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Sava Mihai-Adrian Lista lucrărilor

A Cele mai relevante lucrări			
A1	Modele instructionale pentru optimizarea pregătirii psihice la judo	Sava M.A. Todor Raul	2023, Editura Risoprint, Cluj-Napoca, ISBN: 978-973-53-3044-6, 157 pagini
A2	Ghid cu programe de exerciții fizice profilactice	Sava M.A. Vulpe A.M. Voinea N.L. Ciuntea M.L. Pavel S.I. Gorgan C.M. Milon A.G. Antohe B.A.	2022, Editura RISOPRINT, Cluj-Napoca, ISBN 978-973-53-2971-6, 133 pagini.
A3	Turism montan și activități sportive de loisir	Drăgoi C.C. Sava M.A.	2022, Editura Risoprint, Cluj-Napoca, ISBN: 978-973-53-2880-1, 130 pagini
A4	Optimizarea pregătirii fizice specifice jocului de rugby tag pentru echipa reprezentativă a școlii	Cernat D.B. Sava M.A. Drăgoi C.C.	2021, Editura: RISOPRINT, Cluj-Napoca, ISBN 978-973-53-2753-8, 127 pagini
A5	Effects of Repeated Sprint Training in Hypoxia on Physical Performance Among Athletes: A Systematic Review	Milan Zelenovic1; Titta Kontro2; Tijana Stojanovic3; Dan Iulian Alexe4; Danijel Bozic1; Nikola Aksovic3; Bojan Bjelica1; Zoran Milanovic3 & Sava Mihai Adrian4	Int. J. Morphol., 39(6):1625-1634, 2021.p. 1625-1634, International Journal of Morphology 39(6):1625-1634, http://www.intjmorphol.com/volumen/vol-39-vol-39-7/ http://www.intjmorphol.com/wp-content/uploads/2021/11/art_14_396.pdf Accession Number WOS:000733224500019 ISSN 0717-9502 eISSN 0717-9367 IDS Number XS9MU
A6	Research regarding the practice of motor activities by military personnel during work hours and leisure time	Dobrescu T, Sava M.A.	Gymnasium – Scientific Journal of Education, Sports and Health, Bacău Volume XXI, Issue 1 Supplement, 2020, p. 76-90, Online ISSN: 2344-5645, Print ISSN: 1453-0201 https://gymnasium.ub.ro/index.php/journal/article/view/616/792 DOI: 10.29081/gsjesh.2020.21.1s.08 https://doi.org/10.29081/gsjesh.2020.21.1s.08
A7	Study regardind the manifestation of the explosive force to students aged 9-11 years old,	Sava M.A.	Gymnasium, Scientific Journal of Education, Sports and Health , Bacău, Issue 1, Vol. XIX /2018 , p. 63-79, Online ISSN: 2344-5645, Print ISSN: 1453-0201 https://gymnasium.ub.ro/index.php/journal/article/view/495/677 https://gymnasium.ub.ro/index.php/journal/issue/view/26

			DOI: 10.29081/gsjesh.2018.19.1.06 https://doi.org/10.29081/gsjesh.2018.19.1.06
A8	Study on the Importance of Attention and Combativity in Competitions at Judoka athletes for 11-13 Years	Sava M.A. Panaitescu A.M.	Gymnasium, Scientific Journal of Education, Sports and Health , , Issue 1, Vol. XVIII /2017 , Bacău (online) = ISSN 2344 – 5645 ISSN-L 1453-0201 http://www.gymnasium.ub.ro/index.php/journal/article/view/18 DOI: https://doi.org/10.29081/gsjesh.2017.18.1.15
A9	Study regarding the manifestation of the explosive force to judoka aged 14/16 years	Sava M.A.	Gymnasium, Scientific Journal of Education, Sports and Health , , No. 2 Supplement, Vol. XVI /2015 , Bacău (online) = ISSN 2344 – 5645 ISSN-L 1453-0201 http://www.gymnasium.ub.ro/index.php/journal/article/view/143
A10	The role of attention in the achievement of sport performance in judo	Mihailescu L, Sava M.A.	3rd World Conference on Psychology, Counselling and Guidance (WCPCG-2012), Scopus and ScienceDirect and submitted to Thomson Reuters Conference Proceedings Citation Index-Science (ISI Web of Science). ISSN 1877-0428Izmir, Turkey, 2013, http://www.sciencedirect.com/science/article/pii/S1877042813018119# DOI: https://doi.org/10.1016/j.sbspro.2013.06.737 WOS:000323984200239 ISSN 1877-0428
B Teza de doctorat			
B1	Titlul tezei " Strategii instructionale pentru optimizarea pregătirii psihice la judo " (susținută în data de 01.10.2011, în cadrul IOSUD, Universitatea din Pitești, coordonator prof.univ.dr. Liliana-Niculina MIHĂILESCU, confirmată prin Ordinul ministrului educației și cercetării nr. 6468 din 07.12.2011 și Diploma de Doctor Seria H Nr. 0002733 din 01.03.2012)		
C Brevete de invenție și alte titluri de proprietate industrială			
C1	-	-	-
D Cărți și capitole în cărți			
D1	Modele instructionale pentru optimizarea pregătirii psihice la judo	Sava M.A. Todor Raul	2023, Editura Risoprint, Cluj-Napoca, ISBN: 978-973-53-3044-6, 157 pagini
D2	Turism montan și activități sportive de loisir	Drăgoi Cristian- Corneliu Sava Mihai- Adrian	2022, Editura Risoprint, Cluj-Napoca, , ISBN: 978-973-53-2880-1, 130 pagini
D3	Ghid cu programe de exerciții fizice profilactice	Sava M.A Vulpe A.M. Voinea N.L. Ciuntea M.L. Pavel S.I. Gorgan C.M. Milon A.G. Antohe B.A.	2022, Editura RISOPRINT, Cluj-Napoca, ISBN 978-973-53-2971-6, 133 pagini.
D4	Optimizarea pregătirii fizice specifice jocului de rugby tag pentru echipa reprezentativă a școlii	Cernat Dragoș- Bogdan Sava Mihai- Adrian Drăgoi Cristian- Corneliu	2021, Editura: RISOPRINT, Cluj-Napoca, ISBN 978-973-53-2753-8, 108 pagini

D5	Optimizarea pregătirii psihice în judo. Considerații teoretice	Sava Mihai-Adrian	2014, Editura: Alma Mater, Bacău, ISBN 978-606-527-338-2, 116 pagini
D6	Teoria și practica judo-ului : curs studii de licență	Sava Mihai-Adrian	Editura: Alma Mater, Bacău 2015. ISBN 978-606-527-367-2, 113 pagini
D7	Teoria și practica judoului - Note de curs	Sava Mihai-Adrian	Editura: Alma Mater, Bacău 2014. ISBN 978-606-527-456-3, 137 pagini
E Articole/studii în extenso, publicate în reviste din fluxul științific internațional principal			
E1	Research on the effectiveness of the means of aerobic gymnastics on morphological indices	Vulpe Ana-Maria Dobrescu Tatiana Sava Mihai-Adrian	Gymnasium – Scientific Journal of Education, Sports and Health, Bacău Volume XXIII, Nr. 1, 2022, p. 159-169, Online ISSN: 2344-5645, Print ISSN: 1453-0201, BDI https://gymnasium.ub.ro/index.php/journal/article/view/669/841
E2	Study on the perception of tennis coaches in the northeastern region of romania regarding serve learning in children	CIUNTEA Mihai Lucian, SAVA Mihai Adrian , ZAHIU Mihaela	Journal of Sport and Kinetic Movement, No.39, vol I,2022, p. 29-37, pISSN:2286 –3524 ;eISSN-2286 –3524, BDI https://jskm.ro/images/pdfs/39volI/STUDY-ON-THE-PERCEPTION-OF-TENNIS-COACHES-IN-THE-NORTHEASTERN-REGION-OF-ROMANIA-REGARDING-SERVE-LEARNING-IN-CHILDREN.pdf https://doi.org/10.52846/jskm/39.2022.1.4
E3	Effects of Repeated Sprint Training in Hypoxia on Physical Performance Among Athletes: A Systematic Review	Milan Zelenovic1; Titta Kontro2; Tijana Stojanovic3; Dan Iulian Alexe4; Danijel Bozic1; Nikola Aksovic3; Bojan Bjelica1; Zoran Milanovic3 & Sava Mihai Adrian4	International Journal of Morphology 39 (6) : p. 1625-1634, ISSN 0717-9502 eISSN 0717-9367, ISI Accession Number WOS:000733224500019 IDS Number XS9MU http://www.intjmorphol.com/wp-content/uploads/2021/11/art_14_396.pdf http://www.intjmorphol.com/volumen/vol-39-vol-39-7/
E4	Study regarding the cognitive and motor skills development at the primary school students	Sava M.A. , Dobrescu T, Vulpe A,M, Verbuță A.	Gymnasium – Scientific Journal of Education, Sports and Health, Bacău Volume XXI, Issue 2 Supplement, 2020, p. 123-136, Online ISSN: 2344-5645, Print ISSN: 1453-0201, BDI http://www.gymnasium.ub.ro/index.php/journal/article/view/631/806 https://doi.org/10.29081/gsjesh.2020.21.2s.10
E5	Research regarding the practice of motor activities by military personnel during work hours and leisure time	Dobrescu T, Sava M.A.	Gymnasium – Scientific Journal of Education, Sports and Health, Bacău Volume XXI, Issue 1 Supplement, 2020, p. 76-90, Online ISSN: 2344-5645, Print ISSN: 1453-0201, BDI https://gymnasium.ub.ro/index.php/journal/article/view/616/792 https://doi.org/10.29081/gsjesh.2020.21.1s.08
E6	Study on the implementation of distributive attention on use of movement games to fourth class students	Sava M.A.	Bulletin of the Transilvania University of Brașov Series IX: Sciences of Human Kinetics • Vol. 13(62) No. 1 – 2020, p. 179-184, ISSN (Print): 2344–2026 ISSN (CD-ROM): 2344–2034 ISSN (Online): 2971 – 978X ISSN-L: 2344 – 2026 https://webbut.unitbv.ro/index.php/Series_IX/article/view/184/131

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E7	Study of improvement of distributive attention by using movement games for 3 rd grade students	Sava M.A.	Gymnasium, Scientific Journal of Education, Sports and Health , Bacău, No. 1 Supplement, Vol. XX /2019, p. 148-161, Online ISSN: 2344-5645, Print ISSN: 1453-0201, BDI https://gymnasium.ub.ro/index.php/journal/article/view/571/752 https://gymnasium.ub.ro/index.php/journal/article/view/571 https://doi.org/10.29081/gsjesh.2019.20.2.12
E8	Study regardind the manifestation of the explosive force to students aged 9-11 years old	Sava M.A. Panaitescu A.M	Gymnasium, Scientific Journal of Education, Sports and Health , Bacău, Issue 1, Vol. XIX /2018 , p. 63-79, Online ISSN: 2344-5645, Print ISSN: 1453-0201, BDI https://gymnasium.ub.ro/index.php/journal/issue/view/26 https://gymnasium.ub.ro/index.php/journal/article/view/495/677 https://doi.org/10.29081/gsjesh.2018.19.1.06
E9	Study on the Importance of Attention and Combativity in Competitions at Judoka athletes for 11-13 Years	Sava M.A. Panaitescu A.M.	Gymnasium, Scientific Journal of Education, Sports and Health , Bacău, Issue 1, Vol. XVIII /2017, p. 200-211, Online ISSN: 2344-5645, Print ISSN: 1453-0201, BDI https://gymnasium.ub.ro/index.php/journal/article/view/18/15 http://www.gymnasium.ub.ro/index.php/journal/article/view/18 https://doi.org/10.29081/gsjesh.2017.18.1.15
E10	Study on effectiveness of judo enforcement procedures in combat sports	Sava M.A. Panaitescu A.M.	Gymnasium, Scientific Journal of Education, Sports and Health , Bacău, No. 2 Supplement, Vol. XVII /2016, p. 237-248, Online ISSN: 2344-5645, Print ISSN: 1453-0201, BDI https://gymnasium.ub.ro/index.php/journal/article/view/42/38
E11	Study regarding the manifestation of the explosive force to judoka aged 14/16 years	Sava M.A.	Gymnasium, Scientific Journal of Education, Sports and Health , Bacău, No. 2 Supplement, Vol. XVI /2015, p. 149-160, Online ISSN: 2344-5645, Print ISSN: 1453-0201, BDI https://gymnasium.ub.ro/index.php/journal/article/view/143/136 http://www.gymnasium.ub.ro/index.php/journal/article/view/143
E12	Study on determining the level of combativity of judoka 11-14 years old	Sava M.A.	SPORT AND SOCIETY – Interdisciplinary Journal of Physical Education and Sports, Sport și Societate. Revista de Educație Fizică, Sport și Științe Conexede editată de Fundația Altius Academy - Facultatea de Educație Fizică și Sport din Universitatea „Alexandru Ioan Cuza” Iași, vol. 14 Special issue, 31.martie.2014, p. 193-205, pISSN: 1582-2168; eISSN: 2344-3693, BDI https://www.sportsisocietate.ro/articol/249 https://www.sportsisocietate.ro/arhiva
E13	The role of attention in the achievement of sport	Mihailescu L, Sava M.A.	3rd World Conference on Psychology, Counselling and Guidance (WCPCG-2012),

	performance in judo		Scopus and ScienceDirect and submitted to Thomson Reuters Conference Proceedings Citation Index-Science (ISI Web of Science). Procedia - Social and Behavioral Sciences 84 (2013) p. 1242 – 1249 ISSN 1877-0428 Izmir, Turkey, 2013, WOS:000323984200239 http://www.sciencedirect.com/science/article/pii/S1877042813018119#
E14	Study on the opinion of romanian coaches regarding the psychological factor in judo training	Sava M.A. , Ciuntea L.,	SPORT AND SOCIETY – Interdisciplinary Journal of Physical Education and Sports, Sport și Societate. Revista de Educație Fizică, Sport și Științe Conexe editată de Fundația Altius Academy - Facultatea de Educație Fizică și Sport din Universitatea „Alexandru Ioan Cuza” Iași, vol. 13, 2013, p. 78-87 pISSN: 1582-2168; eISSN: 2344-3693, BDI https://www.sportsisocietate.ro/articol/192 https://www.sportsisocietate.ro/arhiva
E15	Study regarding the explosive force at free fighting athletes aged 15-16 years old	Ungureanu N, Sava M.A. Panaitescu A.M.	Scientific report, series Physical education and sport, Pitesti – 2011, ISSN: 1453-1194, BDI, DOI:10.7752/pesh.2011.15173 http://sportconference.ro/scientific-report-series-physical-education-and-sport-vol-15-2011/
E16	The methodological conduct regarding the process of education of the capacity of concentrated attention for the 9-13 years old judoka	Mihailescu L, Sava M.A.	Scientific report, series Physical education and sport, Pitesti – 2011, ISSN: 1453-1194 , BDI, DOI:10.7752/pesh.2011.15108 http://sportconference.ro/scientific-report-series-physical-education-and-sport-vol-15-2011/
E17	Possibilities for determining the role of attention in the achievement in judo performance	Mihailescu L, Rață G. Sava M.A.	Journal of Physical Education and Sport ® (JPES), Pitesti, 11(4), Art 69, 2011, p.449 - 454, online ISSN: 2247 - 806X; p-ISSN: 2247 – 8051; ISSN - L = 2247 - 8051 , ISSN 1582-8131, © JPES, BDI http://efsupit.ro/images/stories/imgs/JPES/2011/12/13Art69.pdf http://efsupit.ro/index.php?view=article&catid=6:journal-menu&id=56:11-4-december
E18	Study regarding the students' belief that their chosen professional formation is the right one for them	Rață G. Rață B Rață M Sava M.A.	The Annals of ”Dunărea de Jos! University of Galați, Educație Fizică și Management în Sport, Galați, Fascicula, XV, 2011, pp. 14-19, ISSN 1454-9832, http://www.efms.ugal.ro/documente/2011_1_Part_1.pdf#zoom=80
E19	The results dynamics for the little girls' sprint events in the national track and field championship – indoor	Rață B. C. Rață G. Alexe D.I. Rață M. Sava M.A.	Ovidius University Annals, Series Physical Education and Sport / Science, Movement and health, Constanța, Vol. XI, ISSUE 2 Supplement, 2011, p. 421-425, ISSN 1224- 7359 http://www.analefeffs.ro/anale-feffs/2011/issue-2-supplement/pe-autori/20.pdf
E20	Comparison of times recorded in the 60 m flat and the 60 m hurdles finals at the juniors III national indoor championships 2010 and 2011	Rață B. Rață G. Alexe D. I. Sava M.A.	Journal of Physical Education and Sport ® - JPES, Pitești, 2011, 11(2), Art # 20, pp.142-148, 2011 E- ISSN 2066-2483 P-ISSN 1582-8131 © JPESISSN: 1582 – 8131, BDI http://efsupit.ro/images/stories/6.Bogdan_Rata.pdf

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E21	Comparison of the assessment induces values for the vertical take off height in athletes and non athletes	Rata Gloria, Rata B., Rata M., Alexe D., Sava M.A.	Scientific report series physical education and sport ISSN 1453-1194, Pitesti-2010 http://www.sportconference.ro/images/stories/buletin%20Volumul%201%202010.pdf
E22	Study on the expression of explosive force to judoka athletes aged 11-12 years	Sava M.A. Sava M, Panaitescu A M, Ungureanu N	3rd Annual International Conference Physical Education Sport and Health 19 – 20 november ISSN 1453-1194, Pitesti-2010 http://www.sportconference.ro/images/stories/buletin%20volumul%202%202010.pdf
E23	Study regarding the pupils options for performing free time activities in the rural environment	Dobrescu T Sava M.A.	The Annals of the University „Dunărea de Jos” Galați, PHYSICAL EDUCATION AND SPORT MANAGEMENT ISSN 1454-9832, Galati-2009 https://www.gup.ugal.ro/ugaljournals/index.php/efms/issue/view/10/2009-summary
E24	Study regarding the elaboration of a model of planning the training for handball special classes	Sava M.A. Dobrescu T	The Annals of the University „Dunărea de Jos”, Galati PHYSICAL EDUCATION AND SPORT MANAGEMENT ISSN 1454-9832, Galati-2009 https://www.gup.ugal.ro/ugaljournals/index.php/efms/issue/view/10/2009-summary
E25	Content of the model for heating at the children players of rugby-age particularities	Ungureanu N. Sava M.A.	Scientific report series physical education and sport, 2nd annual International conference: Physical education, sport and health 20th-22nd of November, ISSN: 1453-1194, Pitesti-2009 http://www.sportconference.ro/images/stories/buletin%20Vol%201%202009.pdf
E26	Possibilities to achieve the practise at physical education, classes V-VIII, the third link	Sava M.A. Sava M.	Medicina Sportivă Journal of Romanian Sports Medicine Society, Supplement 2. Physical exercises a complex and modern way to promote healthy living, Craiova 2009, p. 65, ISSN 1841-0162,22-25 October, http://cis01.central.ucv.ro/exercitiulfizic/2009/files/rogram.pdf

F Publicații în extenso, apărute în lucrări ale principalelor conferințe internaționale de specialitate

F1	Study regarding the involvement of the teachers of Physical Education and coaches in the continue preparation.	Sava M.A. Rata Gloria	The National Scientific Conference in the Science of Sport “ The use of the scientific research in the body activities” ISSN: 1842 – 4678, 24 October, Bucharest-2008
F2	The strategy of sport for all development in the community.	Sava M.A.	GYMNASIUM The journal of the Physical Education and Sport „Qualitativ strategies for improving of the academic educational system in a European vision ” Ed. Pim Iasi, ISSN 1453-0201, 28,29.November, Bacau-2008
F3	Sudy on the expression of explosive force to free fighting athletes aged 15-17 years	Sava M.A. Ciuntea L., Sava M., Panaitescu A.M.	Scientific studies and research of human performance within the european education system, May-4-5, ISBN 978-606-527-133-3, Bacau-2011
F4	International scientific conference perspectives in physical education and sport	Șalgău S. Sava M A	Ovidius Universiti Press, ISBN 978-973-614-501-8, Constanta-2010 (Book of Abstracts)

F5	International scientific conference perspectives in physical education and sport	Sava M A	Ovidius University Press, ISBN 978-973-614-501-8, Constanta-2010 (Book of Abstracts)
F6	International scientific conference perspectives in physical education and sport	Sava M A Sava M.	Ovidius Universiti Press, ISBN 978-973-614-501-8, Constanta-2009 (Book of Abstracts)
F7	Study regarding the recreative sport activities in preventing the obesity.	Gorgan C M Sava M A	International Conference of Physical Activity and Sport Sciences, CONTEMPORARY PARADIGMS OF SPORT SCIENCE, Ed. Risoprint, ISBN 978-973-751-926-9, Cluj – Napoca-2008
F8	Study regarding the need of psychologicial assistance at training and competitions of the junior I athletes in the individual sports and sport games.	Sava M A	The volume of the International Conference „Creativity and competition, european attributes of scientific and sport manifestation” Ed. „Dunărea de jos” Galați, ISBN 978-973-8937-44-4, Galați-2008
F9	Study Regarding the Development of the Speed of Reaction of Students from the IX-XII Classes.	Sava M A Gorgan C M	The Physical Education and Sport in Educația fizică și sportul în contemporaneity. ISSN 2065-7856, Bucuresti-2009
G Alte lucrări și contribuții științifice sau, după caz, din domeniul creației artistice			

Sava Mihai-Adrian