

Lecturer Lucian Popa

PAPERS

1. Algorithmic training of 4th grade gymnasts
2. Algorithmic programming of „TZUKAHARA” vault stretched with 2 ½ turn (720 degrees)
3. Selection in men artistic gymnastics – specific evaluation tests
4. Methodology and techniques of action in teaching „TKACEV” on high bar
5. Teaching the „DIAMIDOV-HEALY” swing on parallel bars
6. Algorithmic programming of „GIENGER” release on high bar
7. Some influences on bodily development of Aurel Vlaicu University women students: a mixed training gymnastics-sports games- aerobics
8. Modern training in men artistic gymnastics
9. Selection – characteristics and particularities in men artistic gymnastics
10. Methodology for guiding and selection the kids for men artistic gymnastics
11. Effort particularities for beginners in men artistic gymnastics
12. A study guide for little gymnasts` joint mobility development
13. A study concerning the technical training in high performance of the men artistic gymnastics
14. Coordination development at junior artistic gymnasts, level 1 and 2
15. Methodology sheet: from, structure and function
16. Aspects of descent methods and biomechanical by triple jump back to bar fixed male gymnastics

BOOK PUBLISHED

1. Acrobatic gymnastics and jumping in classes

THESIS TITLE

1. Some aspects concerning selection and effort dynamics for beginners (6-8 years) in men artistic gymnastics