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Lista contribuţiilor ştiinţifice şi de cercetare

A	**Teza de doctorat**			
	A1	**Strategii instrucționale pentru optimizarea pregătirii psihice la judo** DOCTOR ÎN ŞTIINŢE ALE EDUCAŢIEI în cadrul IOSUD, Universitatea din Piteşti, ordin de ministru nr. **6468 din 100 07.12.2011.**		
B	**Cărţi publicate în edituri naţionale, recunoscute CNCS, internaţionale şi capitole în cărţi (articole în volume cu ISBN)**			
	B1	**Teoria şi practica judoului - Note de curs**	**Sava Mihai-Adrian**	Editura: Alma Mater, Bacău 2014. ISBN 978-606-527-456-3
	B2	**Optimizarea pregătirii psihice în judo. Consideraţii teoretice**	**Sava Mihai-Adrian**	Editura: Alma Mater, Bacău 2014. ISBN 978-606-527-338-2
	B3	**Teoria şi practica judo-ului : curs studii de licenţă**	**Sava Mihai-Adrian**	Editura: Alma Mater, Bacău 2015. ISBN 978-606-527-367-2
	B4	**Optimizarea pregătirii fizice specifice jocului de rugby tag pentru echipa reprezentativă a şcolii**	Cernat Dragoș-Bogdan **Sava Mihai-Adrian** Drăgoi Cristian-Corneliu	Editura: RISOPRINT, Cluj-Napoca 2021. ISBN 978-973-53-2753-8
	B5	**Turism montan și activități sportive de loisir**	Drăgoi Cristian-Corneliu **Sava Mihai-Adrian**	Editura Risoprint, Cluj-Napoca, 2022, ISBN: 978-973-53-2880-1,
	B6	**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.
	B7	**Modele instrucționale pentru optimizarea pregătirii psihice la judo,**	**Sava M.A.,** Todor Raul	Editura Risoprint, Cluj-Napoca, 2023, 157 pagini, ISBN: 978-973-53-3044-6,
D	**Articole in-extenso publicate în reviste indexate BDI sau în volumele „proceedings” indexate BDI**			
	D1	Physical Activity and Mental Health After COVID-19 Recovery: Age and Sex Differences	Miloš Stamenkovi´c 1, Saša Panteli´c 1 , Saša Bubanj 1,* , Emilija Petkovi´c 1 , Bojan Bjelica 2 , Nikola Aksovi´c 3, Lazar Toski´c 3,4 , Constantin Sufaru 5 , Gabriel-Stănică Lupu 5 , Daniel-Lucian Dobreci 5, Tatiana Dobrescu 5,*	*Life* **2025**, *15*(4),531; https://doi.org/10.3390/life15040531 (registering DOI) Manuscript ID life-3517449, DOI-10.3390/life15040531, Website: https://www.mdpi.com/2075-1729/15/4/531 PDF Version: https://www.mdpi.com/2075-1729/15/4/531/pdf Submission received: 21 February **2025** / Revised: 15 March 2025 / Accepted: 22 March 2025 / Published: 24 March **2025** **WOS**:001476647200001

			and **Mihai-Adrian Sava 5**	**PubMed ID** 40283086 **eISSN** 2075-1729 **IDS Number** 1YL9Y
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	D3	Effect of Iliotibial Band Myofascial Release Combined with Valgus Correction Exercise on Pain, Range of Motion, Balance, and Quality of Life in Patients with Grade II Knee Osteoarthritis: A Randomized Clinical Trial	Nouman, M (Nouman, Mubashra) [1] ; Shabnam, J (Shabnam, Javeria) [1] ; Anwar, S (Anwar, Sahreen) [2] ; Perveen, W (Perveen, Wajida) [3] , [4] ; Alexe, DI (Alexe, Dan Iulian) [5] ; Sánchez-Gómez, R (Sanchez-Gomez, Ruben) [6] , [7] ; Sava, MA (Sava, Mihai Adrian) [8] ; Alexe, CI (Alexe, Cristina Ioana) [8]	Life **2024**, 14, 1379. https://doi.org/10.3390/life14111379 www.mdpi.com/journal/life **WOS**:001366411400001 **PubMed ID** 39598178 **eISSN** 2075-1729 **IDS Number** N7X2C
	D4	The Impact of Cultural Values on Sporting Excellence: A Study of Nations Worldwide	**Mihai-Adrian Sava** Nicolae Joldes Stelian Olar	International Journal of Academic Research in Business and Social Sciences, ISSN: 2222-6990,t, p.770-784, Vol 14, Issue 9, **2024** http://dx.doi.org/10.6007/IJARBSS/v14-i9/22297 DOI:10.6007/IJARBSS/v14-i9/22297
	D5	Study regarding the use of fitness exercises during middle school physical education classes	Ciocan Vasile Cătălin, **SAVA Mihai-Adrian**	ANNALS OF "DUNAREA DE JOS" UNIVERSITY OF GALATI FASCICLE XV ISSN 2784 – 2495, ISSN - L 2784 – 2495, p. 73-80, vol. I, **2023** https://www.gup.ugal.ro/ugaljournals/index.php/efms/article/view/6201/5335 DOI: 10.35219/efms.2023.1.07 *EFMS* is indexed in the following databases: Crossref, CiteFactor, Directory of Research Journals Indexing (DRJI), EBSCO SPORTDiscuss with Full text, Index Copernicus, SCIPIO, Ulrich. *EFMS* is also indexed in the following library catalogs: Biblioteca Electrónica de Ciencia y Tecnología (Argentina), National Library of Australia, Universitätsbibliothek Leipzig, Universitätsbibliothek RWTH Aachen University, University of Brighton Library Catalogue, University of Saskatchewan, University of Zürich, UTS Library Catalogue, WorldCat.
	D6	Study on the perception of	CIUNTEA Mihai	Journal of Sport and Kinetic Movement, No.39, vol I,**2022**

		tennis coaches in the northeastern region of romania regarding serve learning in children	Lucian, **SAVA Mihai Adrian,** ZAHIU Mihaela	https://doi.org/10.52846/jskm/39.2022.1.4 https://jskm.ro/images/pdfs/39volII/STUDY-ON-THE-PERCEPTION-OF-TENNIS-COACHES-IN-THE-NORTHEASTERN-REGION-OF-ROMANIA-REGARDING-SERVE-LEARNING-IN-CHILDREN.pdf
	D7	Efficiency of Aerobic Gymnastics Means regarding the Improvement of Morphological Indices	Vulpe Ana-Maria Dobrescu Tatiana **Sava Mihai-Adrian**	GYMNASIUM**,** [S.l.], Vol. XXIII, Issue1, p. 159-169, june **2022** ISSN 2344-5645, Index: Index Copernicus, J-Gate, DOAJ Ulrich's, EBSCO SPORTDiscus with Full Text, ProQuest, Scipio, Erih Plus, CrossRef, Google Scholar, WorldCat Available at: https://gymnasium.ub.ro/index.php/journal/article/view/669/841 https://doi.org/10.29081/gsjesh.2022.23.1.10
	D8	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**
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	D10	Research regarding the practice of motor activities by military personnel during work hours and leisure time	Dobrescu T, **Sava M.A.,**	**GYMNASIUM**, [S.l.], v. XXI, n. 1 (Supplement), p. 76-90, june **2020**. ISSN 2344-5645. Available at: <http://www.gymnasium.ub.ro/index.php/journal/article/view/616>. Date accessed: 17 sep. 2021 **DOI:** https://doi.org/10.29081/gsjesh.2020.21.1s.08 **http://www.gymnasium.ub.ro/index.php/journal/article/view/616**
	D11	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 Braşov Series IX: Sciences of Human Kinetics • Vol. 13(62) No. 1 – 2020 https://doi.org/10.31926/but.shk.2020.13.62.1.23 https://webbut.unitbv.ro/index.php/Series_IX/article/view/184**
	D12	Study of improvement of distributive attention by using movement games for 3rd grade students	**Sava M.A.**	Gymnasium, Scientific Journal of Education, Sports and Health , , No. 1 Supplement, Vol. XX /2019, Bacău (online) = ISSN 2344 – 5645 Issn-l 1453-0201 https://gymnasium.ub.ro/index.php/journal/article/view/571
	D13	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 , , Issue 1, Vol. XIX /2018 , Bacău (online) = ISSN 2344 – 5645 ISSN-L 1453-0201

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	D14	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
	D15	**Study on effectiveness of judo enforcement procedures in combat sports**	**Sava M.A.** Panaitescu A.M.	**Gymnasium**, **Scientific Journal of Education, Sports and Health ,** , No. 2 Supplement, Vol. XVII /2016 , **Bacău** **(online) = ISSN 2344 – 5645** **ISSN-L 1453-0201** **http://www.gymnasium.ub.ro/index.php/journal/article/view/42**
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	D17	**Study on determining the level of combativity of judoka 11-14 years old**	**Sava M.A.**	**Sport şi Societate. Revista de Educaţie Fizică, Sport şi Ştiinţe Conexe** editată de Fundaţia Altius Academy - Facultatea de Educaţie Fizică şi Sport din Universitatea „Alexandru Ioan Cuza” **Iaşi**, vol. 14 Special issue, 31.martie.**2014** p-ISSN 1582-2168, **http://www.sportsisocietate.ro/articol/studiu-privind-determinarea-nivelului-combativitii-la-judoka-de-11-14-ani/249**
	D18	**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 1877-0428**Izmir, Turkey, 2013,** **http://www.sciencedirect.com/science/article/pii/S1877042813018119#** WOS:000323984200239 **ISSN 1877-0428**
	D19	**Study on the opinion of romanian coaches regarding the psychological factor in judo training**	**Sava M.A.** Ciuntea L.,	**Sport şi Societate. Revista de Educaţie Fizică, Sport şi Ştiinţe Conexe** editată de Fundaţia Altius Academy - Facultatea de Educaţie Fizică şi Sport din Universitatea „Alexandru Ioan Cuza” **Iaşi**, vol. 13 p-ISSN 1582-2168, **2013** **http://www.sportsisocietate.ro/articol/studiu-privind-opinia-antrenorilor-rom-ni-n-legtur-cu-factorul-psihologic-al-antrenamentului-la-judo/192**
	D20	**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, ISSN: 1453-1194, BDI, Pitesti - 2011** **http://www.sportconference.ro/images/stories/187. Ungureanu.pdf**

	D21	**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, ISSN: 1453-1194 , BDI, Pitesti - 2011** **http://www.sportconference.ro/images/stories/118.Mihilescu_Liliana.pdf**
	D22	**Posibilities for determining the role of attention in the achievement in judo performance**	Mihailescu L, Raţă G. **Sava M.A.**	**Journal of Physical Education and Sport ® (JPES), 11(4), Art 69, pp.449 - 454, 2011 online ISSN: 2247 - 806X; p-ISSN: 2247 – 8051; ISSN - L = 2247 - 8051 , ISSN 1582-8131, © JPES, BDI Pitesti – 2011** **http://efsupit.ro/images/stories/imgs/JPES/2011/12/13Art69.pdf**
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	D24	**The results dynamics for the little girls' sprint events in the national track and field championship – indoor**	Raţă B. C. Raţă G. Alexe D.I. Raţă M. **Sava M.A.**	**Ovidius University Annals, Series Physical Education and Sport / Science, Movement and health,Vol. XI, ISSUE 2 Supplement, 2011, Constanța** **http://www.analefefs.ro/anale-fefs/2011/issue-2-supplement/paper-abstracts-and-text.pdf**
	D25	**Comparision of times recorded in the 60 m flat and the 60 m hurdles finals at the juniors III national indoor championships 2010 and 2011**	Raţă B. Raţă G. Alexe D. I. **Sava M.A.**	**Jurnal of Physical Education and9Sport , Volume 11, Issue 2 ISSN: 1582 - 8131 Pitești 2011** **http://efsupit.ro/images/stories/6.Bogdan_Rata.pdf**
	D26	**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**
	D27	**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**
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	D29	**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** **http://www.ann.ugal.ro/efms/Documente/cuprins+coperta.pdf**
	D30	**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%20I%202009.pdf**
	D31	**Possibilities to achieve the practise at physical**	**Sava M.A.** Sava M.	**Medicina Sportivă Journal of Romanian Sports Medicine Society, Supplement 2.**

		education, classes V-VIII, the third link		**Physical exercisees a complex and modern way to promote healthy living, ISSN 1841-0162,22-25 October, Craiova 2009 http://cis01.central.ucv.ro/exercitiulfizic/2009/files/program.pdf**

G	**Alte lucrări şi contribuţii ştiinţifice**			
	G1	**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**
	G2	**The strategy of sport for all development in the comunity.**	**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**
	G3	**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**
	G4	**International scientific conference perspectives in physical education and sport**	Şalgău S. **Sava M A**	**Ovidius Universiti Press, ISBN 978-973-614-501-8, Constanta-2010 (Book of Abstracts)**
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	G6	**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)**
	G7	**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**
	G8	**Study regarding the need of psychologicall 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" Galaţi, ISBN 978-973-8937-44-4, Galati-2008**
	G9	**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 Educaţia fizică şi sportul în contemporaneity. ISSN 2065-7856, Bucuresti-2009**

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