

LISTA DE LUCRĂRI
a cadrului didactic MATEESCU ADRIANA DANIELA

A. Teza de doctorat

Contribuții privind dezvoltarea forței prin antrenamentul acvatic utilizând combinații ale regimurilor de contracții la vârsta de 18 – 20 ani, Mateescu Adriana, "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., Știința sportului și educației fizice, 2009

B. Cărți și capitole în cărți publicate în perioada 2005 - 2025

B2. Cărți și capitole în cărți de specialitate naționale ca autor (cu ISBN intern)

1. Niculescu M., Mateescu A., Crețu M., Trăilă H., *Bazele științifice și aplicative ale pregătirii musculare*, Editura Universitaria, Craiova, ISBN 973-742-393-3; 978-973-742-393-1; 313 pag., anul publicării 2006.
2. Niculescu Mugurel, Grigoris Malusaris, Mateescu Adriana, *Elemente de pregătire musculară aplicată*, Niculescu M., Grigoris Malusaris, Mateescu A., „Elemente de pregătire musculară aplicată” (Muscle training elements applied), Editura Universitaria, Craiova, ISBN 978-606-510-274-3, 195 pag., anul publicării 2008, 2008
3. Niculescu Mugurel, Siman Iorga, Mateescu Adriana, *Pregătirea musculară în condiții speciale*, Niculescu M., Siman I. I., Mateescu A., „Pregătirea musculară în condiții speciale”, (Muscle preparation in special conditions) Editura Universitaria, Craiova, ISBN 978-606-510-289-7, 168 pag., anul publicării 2008,
4. MATEESCU ADRIANA, MIHAIU COSTINEL, *FIGURI SI COMBINATII DE FIGURI PENTRU DANSUL SPORTIV DE INALTA PERFORMANTA*, FIGURI SI COMBINATII DE FIGURI PENTRU DANSUL SPORTIV DE INALTA PERFORMANTA-SAMBA-CHA CHA CHA-RUMBAEDITURA DISCOBOLUL, BUCURESTI, 2020, PAG.236, ISBN 978-606-798-089-9, 2020
5. MATEESCU ADRIANA, MIHAIU COSTINEL, *DANSURI LATINO AMERICANE - COMPENDIU DE NOTIUNI DE TEHNICA*, MATEESCU ADRIANA, MIHAIU COSTINEL, 2020, DANSURI LATINO AMERICANE - COMPENDIU DE NOTIUNI DE TEHNICA, EDITURA DISCOBOLUL, BUCURESTI, 2020, ISBN 978-606-798-091-2, PAG 138, 2020
6. MIHAIU COSTINEL, MATEESCU ADRIANA, *FIGURI SI COMBINATII DE FIGURI PENTRU DANSUL SPORTIV DE INALTA PERFORMANTA - JIVE - PASO DOBLE*, MIHAIU COSTINEL, MATEESCU ADRIANA, 2020, FIGURI SI COMBINATII DE FIGURI PENTRU DANSUL SPORTIV DE INALTA PERFORMANTA - JIVE, - PASO DOBLE, EDITURA DISCOBOLUL, BUCURESTI, 2020, ISBN 978-606-798-090-5, PAG 179, 2020

B5. Manuale didactice, suport de curs

1. Mateescu Adriana, *Dezvoltarea calitatilor motrice*, Mateescu Adriana, "Dezvoltarea calitatilor motrice", Suport curs, uz intern, 2012, studii de licenta, 2012
2. Niculescu Mugurel, Mateescu Adriana, *Musculatie-suport curs*, Niculescu Mugurel, Mateescu Adriana, Musculatie, Suport curs, uz intern 2012, studii licenta, 2012
3. Niculescu Mugurel, Mateescu Adriana, *Musculatie*, Niculescu Mugurel., Mateescu Adriana., Musculatie, Îndrumar metodic, 2013, studii de master PS, 2013
4. Mateescu Adriana, *Politici publice în sport*, Suport de curs pentru uz intern, fara ISBN, 2024
5. Mateescu Adriana *Metode și tehnici de pregătire musculară aplicată*, Curs uz intern fara Isbn, Mater PS, 2019
6. Potop Vladimir, Mateescu Adriana, *Strategii didactice specifice activităților extracurriculare*, Suport de curs pentru uz intern, master Amce, 2020

7. Potop Vladimir, Mateescu Adriana, Teoria si practica in sporturi de expresie – dans sportiv, Suport curs, uz intern 2023
8. Potop Vladimir, Mihaiu Costinel, Mateescu Adriana, Expresie corporala si euritmie, Note de curs, Licenta Efs, uz intern 2023

C. Lucrări (articole) ISI / BDI publicate în perioada 2008 - 2025

C1. Articole în reviste cotate ISI Thomson Reuters

1. CHILOM, Diana, POTOP, Vladimir, MIHĂILĂ, Ion, MIHAIU, Costinel, MIHAI, Ilie, MANCINI, Nicola, GROSU, Vlad Teodor, MATEESCU, Adriana. Influence of dancesport on segmental coordination development in 6-8-year-old children. In: *Pedagogy of Physical Culture and Sports*, 2024, vol. 28, pp. 147-155. ISSN 2664-9837. DOI:
<https://doi.org/10.15561/26649837.2024.0209>
<https://www.sportpedagogy.org.ua/index.php/ppcs/article/view/2693>
2. Stefanica, V., Macri , A. C. ., Man, C. M., Vasile, A. M., Mateescu, A., Popescu, C., Cojanu, . F., Hristache, D., Talpas, . P. M., Tataru, A. M., & Mavritsakis, N. (2025). Integrated Physical Education for Mental Health: Enhancing Emotional Regulation, Self-Esteem, and Stress Resilience in Adolescents through Sports, Mindfulness, and Reflection. *Revista Romaneasca Pentru Educatie Multidimensionala*, 17(3), 295-312.
<https://doi.org/10.18662/rrem/17.3/1023>
<https://www.lumenpublishing.com/journals/index.php/rrem/article/view/7451>
<https://www.lumenpublishing.com/journals/index.php/rrem/article/view/7451/5256>

C3. Articole în reviste și volumele unor manifestări științifice indexate în alte baze de date internaționale

1. Mateescu Adriana, *Contributions regarding the technical preparation of the female junior volleyballers III (13-14 years) through the global method*, Mateescu A., Contributions regarding the technical preparation of the female junior volleyballers III (13-14 years) through the global method, Citius Altius Fortius, Journal of Physical Education and Sport , No.19 (2/2008), ISSN: 1582-8131, pag.72-77http://www.efsupit.ro/index.php?option=com_content&view=article&id=9&catid=5&Itemid=14http://journals.indexcopernicus.com/abstracted.php?level=5&icid=957411, 2008
2. Mateescu Adriana, *Optimizing the force indices by specific programs among the physical education and sport students*, Mateescu A., Optimizing the force indices by specific programs among the physical education and sport students, Conferința Internațională „ICPESH 2008 Proceedings”, Facultatea de Educație Fizică și Sport Pitești, ISSN: 1453-1194, pag.100-101<http://www.sportconference.ro/images/stories/Buletin%20final%202008.pdfhttp://journals.indexcopernicus.com/abstracted.php?level=5&icid=950008> ,, 2008
3. Niculescu Mugurel, Mateescu Adriana, *Contributions regarding the rapport between the concentric – plyometric regimes in evaluating the sportsmen*, Niculescu M., Mateescu A., Contributions regarding the rapport between the concentric – plyometric regimes in evaluating the sportsmen , Conferința Internațională „ICPESH 2008 Proceedings”, Facultatea de Educație Fizică și Sport Pitești, nr.12 (1- 2008) ISSN: 1453-1194, pag.118-119<http://www.sportconference.ro/images/stories/Buletin%20final%202008.pdfhttp://journals.indexcopernicus.com/abstracted.php?level=5&icid=950008> ,, 2008
4. Mateescu Adriana, Bădescu Victor, *A study on the identification of the most efficient combination of contraction regimes through muscular training programs in an aquatic environment*, Mateescu A., Bădescu V., A study on the identification of the most efficient combination of contraction regimes through muscular training programs in an aquatic environment, Scientific report series physical education and sport, Nr. 13 (1/2009) ISSN: 1453 – 1194, Pitesti, pag. 273-279http://www.sportconference.ro/images/stories/Vol%20I%20Conf%20Sport.pdfhttp://journals.indexcopernicus.com/abstracted.php?level=4&id_issue=849579, 2009
5. Mateescu Adriana, *The aquatic versus land training effects on body composition*, Mateescu A., The aquatic versus land training effects on body composition, Scientific report series physical education and sport, Nr. 13 (1/2009) ISSN: 1453 – 1194, Pitesti, pag.477-

484<http://www.sportconference.ro/images/stories/Vol%20II%20Conf%20Sport.pdf>http://journals.indexcopernicus.com/abstracted.php?level=4&id_issue=849579, 2009

6. Bădescu Victor, Mateescu Adriana, *The monitorizing of trening in swimming by significant biological marks – case study T.S.N.*, Bădescu V., Mateescu A., The monitorizing of trening in swimming by significant biological marks – case study T.S.N., Scientific report series physical education and sport, Nr. 13 (1/2009) ISSN: 1453 – 1194, Pitesti, pag. 129-133<http://www.sportconference.ro/images/stories/Vol%20I%20Conf%20Sport.pdf>http://journals.indexcopernicus.com/abstracted.php?level=4&id_issue=849579, 2009

7. Mateescu Adriana, *Study on the effects of aquatic vs. dry land combined contractions on muscle strength for the students in physical education and sport*, Mateescu A., Study on the effects of aquatic vs. dry land combined contractions on muscle strength for the students in physical education and sport, Citius Altius Fortius, Journal of Physical Education and Sport Vol 27, no 2, June, 2010, ISSN: 2066-2483, ISSN: 1582-8131, pag. 72-78.<http://www.doaj.org/doaj?func=abstract&id=562076&recNo=11&toc=1&uiLanguage=en><http://journals.indexcopernicus.com/abstracted.php?icid=913888><http://efsupit.ro/images/stories/imgs/JPES/2010/2/MicrosoftWord-11.pdf>, 2010

8. Mateescu Adriana, Nicolae Luminița, *Study on the effects of water exercises on the upper body strength development*, Mateescu A., Nicolae L., Study on the effects of water exercises on the upper body strength development, Scientific report series physical education and sport No.14 (1/2010) 3-rd annual International conference: Physical education, Sport and Health, Pitesti 19-20th of November 2010, pag.283-287<http://www.sportconference.ro/images/stories/volumul%202.pdf>http://journals.indexcopernicus.com/abstracted.php?level=4&id_issue=849579, Index Copernicus index SCIPIO index Ulrich, 2010

9. Mateescu Adriana, Stefanica Valentina, *Study on the influence of plyometric training on strength development in football – case study*, Mateescu A., Stefanica V., Study on the influence of plyometric training on strength development in football – case study, Scientific report series physical education and sport No.14 (1/2010) 3-rd annual International conference: Physical education, Sport and Health, Pitesti 19-20th of November 2010, pag.288-292<http://www.sportconference.ro/images/stories/volumul%202.pdf>http://journals.indexcopernicus.com/abstracted.php?level=4&id_issue=849579, 2010

10. Stefanica Valentina, Mateescu Adriana, *Marketing program: the increase of the frequency and volume of the direct sport consumers of the volleyball games from the 2008- 2009 competition year*, Stefanica V., Mateescu A., Marketing program: the increase of the frequency and volume of the direct sport consumers of the volleyball games from the 2008- 2009 competition year, Scientific report series physical education and sport No.14 (1/2010) 3-rd annual International conference: Physical education, Sport and Health, Pitesti 19-20th of November 2010, pag.66-69<http://www.sportconference.ro/images/stories/volumul%202.pdf>http://journals.indexcopernicus.com/abstracted.php?level=4&id_issue=849579, 2010

11. Mateescu Adriana, *Force development through aquatic training using combinations of contraction regimes at the age of 18 – to 20 years old*, Mateescu A., Force development through aquatic training using combinations of contraction regimes at the age of 18 – to 20 years old, 4-th International Conference Edu – World 2010 ” Education facing contemporary world issues” Pitesti<http://www.eduworld.ro/participants.php>, 2010

12. Mateescu Adriana, Despa Nadina, *Measuring intensity in aquafitness.*, Mateescu A., Despa Nadina, Measuring intensity in aquafitness, 4-th International Conference Edu –World 2010 ” Education facing contemporary world issues” Pitesti<http://www.eduworld.ro/participants.php>, 2010

13. Mateescu Adriana, Gionea Bogdan, *Study-case to the effects of plyometric training on improving veertical jump height and the explosive strength of legs.*, Mateescu Adriana, Gionea Bogdan, Study-case to the effects of plyometric training on improving veertical jump height and the explosive strength of legs, 4th Annual International Conference, Physical Education, Ssport and Health, Pitesti,18th-19th of November 2011, Romania<http://www.sportconference.ro/images/stories/bulletin%202011%20vol%20III%20cu%20erata.pdf>, 2011

14. Mateescu Adriana, *Strength development on the lower body using plyometric training*, Mateescu Adriana, Strength development on the lower body using plyometric training,4th Annual International Conference, Physical Education, Ssport and Health, Pitesti,18th-19th of November 2011,

Romania <http://www.sportconference.ro/images/stories/bulletin%202011%20vol%20III%20cu%20erata.pdf>, 2011

15. Despa Nadina, Mateescu Adriana, *Study-case on the effects of plyometric training*, Despa Nadina, Mateescu Adriana, Study-case on the effects of plyometric training, 4th Annual International Conference, Physical Education, Sport and Health, Pitesti, 18th-19th of November 2011, Romania <http://www.sportconference.ro/images/stories/bulletin%202011%20vol%20III%20cu%20erata.pdf>, 2011

16. Mateescu Adriana, Amzăr Luminița, *Study on comparisons of land-based and aquatic-based fitness programs during a 10-week training period*, 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, 2012, (TC_2_2012_DEFS, TC_2_2012_DEFS)

17. Mateescu Adriana, *The effects of plyometric training on explosive force, velocity, height of rise and power – study case*, 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, 2012, (TC_2_2012_DEFS, TC_2_2012_DEFS)

18. Amzăr Luminița, Mateescu Adriana, *Contribution to the improvement of learning the attack by planned branched training in volleyball*, 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, 2012, (TC_2_2012_DEFS, TC_2_2012_DEFS)

19. Mateescu Adriana, *PLYOMETRICS AND THE EFFECT ON FOUR TYPICAL VERTICAL HEIGHT, ARENA*, 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> http://www.uav.ro/jour/index.php/ajpa/article/viewFile/170/pdf_8, 2013, (TC_2_2013_DEFS, TC_2_2013_DEFS)

20. Mateescu Adriana, *Design and develop programs of muscular preparation in aquatic*, MATEESCU ADRIANA University of Pitesti, FEFS, ROMANIA Design and develop programs of muscular preparation in aquatic Published online: November 25, 2013 DOI: 10.7752/pesh.2012.16000; Proceedings of 6th Annual International Conference Physical Education Sport and Health, 2013 SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT CONFERENCE PROCEEDINGS Vol. 17 (2013) ISSN:1453-1194 www.sportconference.ro, 2013, (TC_2_2013_DEFS, TC_2_2013_DEFS)

21. Mateescu Adriana, *Optimizing power training to football players 12 - 14 years through methods adapted according to typology of muscle contraction*, 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, Index Copernicus index SCIPPIO index Ulrich, 2014, (TC_2_2014_DEFS, TC_2_2014_DEFS)

22. Alecu Aurel, Mateescu Adriana, *The importance of using periodization units to develop the strength in Kayak training*, 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, Index Copernicus index SCIPPIO index Ulrich, 2014, (TC_2_2014_DEFS, TC_2_2014_DEFS)

23. Mateescu Adriana, Alecu Aurel, *Methodological implications of force development by age – children and youth*, 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 , Index Copernicus index SCIPHO index Ulrich, 2014, (TC_2_2014_DEFS, TC_4_2014_DEFS, TC_2_2014_DEFS, TC_4_2014_DEFS)

24. Ștefănică Valentina, Mateescu Adriana, *AnimaTerre Jeunesse. Pays de Savoie Solidaires project , France, La Rochette 27.07.2015-31.07.2015*, 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 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, 2015, (TC_4_2015_DEFS, TC_4_2015_DEFS)

25. Năstase Viorel, Mateescu Adriana, *Communication through dance*, 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, 2015, (TC_5_2015_DEFS, TC_5_2015_DEFS)

26. Năstase Viorel, Mateescu Adriana, *General considerations about motor communication in sport*, 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, 2015, (TC_5_2015_DEFS, TC_5_2015_DEFS)

27. Mateescu Adriana, Ștefănică Valentina, *The relationship between heart rate and intensity of training*, 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, 2015, (TC_5_2015_DEFS, TC_5_2015_DEFS)

28. Năstase Viorel, Mateescu Adriana, *Some philosophizing about another kind of motric communication*, Năstase Viorel, Mateescu Adriana Some philosophizing about another kind of motric communication University of Pitesti 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, 2016, (TC_5_2016_DEFS, TC_5_2016_DEFS)

29. Năstase Viorel, Mateescu Adriana, *Communication in dance sport through several techniques*, NĂSTASE VIOREL1, MATEESCU ADRIANA2 University of Pitesti 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, 2016, (TC_2_2016_DEFS, TC_5_2016_DEFS, TC_2_2016_DEFS, TC_5_2016_DEFS)

30. ADAM ANDREEA, NASTASE VIOREL , MATEESCU ADRIANA, *SPORT DANCE MOVEMENT IN CONTRADICTION WITH HOWARD GARDNER THEORY*, ADAM ANDREEA, NASTASE VIOREL , MATEESCU ADRIANA, SPORT DANCE MOVEMENT IN CONTRADICTION WITH HOWARD GARDNER THEORY PROCEEDINGS of the 10th ANNUAL INTERNATIONAL CONFERENCE: PHYSICAL EDUCATION, SPORT AND HEALTH, PITESTI, 23rd-24th of November 2017, ROMANIA, SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, VOLUME 21 (1/2017), ISSN:1453-1194, 2017, (TC_2_2017_DEFS, TC_5_2017_DEFS, TC_2_2017_DEFS, TC_5_2017_DEFS)

31. ADAM ANDREEA, SIMION GHEORGHE, NASTASE VIOREL, MATEESCU ADRIANA, *STUDY ON THE OPTIMIZATION OF THE COORDINATIVE ABILITY IN DANCESPORT PRACTITIONERS, AGE 12 □ 13*, ADAM ANDREEA, SIMION GHEORGHE, NASTASE VIOREL, MATEESCU ADRIANA STUDY ON THE OPTIMIZATION OF THE COORDINATIVE ABILITY IN DANCESPORT PRACTITIONERS, AGE 12 □ 13 PROCEEDINGS of the 10th ANNUAL

INTERNATIONAL CONFERENCE: PHYSICAL EDUCATION, SPORT AND HEALTH, PITESTI, 23rd-24th of November 2017, ROMANIA, SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, VOLUME 21 (1/2017), ISSN:1453-1194, 2017, (TC_2_2017_DEFS, TC_5_2017_DEFS, TC_2_2017_DEFS, TC_5_2017_DEFS)

32. ADAM ANDREEA, SIMION GHEORGHE, NASTASE VIOREL, MATEESCU ADRIANA, *TESTING THE PSYCHOMOTOR CAPACITY AT 12-13 YEARS OLD DANCERS USING THE BOT-2 TEST BATTERY*, ADAM ANDREEA, SIMION GHEORGHE, NASTASE VIOREL, MATEESCU ADRIANA *TESTING THE PSYCHOMOTOR CAPACITY AT 12-13 YEARS OLD DANCERS USING THE BOT-2 TEST BATTERY* PROCEEDINGS of the 10th ANNUAL INTERNATIONAL CONFERENCE: PHYSICAL EDUCATION, SPORT AND HEALTH, PITESTI, 23rd-24th of November 2017, ROMANIA, SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, VOLUME 21 (1/2017), ISSN:1453-1194, 2017, (TC_2_2017_DEFS, TC_5_2017_DEFS, TC_2_2017_DEFS, TC_5_2017_DEFS)

33. MATEESCU ADRIANA, STEFANICA VALENTINA, *MARKET RESEARCH WITHIN A START-UP IN THE FIELD OF SPORTS SERVICES*, MATEESCU ADRIANA, STEFANICA VALENTINA *MARKET RESEARCH WITHIN A START-UP IN THE FIELD OF SPORTS SERVICES* PROCEEDINGS of the 10th ANNUAL INTERNATIONAL CONFERENCE: PHYSICAL EDUCATION, SPORT AND HEALTH, PITESTI, 23rd-24th of November 2017, ROMANIA, SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, VOLUME 21 (1/2017), ISSN:1453-1194, 2017, (TC_4_2017_DEFS, TC_5_2017_DEFS, TC_4_2017_DEFS, TC_5_2017_DEFS)

34. MATEESCU ADRIANA, NASTASE VIOREL, *DANCE SPORT SPECIFIC MEANS OF COMMUNICATION AND EXPRESSIVENESS - CONVENTIONAL MEANS/ COMMUNICATIVE CHARACTERISTICS OF DANCE MOVEMENT-*, MATEESCU ADRIANA, NASTASE VIOREL *DANCE SPORT SPECIFIC MEANS OF COMMUNICATION AND EXPRESSIVENESS - CONVENTIONAL MEANS/ COMMUNICATIVE CHARACTERISTICS OF DANCE MOVEMENT-* PROCEEDINGS of the 10th ANNUAL INTERNATIONAL CONFERENCE: PHYSICAL EDUCATION, SPORT AND HEALTH, PITESTI, 23rd-24th of November 2017, ROMANIA, SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, VOLUME 21 (1/2017), ISSN:1453-1194, 2017, (TC_2_2017_DEFS, TC_5_2017_DEFS, TC_2_2017_DEFS, TC_5_2017_DEFS)

35. MATEESCU ADRIANA, NASTASE VIOREL, *THE ATHLETE AND THE REFEREE, TWO ACTORS WHO COMMUNICATE PERMANENTLY IN THE SPORT SHOW; ATHLET -TRANSMITTER AND RECEIVER REFEREE*, MATEESCU ADRIANA, NASTASE VIOREL *THE ATHLETE AND THE REFEREE, TWO ACTORS WHO COMMUNICATE PERMANENTLY IN THE SPORT SHOW; ATHLET -TRANSMITTER AND RECEIVER REFEREE* PROCEEDINGS of the 10th ANNUAL INTERNATIONAL CONFERENCE: PHYSICAL EDUCATION, SPORT AND HEALTH, PITESTI, 23rd-24th of November 2017, ROMANIA, SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, VOLUME 21 (1/2017), ISSN:1453-1194, 2017, (TC_2_2017_DEFS, TC_5_2017_DEFS, TC_2_2017_DEFS, TC_5_2017_DEFS)

36. MATEESCU ADRIANA, NASTASE VIOREL, *Neuro-psychological mechanisms of kinetic message reception*, 11th Annual International Conference: PHYSICAL EDUCATION SPORT & HEALTH, (PESH) 22nd- 23rd of November 2018, PITESTI, Romania, SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, VOLUME ISSN:1453-1194, 2018, (TC_2_2018_DEFS, TC_4_2018_DEFS)

37. MATEESCU ADRIANA, NASTASE VIOREL, *Form and content of motor actions in sport*, 11th Annual International Conference: PHYSICAL EDUCATION SPORT & HEALTH, (PESH) 22nd- 23rd of November 2018, PITESTI, Romania, SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, VOLUME ISSN:1453-1194, 2018, (TC_2_2018_DEFS, TC_5_2018_DEFS)

38. MATEESCU ADRIANA, CĂTĂNESCU ANDREEA, *Study case on specific training for muscular hypertrophy*, 11th Annual International Conference: PHYSICAL EDUCATION SPORT & HEALTH, (PESH) 22nd- 23rd of November 2018, PITESTI, Romania, SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, VOLUME ISSN:1453-1194, 2018, (TC_2_2018_DEFS, TC_5_2018_DEFS)

39. Mateescu Adriana, *Physiological mechanisms of muscle contraction regime*, Proceedings of 12th Annual International Conference Physical Education Sport and Health, 2019 SERIES PUBLICATION

TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, CONFERENCE PROCEEDINGS Vol. 22 (2019) ISSN:1453-1194 www.sportconference.ro, 2019, (TC_2_2019_DEFS)

40. Mateescu Adriana, *Elaboration and systematization of the means according to the nature of the muscular contraction and biomechanical analysis of the main interactions*, Proceedings of 12th Annual International Conference Physical Education Sport and Health, 2019 SERIES PUBLICATION TITLE: SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, CONFERENCE PROCEEDINGS Vol. 22 (2019) ISSN:1453-1194 www.sportconference.ro, 2019, (TC_2_2019_DEFS)

41. Mateescu Adriana, Mihaiu Costinel, *Effects on body composition through 2 types of muscle training*, Mateescu Adriana, Mihaiu Costinel, Effects on body composition through 2 types of muscle training, The 21st INTERNATIONAL SCIENTIFIC CONFERENCE "PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT" Constanta, ROMANIA, 20-21 May 2021. ONLINE = ISSN 2393 – 5731, ISSN-L 2393 – 5723 <http://fefs.univ-ovidius.ro/conferinta> <http://www.fefs.univ-ovidius.ro/images/2021/conferinta/4.%20Book%20of%20abstracts-%20pag.%205.pdf>, 2021, (TC_4_2021_DEFS)

42. Mateescu Adriana, Mihaiu Costinel, *Intensity in water workout*, Mateescu Adriana, Mihaiu Costinel, Intensity in water workout, The 21st INTERNATIONAL SCIENTIFIC CONFERENCE "PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT" Constanta, ROMANIA, 20-21 May 2021. <http://www.fefs.univ-ovidius.ro/images/2021/conferinta/4.%20Book%20of%20abstracts-%20pag.%205.pdf>, 2021, (TC_4_2021_DEFS)

43. MATEESCU ADRIANA, MIHAIU COSTINEL, EFFECTS ON BODY COMPOSITION THROUGH 2 TYPES OF MUSCLE TRAINING, SCIENCE, MOVEMENT AND HELTH, VOL. XXI, ISSUE 2 SUPPLEMENT, 2021, SEPTEMBER 2021, 21 (2):345-350
<https://www.analefefs.ro/anale-fefs/2021/i2-supplement/pe-autori/22.%20MATEESCU%20ADRIANA,%20MIHAIU%20COSTINEL.pdf>, (TC_4_2021_DEFS)

44. Mateescu, A., Mihaiu, C., Effects on Fat Mass Through 2 Types of Training, *Gymnasium – Scientific Journal of Education, Sport and Health*, Issue Vol. 23 No. 2 (2022), Online ISSN: 2344-5645, Print ISSN: 1453-0201

DOI: <https://doi.org/10.29081/gsjesh.2022.23.2.07>

<https://gymnasium.ub.ro/index.php/journal/article/view/671>

45. Adriana Mateescu, Costinel Mihaiu, *Developing Upper Body Strength Through Water Exercises*, *GYMNASIUM: Vol. 23 No. 2 (2022)*, Online ISSN: 2344-5645, Print ISSN: 1453-0201

DOI: <https://doi.org/10.29081/gsjesh.2022.23.2.02>

<https://gymnasium.ub.ro/index.php/journal/article/view/665>

46. CHILOM, Diana, POTOP, Vladimir, MIHAILĂ, Ion, MIHAIU, Costinel, MIHAI, Ilie, MANCINI, Nicola, GROȘU, Vlad Teodor, MATEESCU, Adriana. Influence of dancesport on segmental coordination development in 6-8-year-old children. In: *Pedagogy of Physical Culture and Sports*, 2024, vol. 28, pp. 147-155. ISSN 2664-9837. DOI:

<https://doi.org/10.15561/26649837.2024.0209>

<https://www.sportpedagogy.org.ua/index.php/ppcs/article/view/2693>

47. Chilom, D., Mateescu, A., Mihaiu, C., Moga, C., & Grigore, M. F. (2024). Determining the Relationship between Lower Limbs Strength Parameters and Balance in 5-8-Year-Old Children Practicing Dance. *Bulletin of the Transilvania University of Brașov. Series IX: Sciences of Human Kinetics*, 63-70. Issue Vol. 17(66) No. 1 (2024). ISSN (Print): 2344–2026. ISSN (CD-ROM): 2344–2034. ISSN (Online): 2971 – 978X. ISSN-L: 2344 – 2026. Published 2024-07-08. Section SPORTS PERFORMANCE AND HEALTH IN YOUNG PEOPLE.

DOI: <https://doi.org/10.31926/but.shk.2024.17.66.1.10>

https://webbut.unitbv.ro/index.php/Series_IX/article/view/7644

https://webbut.unitbv.ro/index.php/Series_IX/article/view/7644/5965

48. Mercea, T. I., & Mateescu, A. (2024). Exploring Effective Teaching Strategies for Improving Motor Skills in Children with Special Needs Through Adapted Football: A Preliminary Study. *Timisoara Physical Education & Rehabilitation Journal*, 17(32), p1. ISSN 2065-0574.1 DOI: 10.2478/tperj-2024-0003

<https://intapi.sciendo.com/pdf/10.2478/tperj-2024-0003>

49. Mateescu Adriana Daniela, Macri Aurelia Cristina, Amzăr Elena Luminița, Rada Larisa, Emergent leadership: a comprehensive analysis of stages and relevance in performance sports, *Journal of Physical Education and Sport* ® (JPES), Vol. 24 (issue 5), Art 121, pp. 1059 - 1065, May 2024 online ISSN: 2247 -

50. Stefanica, V., Mateescu, A., Popescu, C., Cristina Man, M., & Dragos, O. (2025). Who Deserves the Seat? Examining the Struggle for Diversity and Equity in Sports Management Selection in Romania. *Baltica Journal*, 38(3), 54-74. <https://doi.org/10.59879/j1VJs>

<https://balticajournal.com/baltica/index.php/pdf/stream/j1VJs/1737098125>

51. Rada, L., Mateescu, A., Amzar, E. L., & Macri, A. C. (2025). Exploring the Mechanisms and Strategies for Muscular Hypertrophy: Implications for Resistance Training and Performance Enhancement. *Gymnasium*, 26(1), 130-142. DOI:10.29081/gsjesh.2025.26.1.12

DOI: <https://doi.org/10.29081/gsjesh.2025.26.1.12>

<https://gymnasium.ub.ro/journal/article/view/732>

<https://www.proquest.com/openview/b3a4d496991789dc8f3ee8f3b64415a7/1?pq-origsite=gscholar&cbl=1566341>

52. Mateescu, A., Macri, A. C., Amzar, E. L., & Rada, L. (2025). Enhancing Lower Body Strength Through Plyometric Training: a Twelve-Week Study on University Students. *GYMNASIUM*, 26(2), 36-44.

DOI: <https://doi.org/10.29081/gsjesh.2025.26.2.4>

<https://gymnasium.ub.ro/journal/article/view/739>

<https://gymnasium.ub.ro/journal/article/view/739/909>

C4. Articole în reviste și volumele unor manifestări științifice indexate în alte baze de date naționale:

Vn1. Mateescu A., *Muscle training*; Conferință Științifică Internațională, a 2-a ediție, „Post – adherence trends and perspectives in physical culture and sport”, Facultatea de Educație Fizică și Sport Suceava, 2008, ISSN: 1842-5658, pag.80

Vn2. Mateescu A., „*Programul promoțional de marketing 'It's for everyBODY!'*”, Buletin Științific, Volum dedicat Conferinței Internaționale „Educația prin mișcare și kinetoterapia pentru ameliorarea calității vieții”, Seria: Educație fizică și sport Nr.10 (1/2006), Volumul II, ISSN: 1453-1194; pag: 217; Editura Universității din Pitești, 2006;

<http://www.sportconference.ro/images/stories/Volum%201%202006.pdf>

Vn3. „*Constituirea și devenirea fenomenului de practicare a exercitiilor fizice*”, a XV-a Sesiune anuală cu participare internațională, „Noi coordonate de calitate și eficiență în educația fizică și sport în perspectiva integrării europene”, Universitatea Ecologică București – Facultatea de Educație Fizică și Sport, București, Editura Macarie, 2005;

Vn4. „*Pregătirea fizică în antrenamentul de volei*”, Revista de specialitate < Citius Altius Fortius > a Facultății de Educație Fizică și Sport, Universitatea din Pitești, anul V, Nr.7(2/2005);

Vn5. „*Culegere de jocuri dinamice*”, Sesiunea de Comunicări Științifice cu participare internațională, Universitatea Transilvania Brașov, Facultatea de Educație Fizică și Sport, Brașov, Editura Universității Transilvania, 2005;

Vn5. „*Sporturi adaptate – probele atletice ale jocurilor paralimpice*”, Sesiunea de Comunicări Științifice cu participare internațională, Universitatea Transilvania Brașov, Facultatea de Educație Fizică și Sport, Brașov, Editura Universității Transilvania, 2005;

Vn6. „*Studiu privind relația dintre pregătirea tehnică și pregătirea fizică specifică – junioare III*”, Buletin Științific, Seria: Educație fizică și sport Nr.8 (1/2004), Volumul I, Editura Universității din Pitești, 2004;

Data: 20.11.2025

Cadrul didactic MATEESCU ADRIANA DANIELA

Semnătura