

LISTA LUCRĂRI

Lector dr. CIULEA LAURA

A. Teza de doctorat

- Titlul tezei **OPTIMIZAREA FITNESS-ULUI LA JUCĂTOARELE DE VOLEI, JUNIOARE I, PRIN IMPLEMENTAREA UNUI PROGRAM ADAPTAT DE GIMNASTICĂ AEROBICĂ ȘI FUNCTIONAL TRAINING**, 2015, conducător științific Prof.dr. Dragos BONDOC-IONESCU, domeniul Educație Fizică și Sport, Universitatea Transilvania din Brașov, Facultatea de Educație Fizică și Sporturi Montane, calificativ: "MAGNA CUM LAUDE"

B. Cărți de specialitate

1. **Adela Badau, Barna Csifo Szabo, Laura – Edit Ciulea** - *Activități motrice adaptate*, Editura RISOPRINT, Cluj Napoca, 2022, 978-973-53-2851-1, Cod CNC SIS 178
2. **Laura- Edit Ciulea**- *Fitness și gimnastică aerobică*, Editura RISOPRINT, Cluj Napoca, 2020, pg. 90, ISBN:, 978-973-53-2499-5, cod CNC SIS 178
3. Ioan Burcă, Florin Țurcanu, **Laura Ciulea** – *Volei în kinetoterapie*- Editura G.M.I., Cluj – Napoca, 2009, pg. 128, ISBN: 978-973-1776-19-4, cod CNC SIS 6

C. Articole publicate în extenso

Articole publicate în reviste ISI cu factor de impact

Badau, A., Szabo-Csifo, B., **Ciulea, L.**, Alexandrescu, R., & Badau, D. (2021)- *The Effects Induced by a Specific Program on the Development of Segmental Flexibility in Athletes Aged 7-14 in Synchronized Swimming. Children (Basel, Switzerland)*, 9(1), 17.
<https://doi.org/10.3390/children9010017>

Articole în reviste indexate BDI

1. **Laura Edit Ciulea**, Andreea Romana Ban, Eniko Gabriela Papp, Barna Szabo- Csifo- The importance of soft skills in fitness specific activities, Revista română de kinetoterapie, Vol. 27/ Nr.47/ Decembrie 2021, pp. 25-33, ISSN 1224-6220
https://revrokineto.uoradea.ro/27_47.html
2. Szabo Dan Alexandru, Făgăraș Pia Simona, **Ciulea Laura**, Sopa Ioan Sabin- *Use of the 30 m Acceleration Test for Predicting Results at Athletic Tests of Speed on 60, 100 and 200 m in Children with a Range of 10 to 11 Years*, Studia Universitatis Babes-Bolyai, Educatio Artis Gymnasticae, Vol. 64(LXIV), nr. 4, 2019, pp. 43 – 58, ISSN (print): 1453-4223
<http://studia.ubbcluj.ro/download/pdf/1284.pdf>
3. Turcanu, F., Fagaras, S. P., Turcanu, D. S., Pacuraru, A., & **Ciulea, L. E.** *Recovery Following a Posterior Hemivertebrectomy through Swimming and Schroth Therapy*, LUMEN Proceedings, 2020, 12, pp. 327-334, ISSN (print): 2601 – 2510
<https://proceedings.lumenpublishing.com/ojs/index.php/lumenproceedings/article/view/311>
4. **Ciulea Laura**, Szabo Barna - Improving students' functional capacity by introducing aerobics in the warm up part of physical education lessons, Studia Universitatis Babes-Bolyai, Educatio Artis Gymnasticae, 2019, Vol. 64(LXIV) nr. 1, pp. 45 - 53 ISSN (print): 1453-4223
<http://studia.ubbcluj.ro/download/pdf/1226.pdf>
5. Țurcanu, Florin, Turcanu, Dana Simona, **Ciulea, Laura Edith** - *Study Case Regarding the Role of the Physical Exercise and Physical Therapy Following a Posterior Hemivertebrectomy: Weeks 1-18*, G Y M N A S I U M, Scientific Journal of Education, Sports, and Health, 2018, Vol. XIX, Issue 1 Supplement, pp. 140-151,
<https://gymnasium.ub.ro/index.php/journal/article/view/514/698>
6. Simona Szasz, **Laura Edit Ciulea**, Tunde Aliz Bako, Margit Szekely Varga, Gabriela Eniko Papp - *Functional improvement of the shoulders in people with special needs, using adapted volleyball*, STUDIA UNIVERSITATIS "VASILE GOLDIS" Seria Educație Fizică și Kinetoterapie, Revistă semestrială, decembrie 2017, vol. 6, Nr. 2 (12), pp. 98-103, ISSN 2284-7324,

<https://publicatii.uvvg.ro/index.php/seriaefkt/issue/view/48>

7. Simona Szasz, **Laura Edit Ciulea**, Tunde Aliz Bako, Gabriela Eniko Papp-*Optimization the postnatal recovery period using the Pilates method*, STUDIA UNIVERSITATIS "VASILE GOLDIS" Seria Educație Fizică și Kinetoterapie, , Editura "Vasile Goldiș" University Press Arad, ISSN 2284-7324, vol. 6, Nr. 1 (11), iunie 2017, pp. 79-85, <https://publicatii.uvvg.ro/index.php/seriaefkt/issue/view/47>
8. Bianca-Eugenia Ósz , Amelia Tero-Vescan , Silvia Imre , **Laura Ciulea** , Paul Bosa , Camil-Eugen Vari- Reproductive function and a menstrual cycle linked diet in sportswomen, Revista PALESTRICA MILENIULUI III CIVILIZAȚIE ȘI SPORT, January-march 2017, Vol. 18 , no. 1., pp. 42-45, ISSN-L 1582-1943, <http://pm3.ro/pdf/67/12%20-%20osz%20%20%20%2042-45.pdf>
9. Gabriela Eniko Papp, Barna Csifo-Szabo, **Laura Edit Ciulea** - *Physical activities adapted to children whith special educational needs*, STUDIA UNIVERSITATIS "VASILE GOLDIS" Seria Educație Fizică și Kinetoterapie, Editura "Vasile Goldiș" University Press Arad, decembrie 2016; vol. 5, Nr. 2 (10), pp. 22-28, ISSN 2284-7324 <https://publicatii.uvvg.ro/index.php/seriaefkt/article/view/499>
10. Amalia Miklos, **Laura Ciulea**, Camil Eugen Vari, Silvia Imre, Bianca Eugenia Ósz, Amelia Tero-Vescan, *The efficiency and safety of L-carnitine and caffeine after short- and long-term administration*, Revista Palestrica Mileniului III- Civilizație și sport, pISSN 1582-1943, Vol. 17, No. 3, July-September 2016, p.229-332, <http://pm3.ro/pdf/65/ro/13%20-%20miklos%20%20%20%20229-232.pdf>
11. **Laura Edit Ciulea**, Barna Szabó-Csifó- *Increasing the Attractiveness of Physical Education Classes For Medical Students at UMF Tg. Mureș by Way of Introducing New Specific Means of Functional Training*, Studia Universitatis Babes-Bolyai, Educatio Artis Gymnasticae, 2016, Volume 60 (LXI), pp. 5–15, ISSN (print): 1453-4223; <http://studia.ubbcluj.ro/download/pdf/888.pdf>
12. Barna, Szabo-Csifo, **Laura Edit Ciulea** – *Study about the Evolution of the Skiing resort in Central Group of Eastern Carpathians on the Past 10 Years*, Studia Universitatis

Babes-Bolyai, Educatio Artis Gymnasticae, 2016, Volume 60 (LXI), pp 35-41, ISSN (print): 1453-4223

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13. **Laura Ciulea**, Ioan Burca - *Physical training, an important factor in the training of junior female volleyball players*, Palestrica of the third millennium – Civilization and Sport, July-September 2015, Vol. 16, no. 3, pp.223-227, pISSN 2601 – 2537, <http://pm3.ro/pdf/61/RO/09%20-%20ciulea%20%20%20%20223-227.pdf>

14. **Laura Ciulea**, Dragoş Bondoc Ionescu, Ioan Burcă - *Functional training impact on the cardiovascular adaptation to exercise of junior female volleyball players*, Palestrica of the third millennium Civilization and sport, October-December 2014, Vol. 15, no. 4, pp 301-306, pISSN 2601 – 2537 <http://pm3.ro/pdf/58/RO/09%20-%20ciulea%20301-306.pdf>

15. **Ciulea Laura**, Szabo Barna, *The Role of The Functional Training in Optimising the Motric Capacity of Junior Female Teams I-Volleyball*, Studia Universitatis Babes-Bolyai, Educatio Artis Gymnasticae, ISSN (print): 1453-4223, ISSN (online): 2065-9547; Volume LIX, 4, 2014, pp. 17 – 25, <http://www.studia.ubbcluj.ro/download/pdf/888.pdf>

16. Barna, Szabo-Csifo, **Edit, Ciulea Laura** - Comparative Study About The Physical Education Activity Among Students Between Two Universities In Tîrgu Mureş, Studia Universitatis Babes-Bolyai, Educatio Artis Gymnasticae, 2014, Volume Vol. LIX, 4, p73-80, ISSN (print): 1453-4223; <http://studia.ubbcluj.ro/download/pdf/888.pdf>

D. Articole publicate în rezumat la conferințe internaționale și naționale

1. Tero - Vescan Amelia, Vari CE, Imre Silvia, Osz B.E., Filip C., **Ciulea Laura** - *Biochemical markers modified in athletes- Homocysteine and omega -3 index* , Acta Medica Marsiensis, vol. 62, Supplement 7, 2016, Book of Abstracts, 2-3 noi.2016, ISSN-L 2068-3324
2. Tero - Vescan Amelia, Vari CE, Imre Silvia, **Ciulea Laura** - *Modifiable cardiovascular risk factors through diet in athletes*, Acta Medica Marsiensis, vol. 61, Supplement 8, 2015, Book of Abstracts, 11 Dec.2015, ISSN-L 2068-3324

3. Amelia Tero Vescan , **Ciulea Laura** - *Tehnici calitative și cantitative de analiză a suplimentelor alimentare pentru sportive*, Conferinta Nationala de Nutritie Sportiva, Tirgu –Mures, Acta Medica Marsiensis, vol. 61, Supplement 6, 2015, Book of Abstracts, 28-31 oct.2015, ISSN-L 2068-3324
4. Tero-Vescan A, Vari CE, **Ciulea L**, Filip, Imre S, - *Screening by HPLC-UV of legal substances (caffeine and yohimbine) and illegal substances (ephedrine and sibutramine) from weight loss dietary supplements for athletes*, , *Phytochemicals in Medicine and Pharmacognosz, Phytochemical society of Europe Meeting, Piatra Neamt, Romania, 27-30 aprilie 2014*, Book of abstracts, P-54, ISBN 13 978-0-9565472-4-8.
5. **Ciulea Laura Edit**, Ungur Ramona - *Optimising Physical Training In Volleyball Through An Adapted Functional Training Programe*, 1st International Conference, 26-27 April, ICHMS 2013, Book of abstract, Acta Medica Marisiensis, Volume 59 Supliment 2/2013, pp 10, Issn-L 2068-3324,
6. Ungur Ramona, **Ciulea Laura**, Bădău Adela- *Efficiency Optimization Of Volleiball Service With Help Of Servo-Volley Platform*, 1st International Conference, 26-27 April, ICHMS 2013, Book of abstract, Acta Medica Marisiensis, Volume 59 Supliment 2/2013, pp 9, Issn-L 2068-3324, Issn 2068-3324
7. **Ciulea Laura** , Ionescu Bondoc Dragos - *The Influence Of Modern Technology On The Efficiency Of The Serve In Volleyball*, International Sceintific Conference “Effects of Physical Activities Application to Antropological Status with Children, Youth and Adults”, Belgrad, 11-12 December 2012, Book of Abstracts , pp.93 ISSN 978-86-80255-92-7.
8. **Ciulea Laura**, Ungur Ramona- *Functional Training -An Optimal Alternative To General Physical Preparation Of Junior I Volleyball Players- The 19th “George Baritiu” University - International Conference On CONTROL, DEVELOPMENT and APPLIED INFORMATICS in BUSINESS and ECONOMICS*, Brasov, Romania, 22-23 November, 2012, (CDAIBE’12), Editura Didactică și Pedagogică”Publishing House, Bucharest-Romania, 2012, ISSN 2069 –7929 ISSN-L 2069 –7929

E. Alte lucrări și contribuții științifice

1. **Ciulea Laura**, Graur Cristian, Szabo Csifo Barna (2021) - *Caiet de practică pedagogică-îndrumar pentru lucrări practice – învățământ liceal*, Editura Univerity Press Tîrgu Mureș, 29 pg.
2. Ungur Ramona, **Ciulea Laura** (2021) – *Expresie corporală și euritmie – note de curs*, Editura Univerity Press Tîrgu Mureș
3. Burcă Ioan, Szabo Barna, **Ciulea Laura** (2013) - *Atletism – Teoria și tehnica probelor*, Editura Univerity Press Tîrgu Mureș, 178 p.
- 2 Burcă Ioan, Szabo Barna, **Ciulea Laura**(2010) – *Atletism 1, note de curs*, U.M.F. Târgu Mureș, 162 p.
- 3 Burcă Ioan, Szabo Barna, **Ciulea Laura**(2010) – *Atletism 2, note de curs*, U.M.F. Târgu Mureș, 135 p.
- 4 Țurcanu Florin, **Ciulea Laura**, Țurcanu Dana Simona, (2010)- *Volei adaptat în kinetoterapie*, An I, BFK și Recuperare, Note de curs, Litografiat UMF, 114 pg.

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