

LISTĂ DE LUCRĂRI PUBLICATE
Lect.univ.dr. MATEESCU ADRIANA DANIELA
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A1. Teză de doctorat

"Contribuții privind dezvoltarea forței prin antrenamentul acvatic utilizând combinații ale regimurilor de contracții la vârsta de 18 – 20 ani", data susținerii 30.09.2009, sub conducerea prof.univ.dr. Niculescu Mugurel.

B. Cărți și capitole din cărți (Ca-cărți cu ISBN)/ Cărți și capitole din cărți (Cb-cărți de uz intern)

1. Mateescu Adriana, *Dezvoltarea calităților motrice, Suport curs*, uz intern, Universitatea din Pitești, 2012, studii de licență
2. Niculescu Mugurel, Mateescu Adriana, *Musculație, Suport curs*, uz intern, Universitatea din Pitești, 2012, studii licență.
3. Niculescu Mugurel, Mateescu Adriana, *Musculație, Îndrumar metodic*, Universitatea din Pitești, 2013, studii de master
4. Mateescu Adriana, *Ghid de bune practici – Didactica predării musculației*, 2013, Ministerul Educației Naționale.

C. Articole / studii publicate în reviste de specialitate (Ba)

1. Mateescu Adriana, PLYOMETRICS AND THE EFFECT ON FOUR TYPICAL VERTICAL HEIGHT, ARENA - Journal of Physical Activities, Vol 1, No 2 (2013), p.17-29, Aurel Vlaicu University of Arad, <http://www.uav.ro/jour/index.php/ajpa/article/view/170>

D. Studii publicate în volumele unor manifestări științifice (congrese, conferințe, simpozioane) internaționale (Bb)

1. NĂSTASE VIOREL, MATEESCU ADRIANA, Some philosophizing about another kind of motric communication, Proceedings of 9th Annual International Conference Physical Education Sport and Health, 2016 SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, CONFERENCE PROCEEDINGS Vol. 20 (2016) ISSN:1453-1194 www.sportconference.ro
2. NĂSTASE VIOREL, MATEESCU ADRIANA, Communication in dance sport through several techniques, Proceedings of 9th Annual International Conference Physical Education Sport and Health, 2016 SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, CONFERENCE PROCEEDINGS Vol. 20 (2016) ISSN:1453-1194 www.sportconference.ro
3. MATEESCU, A., ȘTEFĂNICĂ, V., The relationship between heart rate and intensity of training, Proceedings of 8th Annual International Conference Physical Education Sport and Health, 2015 SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL

EDUCATION AND SPORT, CONFERENCE PROCEEDINGS Vol. 19 (2015) ISSN:1453-1194 www.sportconference.ro

4. ȘTEFĂNICĂ, V., MATEESCU, A., AnimaTerre Jeunesse. Pays de Savoie Solidaires project , France, La Rochette 27.07.2015-31.07.2015, Proceedings of 8th Annual International Conference Physical Education Sport and Health, 2015 SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, CONFERENCE PROCEEDINGS Vol. 19 (2015) ISSN:1453-1194 www.sportconference.ro

5. NĂSTASE V., MATEESCU A., Communication through dance, Proceedings of 8th Annual International Conference Physical Education Sport and Health, 2015 SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, CONFERENCE PROCEEDINGS Vol. 19 (2015) ISSN:1453-1194 www.sportconference.ro

6. NĂSTASE V., MATEESCU A., General considerations about motor communication in sport, Proceedings of 8th Annual International Conference Physical Education Sport and Health, 2015 SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, CONFERENCE PROCEEDINGS Vol. 19 (2015) ISSN:1453-1194 www.sportconference.ro

7. Mateescu Adriana, Optimizing power training to football players 12 - 14 years through methods adapted according to typology of muscle contraction, Proceedings of 7th Annual International Conference Physical Education Sport and Health, 2014, SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT CONFERENCE PROCEEDINGS Vol. 18 (2014) ISSN:1453-1194 www.sportconference.ro

8. Mateescu Adriana, Alecu Aurel, Methodological implications of force development by age – children and youth, Proceedings of 7th Annual International Conference Physical Education Sport and Health, 2014, SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT CONFERENCE PROCEEDINGS Vol. 18 (2014) ISSN:1453-1194 www.sportconference.ro

9. Alecu Aurel, Mateescu Adriana, The importance of using periodization units to develop the strength in Kayak training, Proceedings of 7th Annual International Conference Physical Education Sport and Health, 2014, SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT CONFERENCE PROCEEDINGS Vol. 18 (2014) ISSN:1453-1194 www.sportconference.ro

10. Mateescu Adriana, Design and develop programs of muscular preparation in aquatic, Published online: November 25, 2013 , DOI: 10.7752/pesh.2012.16000; PROCEEDINGS of the 6th ANNUAL INTERNATIONAL CONFERENCE: PHYSICAL EDUCATION, SPORT AND HEALTH, PITESTI, 22nd-23rd of November 2013, ROMANIA SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT ISSN:1453-1194 VOLUME 17(2/2013), p.191

http://www.sportconference.ro/index.php?option=com_content&view=article&id=74&Itemid=44

11. Mateescu Adriana, *The effects of plyometric training on explosive force, velocity, height of rise and power – study case*, 5th Annual conference: Physical education sport and health, Pitești 2012, Scientific report Physical education and sport, Part II 2012, p.341-346, ISSN: 1453-1194

http://www.sportconference.ro/index.php?option=com_content&view=article&id=70&Itemid=44

12. Mateescu Adriana, Amzăr Luminița, *Study on comparisons of land-based and aquatic-based fitness programs during a 10-week training period* 5th Annual conference: Physical

education sport and health, Pitești 2012, Scientific report Physical education and sport, Vol. 16 Part II 2012 335-340 ISSN: 1453-1194

http://www.sportconference.ro/index.php?option=com_content&view=article&id=70&Itemid=44

13. Amzăr Luminița, Mateescu Adriana, *Contribution to the improvement of learning the attack by planned branched training in volleyball* 5th Annual conference: Physical education sport and health, Pitești 2012, Scientific report Physical education and sport, ISSN: 1453-1194, Vol. 16 Part II 2012 260-263

http://www.sportconference.ro/index.php?option=com_content&view=article&id=70&Itemid=44

MATEESCU ADRIANA

A handwritten signature in blue ink, appearing to be 'Adriana' or a similar name, written in a cursive style.