

## LISTĂ LUCRĂRI

- a) **CREȘTEREA CAPACITĂȚII LA EFORT PRIN DIRIJAREA ȘTIINȚIFICĂ A ANTRENAMENTULUI SPORTIV ÎN SCHI FOND ȘI BIATLON**, 2020, prof.univ.dr. Dobreanu Dan, Universitatea de Medicină, Farmacie, Științe și Tehnologie „George Emil Palade” din Târgu Mureș, „FOARTE BINE”-„MAGNA CUM LAUDE”.

b) **Cărți de specialitate**

**Martin Ștefan Adrian**, Tarcea Monica. Nutriția Sportivului. Editura University Press Tîrgu Mureș, 2015, 400 pagini, ISBN: 978-973-169-366-8, cod CNCs 210.

Martin-Hadmaș Roxana Maria, **Martin Ștefan Adrian**, Tarcea Monica. Ghid Practic de Nutriție Comunitară, Editura University Press Tîrgu Mureș, 2021, 216 pagini, ISBN: 978-973-169-737-6, cod CNCs 210.

c) **Capitole în volume colective**

Moldovan Geanina, Tarcea Monica, Ruța Florina, Fazakas Zita, Rus Victoria, **Martin Ștefan Adrian**, Cotruță Smaranda, Hadmaș Roxana Maria, Conțiu Liana. Ghid Practic de Alimentație în Colectivități (Intervenții Nutriționale Comunitare), Editura University Press Tîrgu Mureș, 2015, 178 pagini, cod CNCs 210).

d) **Articole Publicate în Extenso**

(1) **Articole publicate în reviste cotate ISI, cu factor de impact**

**Martin ȘA**, Martin-Hadmaș RM. Using an Electromyography Method While Measuring Oxygen Uptake to Appreciate Physical Exercise Intensity in Adolescent Cyclists: An Analytical Study. Medicina. 2021 Sep;57(9):948 (**IF: 2.430**).

Martin-Hadmaș RM, **Martin ȘA**, Romonți A, Mărginean CO. Anthropometric Development in Children: Possible Changes in Body Mass, Basal Metabolic Rate and Inflammatory Status. Children (Basel). 2021 May 28;8(6):455 (**IF: 2.863**).

Martin-Hadmaș RM, **Martin ȘA**, Romonți A, Mărginean CO. The Effect of Dietary Intake and Nutritional Status on Anthropometric Development and Systemic Inflammation: An Observational Study. International Journal of Environmental Research and Public Health. 2021 Jan;18(11):5635 (**IF: 3.390**).

**Martin SA**, Hadmas RM, Dobreanu D. Resting metabolic rate changes over 4 months of elite general roller ski training. Science & Sports. 2019 Sep 1;34(4):236–43 (**IF: 0.68**).

## **(2) Articole în reviste cotate ISI fără factor de impact**

Hadmaş RM, **Martin ŞA**, Mărginean CO Children anthropometric development: an analysis over food consumption and energy requirements - Gazzetta Medica Italiana - Archivio per le Scienze Mediche 2021 May;180(5):195-201.

Hadmaş RM, **Martin ŞA**, Mărginean O. Fat Consumption and Related Changes in Micronutrients Intake and Child Anthropometric Development. Bulletin of University of Agricultural Sciences and Veterinary Medicine Cluj-Napoca Food Science and Technology. 2020 Nov 18;77(2):1–9.

**Martin ŞA**, Hadmaş RM. Shooting performance under training load in biathlon - Gazzetta Medica Italiana - Archivio per le Scienze Mediche 2019 October;178(10):769-74.

**Martin SA**, Hadmaş RM. Individual Adaptation in Cross-Country Skiing Based on Tracking during Training Conditions. Sports. 2019 Sep;7(9):211.

**Martin SA**, Hadmas RM, Graur C. Effect of Single L-Carnitine Dose Over Lactate Production During High Intensity - Short Volume Effort. International Journal of Applied Exercise Physiology. 2019 Jun 20;8(2):1–7.

## **(3) Articole în reviste indexate BDI**

**Martin ŞA**, Hadmaş RM, Graur C. L-carnitine role in heart rate and blood lactate recovery following high intensity exercise-a double blind study following single doses. JHSRM. Dec 2020, 21(4):210- 216.

Martin-Hadmaş RM, **Martin ŞA**, Romonţi A, Mărginean CO. Dietary aspects related to height growth rate and the risk of malnutrition in children. JHSRM. March 2021, 22(1):4-8.

Graur C, **Martin ŞA**, Hadmaş RM. Warm-up routines: performance assessment following both an active and a combined method in basketball players. JHSRM. Sep 2019, 20(3):103-109

Maftei A, Hadmaş RM, **Martin ŞA**. Urinary parameters' evolution during junior male water polo microcycle training. PM3, March 2018, 19(1):13-16.

**Martin ŞA**, Hadmaş RM, Dobreanu D. Non-specific maximal testing results, under certain training conditions, can be associated with roller skiing performances during a competitive 5K event. PM3. 2018 Sept 19(3):141-146.

Maftei A, Hadmaş RM, **Martin ŞA**. Menu structure for children and youth

swimmers during micro- cycle training. PM3. 2018 Sept 19(3):176-180.

Hadmaş RM, Neghirlă A, **Martin ŞA**. Evolution of kindergartens food plan, with and without dietetic intervention. The Journal Of School And University Medicine. 2018 January 5(1): 16-21.

Hadmaş RM, Neghirlă A, **Martin ŞA**. Children's nutrition specificity related to general sporting activities practiced in kindergartens. PM3. Dec 2017, 18(4): 196-200.

**Martin ŞA**, Tomescu V. Energy systems efficiency influences the results of 2,000 m race simulation among elite rowers. Clujul Med. 2017;90(1):60–5.

Hadmaş RM, **Martin ŞA**, Erdös MI. Do Kindergartens With Extended Schedule Cover the Caloric and Macronutrients Needs of the Preschoolers? Management in Health [Internet]. 2016 Jul 10;20(3).

**Martin ŞA**, Tomescu V, Hadmaş RM. Can age influence the energy demands of the elite athlete during high intensity exercise?. PM3 Sep 2016 17(3):199-204.

**Martin ŞA**, Tomescu V. The Respiratory Exchange Ratio in Athletes' Nutritional Practice. AMT. June 2016, 21(2): 57-60.

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**Martin ŞA**, Tomescu V, Hadmaş RM. Effects of menstrual period on daily energy demands in a group of elite female rowers. Medicina Sportiva - Journal of the Romanian Sports Medicine Society. Jan 2016. 12(1): 2709-2714.

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**Martin ŞA**. Tomescu V, Hadmaş RM. The amount of lipids used during maximal effort will be influenced through aerobic exercise capacity. Medicine in Evolution. 2016, 12(2):301 – 309.

Hadmaş RM, **Martin ŞA**, Erdös MI. The influence of kindergartens with extended schedule budget on the amount of macronutrients consumption among preschoolers. Medicine in Evolution. 2016, 12(3):310 – 315.

Hadmaş RM, Neghirlă A, **Martin ŞA**. The influence of physical activity on pregnancy evolution and the newborn's weight. PM3. Mar 2016, 17(1):19-22.

**Martin ŞA**, Tomescu V. The Efficiency of Energy Recovery in an Elite Rowing Group. PM3. Mar 2016, 17(1):35-38.

**Martin ŞA**, Tarcea M. The relationship between exercise parameters, body weight, and nutritional habits of junior handball players. PM3. Nov 2015, 16(4): 329-332.

**Martin ŞA**, Tarcea M. Consequences of lack of education regarding nutrition among young athletes. PM3. Sep 2015, 16(3):241-246.