, Alexe DI, Cucui GG, Lupu GS. Out-of-School Sports Participation Is Positively Associated with Physical Literacy, but What about Physical Education? A Cross-	**0.45 p**	**6 citări**

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	Daniel Mădălin Coja, Teodora Mihaela Iconomescu, Adelina Elena Panaet, Mihaela Anghel, Laurenţiu Gabriel Talaghir, Sebastian Ion Enache. The Relationship between DASH, SST and CMS Scores in Assessing Shoulder Function: A Comparative Study between VR and Traditional Treatment. Postmodern Openings, ISSN: 2068-0236, e-ISSN: 2069-9387, 2024, Vol.15, Issue 1, p.73-89, https://doi.org/10.18662/po15.1/614 Pagina:75, referinta;23	0,5 / 10 = 0,05 p	1 citare
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	Enver Tahiraj, Damir Sekulic, Jelena Rodek. Toward Equitable Sport Opportunities: Addressing Sociodemographic Disparities in Youth Sport Engagement. Sport Mont (SM), ISSN 1451-7485, eISSN 2337-0351, 2024, Vol.22 Issue 3, p.85-91, DOI: 10.26773/smj.241014, https://www.sportmont.ucg.ac.me/?sekcija=article&artid=2069, https://www.scopus.com/pages/publications/85208105411?origin=resultslist pagina:89, referinta:27	1 / 10 = 0,10 p	1 citare
I18	Keynote speaker (comunicare ştiinţifică în plen) la conferinţe internaţionale (m = 3)/naţionale (m = 1)	2 x m	Conferinţă
	Total punctaj I18	**18 p**	**3 conferințe**
	I18.1. Keynote speaker - The 4th International Scientific Conference ”Novel strategies of enhanging health, fitness and sports performance”, Academy of Physical Education in Katowice, 15-17 Martie 2024 **(**https://sila.awf.katowice.pl/en/**,** https://sila.awf.katowice.pl/en/speakers/dan-iulian-alexe**),** titlu lucrare susținută: ”Effects of training in different locations on some physiological parameters involved in increasing running performance”.	2 x 3 = 6 p	conferință
	I18.2. Keynote speaker - International Scientific Congres 8th Edition - „Sports, Olympism, Health”**, SOH 2023,** Chișinău, Republica Moldova, Universitatea de Stat de Educație fizică și Sport, 28-30 septembrie 2023, https://www.usefs.md/PDF_NEW/SOH%202023%20-%20Programme%20-%20Invitation.pdf, titlu lucrare sustinută în plen ”Psychological Processes in Professional Sport: Psychometric Evidence from Romanian Athletes”.	2 x 3 = 6 p	conferință
	I18.3. Keynote speaker - International Scientific Conference - 43 rd Edition - „Physical Education And Sports In The Benefit Of Health”**,** Universitatea din Oradea, 20-21 octombrie 2017 https://fefsoradea.ro/fisiere/conferinte/program_CONFERINTA_2017.pdf, titlu lucrare sustinută în plen ”Analysis of the determining factors in making the decision to train professionally as a physical therapist in South-Eastern and North-Eastern Romania”;	2 x 3 = 6 p	conferință

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I19	Membru în comitetul ştiinţific (A)/Referent ştiinţific pentru evaluarea şi selecţia lucrărilor unei conferinţe (B)/Membru în comitetul de organizare (C)/Coordonator simpozion (Chair) (D) (**se punctează o singură calitate/conferință)** 19.1 Conferinţe internaţionale (m = 3) 19.2 Conferinţe naţionale (m = 1)	1 x m /	Conferință
	Total punctaj I19	**21 x 3 = 63 p**	**21 de conferințe**
	I19.1.1. Membru comitet științific conferința internațională **Bacău 2014** http://www.ub.ro/smss/files/facultati/fsmss/cercetare/INVITATIE_CONFERINTA_INTERNATIONALA_FSMSS_2014_.pdf	1 x 3 = 3 p	1 conferință
	I19.1.2. Membru comitet științific conferința internațională **Bacău 2018** http://www.ub.ro/smss/files/facultati/fsmss/cercetare/2016/conferinte/2018/Invitatie_detaliata_CONFERINTA_2018.pdf	1 x 3 = 3 p	1 conferință
	I19.1.3. Membru comitet științific conferința internațională **Brasov 2019** https://sport.unitbv.ro/images/YPOM/YPOM_2019/arhiv%C4%83_YPOM_2019_ok.pdf	1 x 3 = 3 p	1 conferință
	I19.1.4. Membru comitet științific conferința internațională **Bacau 2019** https://www.ub.ro/smss/files/facultati/fsmss/cercetare/2019/ISSC/PROGRAM_ISSC_2019_CU_COPERTA.pdf	1 x 3 = 3 p	1 conferință
	I19.1.5. Membru comitet științific conferința internațională **Brasov 2020** https://sport.unitbv.ro/images/YPOM/YPOM_2020/comitet_stiintific_17.02.pdf	1 x 3 = 3 p	1 conferință
	I19.1.6. Membru comitet stiintific conferinta internațională **Constanta 2020** (http://fefs.univ-ovidius.ro/images/2020/conferinta/Scientific%20Committee.pdf)	1 x 3 = 3 p	1 conferință
	I19.1.7. Membru comitet stiintific conferinta internațională **Bacău TO 2020** https://www.ub.ro/smss/files/facultati/fsmss/cercetare/2020/Conferinta_TO/Conference_Program_Comit.pdf	1 x 3 = 3 p	1 conferință
	I19.1.8. Membru comitet științific conferința internațională **Brasov 2021** (https://sport.unitbv.ro/images/YPOM/YPOM_2021/comitet_stiintific_YPOM_02032021.pdf	1 x 3 = 3 p	1 conferință
	I19.1.9. Membru comitet științific conferința internațională **Constanta 2021** http://www.fefs.univ-ovidius.ro/images/2021/conferinta/Scientific_Committee_2021.pdf	1 x 3 = 3 p	1 conferință
	I19.1.10. Membru comitet științific conferința internațională **Brasov 2022** https://sport.unitbv.ro/images/YPOM/YPOM_2022/arhiv%C4%83_YPOM_12072022.pdf	1 x 3 = 3 p	1 conferință
	I19.1.11. Membru comitet științific conferința internațională **Brasov 2023** https://sport.unitbv.ro/images/YPOM/arhiv%C4%83_YPOM/arhiv%C4%83_2023.pdf	1 x 3 = 3 p	1 conferință
	I19.1.12. Membru comitet științific conferința internațională **Constanța 2023** https://fefs.univ-ovidius.ro/images/2023-2024/conferinta/Scientific_Committee_2023_modificat_12_09_2024.pdf	1 x 3 = 3 p	1 conferință
	I19.1.13. Membru comitet științific conferința internațională **Katowice, Polonia 2023** https://awf.katowice.pl/konferencje/archiwum-konferencji--osoby-z-niepelnosprawnoscia-w-sporcie-teoria-i-praktyka/osoby-z-niepelnosprawnoscia-w-sporcie-teoria-i-praktyka	1 x 3 = 3 p	1 conferință
	I19.1.14. Membru comitet științific conferința internațională **Brașov 2024** https://sport.unitbv.ro/images/YPOM/YPOM_2024/YPOM_2024_arhiva.pdf	1 x 3 = 3 p	1 conferință
	I19.1.15. Membru comitet științific conferința internațională **Tg.Jiu 2024** https://www.utgjiu.ro/fefs/isc_ihp/ISC_IHP2024/Invitation_ISC_IHP_12_2024.pdf	1 x 3 = 3 p	1 conferință

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	I19.1.16. Membru comitet științific conferința internațională **Bacău 2024** https://www.ub.ro/smss/st/2024_Conferinta_stiintifica_internationala_aniversara.pdf	1 x 3 = 3 p	1 conferință
	I19.1.17. Membru comitet științific conferința internațională **Brașov 2025** https://sport.unitbv.ro/images/YPOM/YPOM_2025/Comitet_stiintific.pdf	1 x 3 = 3 p	1 conferință
	I19.1.18. Membru comitet științific conferința internațională **Galați 2025** https://www.fefs.ugal.ro/images/INTERNATIONAL_SCIENTIFIC_COMMITTEE_SEC-IASR_2025.pdf	1 x 3 = 3 p	1 conferință
	I19.1.19. Membru comitet organizare conferința internațională **Bacău 2011** http://www.ub.ro/smss/files/facultati/fsmss/cercetare/Conferinta_stiintifica_internationala_aniversara_2011.pdf	1 x 3 = 3 p	1 conferință
	I19.1.20. Membru comitet organizare conferința internațională **Bacău 2016** http://www.ub.ro/smss/files/facultati/fsmss/cercetare/2016/conferinte/INVITATIE_CONFERINTA_INTERNATIONALA_FSMSS_2016.pdf	1 x 3 = 3 p	1 conferință
	I19.1.21. Membru comitet organizare conferința internațională **Craiova 2025** https://efs.ucv.ro/conferinte/healty-living/	1 x 3 = 3 p	1 conferință
I20	Preşedinte sau membru în comitetul executiv al unei asociaţii profesionale internaţionale (m = 3) sau naţionale (m = 1)	2 x m	Asociaţie
I21	Premii şi distincţii I21.1. Premii pentru activitatea ştiinţifică oferite de către instituţii sau asociaţii ştiinţifice/profesionale internaţionale (m = 3) sau naţionale de prestigiu (CNCS, etc.) (m = 1) (nu sunt incluse granturile de deplasare sau premierea articolelor din zona roşie, galbenă etc.) I21.2. Premii pentru activitatea didactică oferite de către instituţii/asociaţii de profil internaţionale sau naţionale de prestigiu (ex. profesor Bologna etc.) (m = 1) I21.3. Obţinerea în activitatea unor rezultate de prestigiu privind promovarea ţării şi a învăţământului românesc (de exemplu distincţiile, medaliile primite de către sportivi, antrenori, alţi specialişti pentru rezultate la JO, CM, CE etc., oferite de Preşedinţia României, MENCS, MTS etc.) (m = 1)	4 x m	Premiu
I22	Coordonator al unei colecţii de carte	6	Colecţie
I23	Carte coordonată relevantă pentru domeniu (m A1 = 3; m A2 = 1; m B = 0-5)	8 x m/n	Carte
I24	Redactor şef/editor sau membru în comitetul editorial al unei reviste cu comitet ştiinţific şi peer-review I24.1. Revistă indexată Web of Science (m = 3) I24.2. Revistă indexată în cel puţin două BDI (m = 1) I24.3 Revistă indexată într-un BDI (m = 0.5)	4 x m	Revistă
	Total punctaj I24	**48 p**	**6 reviste**
	I24.1.1. Membru în comitetul editorial la revista indexată Web of Science: ***Applied Sciences,*** ISSN: 2076-3417, Editor coordonator la un volum special: Advances in Sports Science and Movement Analysis, https://www.mdpi.com/journal/applsci/special_issues/956FA7CNA0	4 x 3 = 12 p	revistă
	I24.1.2. Membru în comitetul editorial la revista indexată Web of Science: ***Sports,*** ISSN: 2075-4663, Enhancing Health Through Physical Activity and Sports Science: Innovations in Applied Research, https://www.mdpi.com/journal/sports/special_issues/3EQ743X6NW	4 x 3 = 12 p	revistă
	I24.1.3. Membru în comitetul editorial la revista indexată Web of Science: ***BMC Sports, Medicine and Rehabilitation***, ISSN 2052-1847, https://link.springer.com/journal/13102/editorial-board	4 x 3 = 12 p	revistă

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	I24.2.1. Membru în comitetul editorial al revistei ***Gymnasium - Scientific Journal of Education, Sports and Health, Online*** ISSN: 2344-5645, Print ISSN: 1453-0201, https://gymnasium.ub.ro/journal/about/editorialHistory	4 x 1 = 4 p	revistă
	I24.2.2. Membru în comitetul editorial al revistei ***International Journal of Disabilities Sports and Health Sciences*** *(IJDSHS)*, e-ISSN: 2645-9094, https://dergipark.org.tr/en/pub/ijdshs/board	4 x 1 = 4 p	revistă
	I24.2.3. Membru în comitetul editorial al revistei Journal of Exercise & Organ Cross Talk (JEOCT) ISSN 2783-2084, https://www.jeoct.com/journal/editorial.board	4 x 1 = 4 p	revistă
I25	Referent ştiinţific ad-hoc pentru reviste cu comitet ştiinţific şi peer-review I25.1. Revistă indexată Web of Science I25.2. Revistă indexată BDI (alta decât WoS)	0.3/0.2	Articol
	I25.1. Referent ştiinţific pentru **134** articole din reviste indexate **Web of Science** https://www.webofscience.com/wos/author/record/C-3791-2018 (profil, secțiune ”Peer Review”) / **ORCID** https://orcid.org/0000-0002-6396-761X	**0.3 x 134 = 40,2 p**	**134 articole**
	I25.1.1. 22 de articole recenzate pentru revista Sports (MDPI)	0.3 x 22 = 6.6 p	22 articole
	I25.1.2. 14 articole recenzate pentru revista BMC Sports Science, Medicine and Rehabilitation (Springer Nature)	0.3 x 14 = 4.2 p	14 articole
	I25.1.3. 10 articole recenzate pentru revista Scientific Reports (Springer Nature)	0.3 x 10 = 3.0 p	10 articole
	I25.1.4. 10 articole recenzate pentru revista BMC Psychology (Springer Nature)	0.3 x 10 = 3.0 p	10 articole
	I25.1.5. 9 articole recenzate pentru revista Plos One (PLOS)	0.3 x 9 = 2.7 p	9 articole
	I25.1.6. 8 articole recenzate pentru revista Nutrients (MDPI)	0.3 x 8 = 2.4 p	8 articole
	I25.1.7. 7 articole recenzate pentru revista Helyion (Elsevier)	0.3 x 7 = 2.1 p	7 articole
	I25.1.8. 5 articole recenzate pentru revista Life (MDPI)	0.3 x 5 = 1.5 p	5 articole
	I25.1.9. 5 articole recenzate pentru Journal of the International Society of Sports Nutrition (Tayler & Francis)	0.3 x 5 = 1.5 p	5 articole
	I25.1.10. 4 articole recenzate pentru revista Children (MDPI)	0.3 x 4 = 1.2 p	4 articole
	I25.1.11. 4 articole recenzate pentru revista Applied Sciences (MDPI)	0.3 x 4 = 1.2 p	4 articole
	I25.1.12. 4 articole recenzate pentru revista Humanities & Social Sciences Communications (Springer Nature)	0.3 x 4 = 1.2 p	4 articole
	I25.1.13. 4 articole recenzate pentru revista Sports Health: A Multidisciplinary Approach (SAGE)	0.3 x 4 = 1.2 p	4 articole
	I25.1.14. 4 articole recenzate pentru revista Disability and Rehabilitation:Assistive Technology (Tayler & Francis)	0.3 x 4 = 1.2 p	4 articole
	I25.1.15. 3 articole recenzate pentru revista Journal of Clinical Medicine (MDPI)	0.3 x 3 = 0.9 p	3 articole
	I25.1.16. 2 articole recenzate pentru revista Adapted Physical Activity Quarterly (Human Kinetics)	0.3 x 2 = 0.6 p	2 articole
	I25.1.17. 2 articole recenzate pentru revista Acta Psychologica (Elsevier)	0.3 x 2 = 0.6 p	2 articole
	I25.1.18. 2 articole recenzate pentru revista Biology of Sport (Termedia)	0.3 x 2 = 0.6 p	2 articole
	I25.1.19. 2 articole recenzate pentru revista Brain and Behavior (Wiley)	0.3 x 2 = 0.6 p	2 articole
	I25.1.20. 2 articole recenzate pentru revista Complementary Therapy in Medicine (Elsevier)	0.3 x 2 = 0.6 p	2 articole
	I25.1.21. 1 articol recenzat pentru revista BMJ Open (BMJ Jounals)	0.3 x 1 = 0.3 p	1 articol
	I25.1.22. 1 articol recenzat pentru revista Chronobiology Internationa (Tayler & Francis)	0.3 x 1 = 0.3 p	1 articol
	I25.1.23. 1 articol recenzat pentru revista Journal of Human Kinetics (De Gruyter)	0.3 x 1 = 0.3 p	1 articol

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	I25.1.24. 1 articol recenzat pentru revista European Journal of Sport Science (Wiley)	0.3 x 1 = 0.3 p	1 articol
	I25.1.25. 1 articol recenzat pentru revista BMC Public Health (Springer Nature)	0.3 x 1 = 0.3 p	1 articol
	I25.1.26. 1 articol recenzat pentru revista Sport Sciences for Health (Springer Nature)	0.3 x 1 = 0.3 p	1 articol
	I25.1.27. 1 articol recenzat pentru revista Research Quarterly for Exercise and Sport (Tayler & Francis)	0.3 x 1 = 0.3 p	1 articol
	I25.1.28. 1 articol recenzat pentru revista Biological Rhythm Research (Tayler & Francis)	0.3 x 1 = 0.3 p	1 articol
	I25.1.29. 1 articol recenzat pentru revista Frontiers in Education (Frontiers)	0.3 x 1 = 0.3 p	1 articol
	I25.1.30. 1 articol recenzat pentru revista Frontiers in Pain Research (Frontiers)	0.3 x 1 = 0.3 p	1 articol
	I25.1.31. 1 articol recenzat pentru revista Social Science & Medicine (Elsevier)	0.3 x 1 = 0.3 p	1 articol
I26	Profesor asociat/visiting scholar pentru o durată de cel puţin o lună de zile/susţinerea unei conferinţe sau prelegeri în faţa cadrelor didactice sau a doctoranzilor (se punctează un singur aspect per universitate; nu sunt incluse aici schimburile Erasmus) 26.1 la o universitate din TOP 500 conform clasamentului URAP (m = 3) 26.2 la o universitate din afara topului 500 URAP, ca urmare a unei invitaţii nominale din partea instituţiei gazdă (m = 1) 26.3 profesor invitat/lector al federaţiilor internaţionale pe ramură de sport/Academiei Olimpice a CIO/Asociaţii profesionale internaţionale (m = 1)/federaţiilor naţionale pe ramură de sport sau Academiei Olimpice a COSR (m = 0,5)	0.5 x m	Instituţie/invitaţie
	Total punctaj I26	**1.5 p**	**6 Invitații**
	I26.3.1. Lector al Federaţiei Naţionale Sportul Pentru Toţi, pentru stagiu de formare a instructorilor sportivi atestaţi de CNFPA, Piatra Neamț, 01-07.06.2012	0,5 x 0,5 = 0,25 p	1 invitație
	I26.3.2. Lector al Federaţiei Naţionale Sportul Pentru Toţi, pentru stagiu de formare a instructorilor sportivi atestaţi de CNFPA, Izvorul Mureșului, 16-22.02.2013	0,5 x 0,5 = 0,25 p	1 invitație
	I26.3.3. Lector al Academiei Romane de Fotbal pentru Cursul de Preparator Sportiv (cod COR 342209) autorizat (autorizație seria B nr. 0012406) 15 iunie-31 iulie 2021	0,5 x 0,5 = 0,25 p	1 invitație
	I26.3.4. Lector al Academiei Romane de Fotbal pentru Cursul de Preparator Sportiv (cod COR 342209) autorizat (autorizație seria B nr. 0012406) Octombrie-Decembrie 2021	0,5 x 0,5 = 0,25 p	1 invitație
	I26.3.5. Lector al Academiei Romane de Fotbal pentru Cursul de Preparator Sportiv (cod COR 342209) autorizat (autorizație seria B nr. 0012406) în perioada 01.02.2022 – 03.02.2022	0,5 x 0,5 = 0,25 p	1 invitație
	I26.3.6. Lector al Academiei Romane de Fotbal pentru Cursul de Preparator Sportiv (cod COR 342209) autorizat (autorizație seria B nr. 0012406) în perioada 09.02.2023 – 25.02.2023	0,5 x 0,5 = 0,25 p	1 invitație
I27	Director al unui grant finanţat/instituţia coordonată I27.1 Director grant de cercetare cu relevanţă publică largă obţinut prin competiţie internaţională, acordat de către o agenţie/instituţie internaţională (m = 3) I27.2. A. Director grant de cercetare cu relevantă publică largă obţinut prin competiţie naţională/B. Coordonator echipă România pentru un grant de cercetare cu relevanţă publică largă, obţinut prin competiţie internaţională (m = 1) I27.3. A. Director sau coordonator partener al unui grant de dezvoltare instituţională (de exemplu tip POSDRU, Erasmus + etc.)/B. Director sau coordonator partener al unui grant de cercetare cu relevanţă specifică (de exemplu finanţat de către o companie), obţinut prin competiţie naţională sau internaţională/C. Coordonator partener pentru un grant de cercetare cu relevanţă publică largă, obţinut prin competiţie naţională (m = 0.5)	9 x m	Grant
	Total punctaj I27	**4.5 p**	**1 grant**

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	I27.1. Director de proiect: CNFIS-FDI - 2022-0087 - Infrastructură universitară pentru formare de calitate și viață sănătoasă. Perioada de implementare: Aprilie - Decembrie 2022, Buget total 371.000 lei din care buget CNFIS 211.000 lei, https://reconect-ubc.ub.ro/index.php/proiectul-reconect-ubc, http://www.cnfis.ro/wp-content/uploads/2022/03/FDI2022-rezultate-finale-CNFIS-proiecte.pdf	9 x 0,5 = 4.5 p	1 grant
I28	Membru în echipa unui grant finanţat/instituţia coordonată I28.1 Membru în echipa unui grant de cercetare cu relevanţă publică largă obţinut prin competiţie internaţională sau naţională (m = 1) I28.2. Membru în echipa unui grant de cercetare cu relevanţă specifică sau a unui grant de dezvoltare instituţională obţinut prin competiţie internaţională sau naţională (m = 0,5)	3 x m	Grant
	Total punctaj I28	**16.5 p**	**11 grant**
	I28.2.1. Membru echipă proiect / Decan FSMSS (ETL, COR: 231002), în proiect CNFIS-FDI-2025-F-0483 cu titlul „Creşterea calităţii performanţei activităţilor CDI din cadrul Universităţii „Vasile Alecsandri” din Bacău prin cooperare naţională şi internaţională” / acronim: Connect-UBc), contract: 7406/09.05.2025	3 x 0,5 = 1.5 p	1 grant
	I28.2.2. Expert GT (COR: 231002). Proiectului CNFIS-FDI-2025-F-0087 cu titlul ”Incluziune, consiliere şi adaptare academică pentru studenţii cu dizabilităti din UBc” (IncluziONUBc), contract: 6232/17.04.2025	3 x 0,5 = 1.5 p	1 grant
	I28.2.3. Membru echipă proiect / Decan FSMSS, Decan FSMSS (ETL, COR: 231002), în proiect CNFIS-FDI-2024-F-0492 cu titlul „Acțiuni integrate pentru creșterea calității procesului de cercetare științifică la Universitatea .. Vasile Alecsandri din Bacău (acronim: UBc4Research); contract: 6229/19.04.2024	3 x 0,5 = 1.5 p	1 grant
	I28.2.4. Expert relația cu mediul economico-social în proiectul CNFIS-FDI-2024-F-0499 cu titlul Investigarea parcursului profesional al absolvenților Universității „Vasile Alecsandri” din Bacău - componentă esențială a demersului strategic instituțional (Absolv-UBc); contract: 5775/12.04.2024	3 x 0,5 = 1.5 p	1 grant
	I28.2.5. Expert grup țintă în proiect CNFIS-FDI-2024-F-0173 cu titlul ”Instrumente de comunicare si consiliere adaptate tinerilor din medii defavorizate pentru creșterea accesului la educație si reducerea abandonului universitar” (Consilia - UBc). contract: 5719/12.04.2024	3 x 0,5 = 1.5 p	1 grant
	I28.2.6. Expert grup țintă în proiectul CNFIS-FDI-2024-F-0179 cu titlul ”Acțiuni suport pentru integrarea studenților cu dizabilități in comunitatea academică UBc” (Suport-UBc). contract: 5747/12.04.2024	3 x 0,5 = 1.5 p	1 grant
	I28.2.7. Expert curriculum în proiectul CNFIS-FDI-2023-0091 - Studenţi-anajatori-universitate. Împreună pentru piața muncii (INSER7-UBc) https://www.ub.ro/echipa-activitati-rezultate; contract: 4774/31.03.2023	3 x 0,5 = 1.5 p	1 grant
	I28.2.8. Membru echipă proiect / Decan FSMSS, CNFIS-FDI-2023-F-0069 – ”Cercetarea - din laboratoare către societate. Dezvoltarea capacitătii de cercetare a Universitătii „Vasile Alecsandri” din Bacău prin valorifIcarea apartenenței la ecosistemul CDI din Regiunea NE” (UBc-Lab-to-Life) https://scoaladevara.ub.ro/; contract 4728/31.03.2023	3 x 0,5 = 1.5 p	1 grant
	I28.2.9. Expert tehnic ”Dezvoltarea competențelor pentru profesiile viitorului prin digitalizare la UVABc”, Contract F-PNRR-GDU-1-2022-0106, code e-PNRR 1417575938, componenta C15 Educație, înregistrat la Ministerul Educației cu număr 14044/16.09.2022- PNRR (Planul Național de Redresare si Reziliență) – 17.770.772 lei – https://pnrr.ub.ro/	3 x 0,5 = 1.5 p	1 grant
	I28.2.10. Expert curriculum în proiectul CNFIS-FDI–2022-0528 - Adaptarea ofertei educaționale a Universității „Vasile Alecsandri” din Bacău la dinamica mediului economico-social, contract: 6954/02.05.2022	3 x 0,5 = 1.5 p	1 grant

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	I28.2.11. Expert curriculum în proiectul CNFIS-FDI-2020-0181 - Modernizarea structurilor și procedurilor de evaluare a calității activității didactice la Universitatea ”Vasile Alecsandri” din Bacău, http://didac.ub.ro/, contract: 7951/22.05.2020	3 x 0,5 = 1.5 p	1 grant
I29	Activitate de mentorat/îndrumare 29.1. Conducător științific/membru în comisia de îndrumare sau de evaluare a tezelor de doctorat (punctajul total la 29.1 este plafonat la maximum 10 puncte) 29.2. Mentor cu rol oficial de Îndrumare a unor cercetători postdoctorali	1/0.5 1	Doctorand/comisie Îndrumat
	Total punctaj I29	**6 x 1 p = 6 p**	**6 comisii**
	I29.1.1. Membru comisie de evaluare a tezei de doctorat (decizia rectorului UNEFS București 1425/25.02.2019)	1 x 1 p = 1 p	comisie
	I29.1.2. Membru comisie de evaluare a tezei de doctorat (decizia rectorului UNEFS București 7/12.01.2023)	1 x 1 p = 1 p	comisie
	I29.1.3. Membru comisie de evaluare a tezei de doctorat (decizia rectorului Universității AI Cuza Iași 17698/01.09.2023)	1 x 1 p = 1 p	comisie
	I29.1.4. Membru comisie de evaluare a tezei de doctorat (document din partea universității de Stat de Educație Fizică și Sport nr. 482/08-14/06.06.2024)	1 x 1 p = 1 p	comisie
	I29.1.5. Membru comisie de evaluare a tezei de doctorat (decizia directorului CSUD al Universității Naționale de Știință și Tehnologie Politehnica București 89/21.07.2025)	1 x 1 p = 1 p	comisie
	I29.1.6. Membru în comisia de îndrumare (document Consiliul Școlii Doctorale din I.O.S.U.D. -UNEFS., nr.5 /17.09.2020)	1 x 1 p = 1 p	comisie
I30	30.1. Inițierea sau coordonarea unor programe de studii universitare sau post-universitare 30.2. Publicarea unor cursuri universitare (nu pot fi punctate aici contribuţii ce au fost incluse la indicatorii I3, I7 sau I12) 30.3. Introducerea unor discipline noi în planul de învăţământ	2 1 0.5	Program Curs Disciplină
I31	Coordonarea unui centru sau laborator de cercetare, recunoscut de către Senatul Universităţii sau Consiliul Ştiinţific al Institutului de cercetare	2	Centru
I32	Evaluator proiecte/membru în Panel în competiţii internaţionale (m = 3)/naţionale (m = 1) de granturi de cercetare	1 x m	Ediţie competiţie
	Total punctaj I32	**3 p**	**Competiție**
	I32.1. Evaluator proiect international pentru Narodowe Centrum Nauki (National Science Centre Polonia) 2025/58/E/ST11/00359, SONATA BIS ID 656067, https://www.ncn.gov.pl/sites/default/files/listy-rankingowe/sonata-bis-15-lr.pdf (pagina 4, nr.20 / ST11)	1 x 3 p = 3 p	Competiție 2025
I33	Membru în grupul de experți 33.1. Comisii/consilii științifice sau organisme internaționale (de exemplu UNESCO, UNICEF, CIO, Federații internaționale pe ramuri de sport etc.) (m = 3) 33.2. Comisii/consilii științifice sau organisme naţionale (CNATDCU, CNCS, ANCS, ARACIS sau alt grup de lucru consultativ/de lucru la nivelul MENCS sau la nivel interministerial, alcătuit ca urmare a unui ordin emis de MENCS sau de către un alt for ministerial (m = 1)	1 x m	Comisie
I34	Furnizarea de servicii pentru beneficiarii externi ai instituției (cursuri sau programe de formare/perfecționare profesională în domeniu)	0,5	Pe curs avizat

Semnătura:

I35	35.1. Antrenor emerit/profesor emerit/maestru emerit al sportului/arbitru internațional/comisar/observator (se iau în calcul doar calitățile existente la data înscrierii în concurs) 35.2. Premii pentru activitatea sportivă acordate de către instituţii naţionale (MTS, MENCS, COSR) sau internaţionale 35.3. Performanţe ale sportivilor antrenaţi (JO, CM, JMU - locurile 1-5; CE, CN - locurile 1), creaţii pe linia sportului de performanţă, recuperării motrice şi funcţionale, kinetoterapiei şi kinetoprofilaxie (linii metodice/metodologii/strategii de pregătire pe ramuri de sport/probă sportivă recunoscute în comunitatea de specialişti/federaţii pe ramuri de sport); programe de profilaxie şi recuperare prin mijloace kinetice pentru diferite categorii de populaţie/grupe de vârstă/grupe profesionale/patologii) recunoscute de organisme profesionale şi/sau ştiinţifice naţionale şi internaţionale.	3/2/2	Pe titlu/premiu/activitate
	Total punctaj I35	**4 p**	**1 premiu / 1 activitate**
	I35.2.1. Diplomă de excelență a MEN, FSSU pentru promovarea activităților sportive universitare la nivel național (2015)	2 p	1 premiu
	I35.3.1. Creaţii pe linia sportului de performanţă, (linie metodică destinată educării echilibrului la copii selecționați pentru practicarea atletismului de performanță, anul competițional 2012-2013)	2 p	1 linie metodică

Aria A 1	**CRITERIU**	**INDICATORI ESENȚIALI**	**STANDARD PROFESOR / ABILITARE**	
			MINIMAL	**REALIZAT**
REALIZĂRI ȘTIINȚIFICE ***(A1)***	**C1**	I1	**6**	**235.83**
	C2	I3+I4	**24**	**36**
	C3	**TOTAL A1 (I1+……I15)**	**65**	**405.62**
VIZIBILITATE ***(A2)***	**C4**	I16	**4**	**115**
	C5	I27	**4**	**4,50**
	C6	**TOTAL A2 (I16+……I35)**	**55**	**321.10**
	C7	**TOTAL GENERAL**	**120**	**726.72**

Semnătura: