

**LISTA DE LUCRĂRI**  
a cadrului didactic *Amzar Elena Luminita*

**A. Teza de doctorat**

**Contribuții privind optimizarea pregătirii tehnice prin intermediul instruirii programate la voleibalistele începătoare**, Universitatea din Pitești, Domeniul Educație Fizică și Sport, anul 2010, TC2

**B. Cărți și capitole în cărți publicate în ultimii 10 ani**

**B.2 Cărți și capitole în cărți de specialitate naționale ca autor (cu ISBN intern)**

1. **Amzar Elena Luminita, Instruirea programată în jocul de volei**, Editura Universitaria Craiova, Prouniversitaria Bucuresti, ISBN 978-606-14-0836-8; ISBN 978-606-26-0052-5, 2014, TC2

**B.2 Manuale didactice, suport de curs (fără ISBN)**

1. **Amzar Elena Luminita, Istorie și olimpism – suport de curs** – program de studii – Organizare si conducere in sport, Pitesti, 2016,TC1
2. **Amzar Elena Luminita, Antrenament și competiție în sportul adaptat** – suport de curs - Programul de studii – Sport și Performanță Motrică, Pitesti, 2016, TC5

**B.3 Îndrumare de laborator, culegere de probleme (fără ISBN)**

1. **Amzar Elena Luminita, Rada Larisa, VOLEI, Îndrumar practico - metodic**, Pitesti, 2015, TC2

<u>Articole publicate în reviste indexate BDI sau în volumele „proceedings” ale conferințelor internaționale indexate BDI, minim 3 baze de date internaționale</u>	
1	<b>Amzar Elena Luminita, Macri Aurelia, Rada Larisa, Optimization of Force Explosive Parameters Through Athletic Means Specific to Performance Volleyball (Pre-competition Period) In IJNTR Journal Volume-II Issue-IV April 2016 Paper ID- IJNTR02040028 International Journal of New Technology and Research ISSN: 2454-4116, TC2</b>
2	<b>Amzări Elena Luminiță, Improving the physical fitness of middle aged people by using methods of aerobic gymnastics for body care, pg. 265 – 269, Physical Education Sport and Health, Scientific Report Series Physical Education and Sport, Pitesti,2012</b>
3	<b>Amzări Elena Luminiță, Mateescu Adriana, Contributions to the improvement of learning the attack by planned branched training in volleyball, pg. 260 – 264, Physical Education Sport and Health, Scientific Report Series Physical Education and Sport, Pitesti, 2012</b>
4	<b>Mateescu Adriana, Amzar Elena Luminita, Study on comparisons of land – based and aquatic – based fitness programs during a 10 – week training period, pg. 335 –</b>

- 340, Physical Education Sport and Health, Scientific Report Series Physical Education and Sport, Pitesti, 2012.
- 5      **Amzar Elena Luminita**, Study an the possibility of teaching and of optimizing the technical training by applying the programmed training to the beginner volleyball players (10 – 12 years) , 127 – 130, Physical Education Sport and Health, Scientific Report Series Physical Education and Sport, Pitesti, 2013
- 6      **Amzar Luminita**, Maintanence aerobics –an efficent way to balance physical and intellectual activities, pg. 80 – 85, Physical Education Sport and Health, Scientific Report Series Physical Education and Sport, Pitesti, 2014
- 7      **Amzar Elena Luminita, Hristache Diana**, Competition – a means of attractivity in sportive games – volleyball, pg. 85 – 89, Physical Education Sport and Health, Scientific Report Series Physical Education and Sport, Pitesti, 2014
- 8      **Amzar Elena Luminita, A study regarding the development of coordination by using dynamic games to beginner female volleyball players, pg 44 - 47** Physical Education Sport and Health, Scientific Report Series Physical Education and Sport, Pitesti, 2015
- 9

*Cadrul didactic Amzar Elena Luminita  
Semnătura*