

# LISTA

## lucrărilor publicate

### Vlad Adrian Geantă

#### A. TEZA DE DOCTORAT (În curs)

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#### B.2. CAPITOLE CĂRȚI A1

1. Geantă, V.A., Ardelean, V.P. (2021). “Effects of Circuit Training at Home - Improving Well-Being and Quality of Life in Sedentary Men During the COVID-19 Pandemic.” În D. Rad, T. Dughi, R. Maier, A. Egerău (Ed.), Applied Research in Digital Wellbeing (81-93), ISBN: 978-3-631-87105-8. Berlin: Peter Lang Publishing House, DOI: [10.3726/b19309](https://doi.org/10.3726/b19309)
2. Ardelean, V.P., Geantă, V.A., Nicoară, A. (2021). “Proposals for improving the well-being of people in the technology era - case study on the efficiency of whole body EMS training.” În D. Rad, T. Dughi, R. Maier, A. Egerău (Ed.), Applied Research in Digital Wellbeing (247-266), ISBN: 978-3-631-87105-8. Berlin: Peter Lang Publishing House, DOI: [10.3726/b19309](https://doi.org/10.3726/b19309)
3. Geantă, V. A., de Hillerin, P. J., (2022). „Assessment of motor skills by jump tests - comparative analysis” În D. Rad, T. Dughi, R. Maier, A. Egerău (Ed.), Applied Research in Digital Wellbeing. Berlin: Peter Lang Publishing House ( în curs de publicare).

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#### C. LUCRĂRI INDEXATE BDI

1. Geanta, V.A., Herlo, J. N. (2020). “Comparative Study on Multi-Joint and Single-Joint Exercises in Bodybuilding Economics”. *Arena-Journal of Physical Activities*, (9), 81-92.
2. Geantă, V.A., Ardelean, V.P. (2021). “Improving muscle size with Weider’s principle of progressive overload in non-performance athletes.” *Timișoara Physical Education and Rehabilitation Journal*, Volume 14, Issue 27/2021, pp. 27 – 32, DOI: <https://doi.org/10.2478/tperj-2021-0011>
3. Geantă, V.A., (2022). “Using Push-Pull-Legs Training : A Weight Training Method for Muscle Hypertrophy in Upper Body on Amateur Athletes. ” *Arena-Journal of Physical Activities*, (10), 26-37.
4. Ardelean, V. P., Galea, I., Dulceanu, C., Bulzan, C. & Geantă, V. A. (2022). “Methodological Aspects Regarding the Admission Criteria to Physical Education and Sport Faculties for a Better Insertion on the Labor Market”. *Timisoara*

#### **D. ARTICOLE ISI**

1. Ardelean, V.P.; Andrei, V.L.; Miuța, C.C.; Boros-Balint, I.; Deak, G.-F.; Molnar, A.; Berki, T.; Györi, F.; **Geantă, V.A.**; Dehelean, C.A.; Borcan, F. (2022) “*The KIDSCREEN-27 Quality of Life Measure for Romanian Children Aged 6: Reliability and Validity of the Romanian Version*”. *Healthcare*, 10, 1198.  
<https://doi.org/10.3390/healthcare10071198>

#### **E. PARTICIPAREA CU LUCRĂRI LA CONFERINȚE INTERNAȚIONALE SAU NAȚIONALE**

1. **Geanta, V.A.**, 2021, "*Improve muscle size using Weiders Principle of Progressive Overload*". Prezentată oral la "The 14th Student's Conference with International Participation Sports and Physical Therapy Sciences - A New Horizon in Pandemic Context", Timisoara, Mai 2021.

2. **Geanta, V.A.**, Ardelean. V.P., 2021, "*The Effects of Circuit Training at Home - Improving Well-Being and Quality of Life in Sedentary Men During the COVID-19 Pandemic*". Prezentată oral la Conferința Internațională "Theories of Change in Digital Wellbeing. Evidence based practices across the disciplines", Second Edition, Arad, 4-6 Iunie 2021.

3. Ardelean, V.P., Nicoara, A., **Geanta, V.A.**, 2021, "*Whole body electromyostimulation -an alternative method to the classic training for a healthy active life in the century of speed and digitalization*". Prezentată oral la Conferința Internațională "Theories of Change in Digital Wellbeing. Evidence based practices across the disciplines", Second Edition, Arad, 4-6 Iunie 2021.

4. **Geanta, V.A.**, Potop, V., 2022, „*The importance of vertical jumping in the performance of rhythmic gymnasts*”. Prezentată oral la Conferința Științifică Internațională “*Actualities and Perspective of Physical Education and Sport Science*” Third Edition, București, 6 Aprilie 2022.

5. **Geanta, V.A.**, Potop, V., Cristea. R., 2022, „*Improving somatic indices through aerobic exercise in adult women*”. Prezentată oral la Conferința Științifică Internațională “*Actualities and Perspective of Physical Education and Sport Science*” Third Edition, București, 6 Aprilie 2022.

6. **Geanta, V.A.**, de Hillerin, P.J., 2022, „*Assessment of motor skills by jump tests - comparative analysis*” Prezentată oral la Conferința Internațională "Theories of Change in Digital Wellbeing. Evidence based practices across the disciplines", Third Edition, Arad, 9-11 Iunie 2022.

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#### **F. MEMBRU ÎN PROIECTE DE CERCETARE CÂȘTIGATE PRIN CONCURS NAȚIONAL SAU INTERNAȚIONAL**

1. Membru în proiectul Erasmus +: „PowerAge”, ERASMUS-SPORT-2022-SSCP, nr. 101089393, Lider: Lousada seculo XXI - actividades deportivas e recreativas e.m -PT, Parteneri: U.A.V. Arad - RO si Spor Elcileri Dernegi – TR.
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Data

10.12.2022