

LISTA DE LUCRĂRI
a cadrului didactic RADA LARISA

B. Cărți și capitole în cărți publicate în perioada 2000 - 2026

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

1. Niculescu Mugurel, Rada Larisa, *Volei de la A la Z*, Editura Universitatii din Pitesti, ISBN 973-690-467-9, 176 pag, anul publicarii 2005, 2005
2. Niculescu Mugurel, Niculescu Ionela, Malousaris Grigoris, Vladu Larisa, *Volei sub forma de intrebari si raspunsuri*, Editura Universitaria Craiova, ISBN 978-606-510-294-1, 188 pag, anul publicarii 2008., 2008
3. Rada Larisa, Marinescu Ancuta, Amzar Luminita, *Sanatate prin sport*, Editura Universitaria Craiova, 978-606-510-030-5, 162 pag, anul publicarii 2008., 2008
4. Niculescu Mugurel, Rada Larisa, *Performanța sportiva*, Editura Universitaria Craiova, ISBN 978-606-510-677-2, 183 pag, anul publicarii 2009, 2009
5. Niculescu Mugurel, Niculescu Ionela, Rada Larisa, *Fundamentele jocului de volei*, Editura Universitaria Craiova, ISBN 978-606-14-0816-0, 978-606-26-0000-6, 217 pag, 2014, (TC_1_2014_DEFS, TC_2_2014_DEFS)
6. Amzar Luminita, Rada Larisa, *INITIEREA IN JOCUL DE VOLEI*, Editura Universitaria Craiova, ISBN. 978-606-14-1281-5, 2017, (TC_1_2017_DEFS, TC_2_2017_DEFS)
7. Rada Larisa, *Pregatirea musculara in jocul de volei*, Editura Universitatea din Pitesti, 2020
8. Rada Larisa, Amzăr Luminița, *Educația fizică în viața studenților*, Editura Universității din Pitești, ISBN 978-606-560-718-7, 2021, (TC_1_2021_DEFS)
9. Amzar Luminita, Rada Larisa, *Educația fizică în învățământul superior*, Editura Universității din Pitești, ISBN - 978-606-560-763-7, 2022, (TC_1_2022_DEFS)

C. Lucrări (articole) ISI / BDI publicate în perioada 2000 - 2026

C1. Articole în reviste cotate ISI Thomson Reuters

1. Ilie Mihai, Larisa Rada, Carmen Enache, Monika Bejtka, Ihor Bakiko, Cristina Ioana Alexe, *Trends regarding the living environment and body composition among university students*, Trends regarding the living environment and body composition among university students . Physical Education of Students. 2024;28(4):242-9. <https://doi.org/10.15561/20755279.2024.0407>, WoS: 001339230700007 <https://ojs.umsida.ac.id/index.php/pej>, 2024, (TC_4_2024_DEFS)
2. Larisa RADA , Elena Luminița AMZĂR , Lavinia AMZA , Florin COJANU, *Systematization and Rationalization of Training for under 17 Female Volleyball Players through Specialized Plyometric Programs*, Revista Românească pentru Educație Multidimensională ISSN: 2066-7329 | e-ISSN: 2067-9270 Covered in: Web of Science (WOS); EBSCO; ERIH+; Google Scholar; Index Copernicus; Ideas RePeC; Econpapers; Socionet; CEEOL; Ulrich ProQuest; Cabell, Journalseek; Scipio; Philpapers; SHERPA/RoMEO repositories; KVK; WorldCat; CrossRef; CrossCheck 2024, Volume 16, Issue 4, pages: 595-608| <https://doi.org/10.18662/rrem/16.4/931> Submitted: June 17, 2024| Accepted for publication: September 24, 2024, 2024, (TC_2_2024_DEFS)
3. Amzar Elena Luminita, Rada Larisa, Ghimisliu Florin, Hristache Diana, *Programmed Instruction as an Effective Tool in Developing the Technical Level of U13 Female Volleyball Players*, Revista Romaneasca Pentru Educatie Multidimensionala, 17(2), 409-429. <https://doi.org/10.18662/rrem/17.2/989>, 2025, (TC_2_2025_DEFS)

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

1. Niculescu Mugurel, Niculescu Ionela, Rada Larisa, *Modalități de evaluare a stilului managerial al antrenorilor în jocul de volei*, Journal of Physical Education and Sport, (Nr. 4/2007/ pag 12), 2007
2. Niculescu Mugurel, Rada Larisa, *Regimurile alternate și contribuția lor la pregătirea musculară a jucătoarelor de volei*, Citius, Altius, Fortius - Journal of Physical Education and Sport, (Nr. 3/2007/ pag 48), 2007
3. Rada Larisa, *Abordare sociologică privind importanța pregătirii musculare în cadrul antrenamentelor voleibalistelor cadete (14-16 ani)*, Citius, Altius, Fortius - Journal of Physical Education and Sport, (Nr. 2/2007/ pag 14), 2007
4. Rada Larisa, *Studiu privind importanța pregătirii fizice în antrenamentul voleibalistelor junioare III (12-14 ani)*, Citius, Altius, Fortius - Journal of Physical Education and Sport, (Nr. 1/2007/ pag 7), 2007
5. Rada Larisa, Niculescu Mugurel, *The passive elongation inside the sporting training*, Journal of Physical Education and Sport, (Nr. 3/2008/ pag 67), 2008
6. Niculescu Mugurel, Rada Larisa, *Evaluation inside the game of volley*, Journal of Physical Education and Sport, (Nr. 3/2008/ pag 42), 2008
7. Niculescu Mugurel, Rada Larisa, *The game tactics in beach-volley*, Journal of Physical Education and Sport, (Nr. 3/2008/ pag 51), 2008
8. Amzar Luminita, Rada Larisa, *The structure of the aerobic gymnastics lesson for the students from the faculties without a physical education profile – model*, Journal of Physical Education and Sport, (Nr. 1/2008/ pag 52), 2008
9. Simion Gheorghe, Rada Larisa, *Study concerning the importance of physical preparation for the junior i volley-ball girl players (16-18 years old)*, International conference ICPEHS 2008 PROCEEDINGS: Physical Education, Sport and Health, Pitești 21-23 november 2008 ISSN: 1453-1194, pag 146-147, 2008
10. Rada Larisa, *Sociological approach concerning the importance of the muscular preparation during the training sessions of the juniors I volley ball girl players (16-18 years old)*, International conference ICPEHS 2008 PROCEEDINGS: Physical Education, Sport and Health, Pitești 21-23 november 2008 ISSN: 1453-1194, pag 163-164, 2008
11. Niculescu Ionela, Rada Larisa, *Study regarding the role of the technical preparation specialized in developing the lateral thinking inside the game of volleyball*, International conference ICPEHS 2008 PROCEEDINGS: Physical Education, Sport and Health, Pitești 21-23 november 2008, ISSN: 1453-1194, pag 120-121, 2008
12. Rada Larisa, Cretu Marian, *The improvement of the muscular condition by alternative contraction regymes at junior volleyball players I*, Journal of Physical Education and Sport, (Nr. 1/2009), pag 50-55, 2009
13. Niculescu Mugurel, Vladu Larisa, *Contributions regarding the training the game leader in volleyball*, International Scientific Conference „Physical Education, Sport and Health”, anul publicarii 2009 ISSN 1453-1194, pag. 88-91, 2009
14. Rada Larisa, *Contributions for training muscle timing play volleyball*, International Scientific Conference „Physical Education, Sport and Health”, anul publicarii 2009 ISSN 1453-1194, pag. 674-678, 2009
15. Rada Larisa, *Contributions to the arrangements are effective contractions combined muscle preparation*, International Scientific Conference „Physical Education, Sport and Health”, anul publicarii 2009 ISSN 1453-1194, pag. 670-674, 2009
16. Rada Larisa, *Optimizing the muscular training through alternated contraction regymes at junior female players I*, Journal of Physical Education and Sport, (Nr. 1/2010), pag 37- 43, 2010
17. Cretu Marian, Rada Larisa, *Traning strategy development of explosive strength in volleyball*, Journal of Physical Education and Sport, (Nr. 1/2010), pag 51-58, 2010
18. Niculescu Ionela, Rada Larisa, *Ways of evaluating the volleyball game*, Physical Education Sport and Health – Pitesti, 2010, ISSN 1453-1194, pag 226-230, 2010
19. Rada Larisa, Niculescu Ionela, *Comparative study betwee development methods of spring for volley-ball players*, Physical Education Sport and Health – Pitesti, 2011, ISSN 1453-1194, pag 608-612, 2011
20. Rada Larisa, *The important in sports performance the alactacide anaerobic capacity*, Physical Education Sport and Health – Pitesti, 2011, ISSN 1453-1194, pag 636-640, 2011

21. Niculescu Ionela, Rada Larisa, *Extracurricular activities improvement for gymnasium pupils using pilates method*, Physical Education Sport and Health – Pitesti, 2011, ISSN 1453-1194, pag 604-608, 2011
22. Rada Larisa, *The role of phisycal activities in improving students health*, 5th Annual conference: Physical education sport and health, Pitești 2012. Scientific report Physical education and sport, ISSN: 1453-1194, pag 349-352, 2012, (TC_1_2012_DEFS, TC_1_2012_DEFS)
23. Rada Larisa, Malousaris Grigoris, Ilinca Narcis, Constantinescu Lucian, *Optimization through preparation muscular contractions regimes alternate to junior I volleyball players*, 5th Annual conference: Physical education sport and health, Pitești 2012. Scientific report Physical education and sport, ISSN: 1453-1194, pag 346-349, 2012, (TC_2_2012_DEFS, TC_2_2012_DEFS)
24. Rada Larisa, *Contractions modes and their function in spring for volleyball players (13 – 14 years)*, 5th International Conference "Education Facing Contemporary World EDU WORLD 2012, Pitești, ISSN: 1844-6264, pag 213, 2012, (TC_2_2012_DEFS, TC_2_2012_DEFS)
25. Niculescu Mugurel, Niculescu Ionela, Rada Larisa, *Typical and atypical in volleyball*, 6th Annual conference: Physical education sport and health, Pitești 2013. Scientific report Physical education and sport, ISSN: 1453-1194, pag. 139-145, 2013, (TC_2_2013_DEFS, TC_2_2013_DEFS)
26. Rada Larisa, Niculescu Mugurel, Niculescu Ionela, *Optimization of learning process to female volleyball players - junior III*, 6th Annual conference: Physical education sport and health, Pitești 2013. Scientific report Physical education and sport, ISSN: 1453-1194, pag 288-292, 2013, (TC_2_2013_DEFS, TC_2_2013_DEFS)
27. Niculescu Ionela, Niculescu Mugurel, Rada Larisa, *A research over the assessment of coaching*, 7th Annual conference: Physical education sport and health, Pitești 2014. Scientific report Physical education and sport, ISSN: 1453-1194, pag 458-461, 2014, (TC_2_2014_DEFS, TC_2_2014_DEFS)
28. Rada Larisa, *Evaluating the management style of volleyball coaches*, 7th Annual conference: Physical education sport and health, Pitești 2014. Scientific report Physical education and sport, ISSN: 1453-1194, pag 552-554, 2014, (TC_2_2014_DEFS, TC_2_2014_DEFS)
29. Rada Larisa, *A study regarding the cohesion of a high performance team*, 8th Annual conference: Physical education sport and health, Pitești 2015. Scientific report Physical education and sport, ISSN: 1453-1194, pag 437- 441, 2015, (TC_2_2015_DEFS, TC_2_2015_DEFS)
30. Rada Larisa, *Contributions to improve the efficiency of defensive actions in playing volleyball, junior I level*, 9th Annual conference: Physical education sport and health, Pitești 2016. Scientific report Physical education and sport, ISSN: 1453-1194, pag.179-184, 2016, (TC_2_2016_DEFS, TC_2_2016_DEFS)
31. 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, 2016, (TC_2_2016_DEFS, TC_2_2016_DEFS)
32. LARISA RADA, *THE INFLUENCE OF SPORTS IN REGARDS TO THE STRESS FACTORS IN THE CASE OF FEMALE STUDENTS OF PITESTI UNIVERSITY*, 10 th ANNUAL INTERNATIONAL CONFERENCE:PHYSICAL EDUCATION, SPORT AND HEALTH,PITESTI, 23 rd- 24 th of November 2017, ROMANIA, 2017, (TC_1_2017_DEFS, TC_1_2017_DEFS)
33. LARISA RADA, *OPTIMIZATIION OF THE PHYSICAL EDUCATION ACTIVITY WITH THE PURPOSE OF IMPROVING THE MOTOR CAPACITY OF THE FEMALE STUDENTS OF UNIVERSITY OF PITESTI*, PHYSICAL EDUCATION, SPORT AND HEALTH,PITESTI, 23 rd- 24 th of November 2017, ROMANIA10 th ANNUAL INTERNATIONAL CONFERENCE: , 2017, (TC_1_2017_DEFS, TC_1_2017_DEFS)
34. Niculescu Ionela, Rada Larisa, *Assessment of the competition level of junior female volleyball players*, Journal of Physical Education and Sport®(JPES), 17(4), Art 306, pp. 2665 – 2668, 2017online ISSN: 2247 – 806X; p ISSN: 2247 – 8051; ISSN L = 2247 – 8051Journal of Physical Education and Sport10.7752/jpes.2017.04306 , 2017, (TC_2_2017_DEFS, TC_1_2017_DEFS)
35. Rada Larisa, *A sociological inquiry regarding the use of dynamic games to learn volleyball - middle school*, JOURNAL OF PHYSICAL EDUCATION AND SPORT (JPES) Vol 18 supplement ISSUE 5, November 2018, 2018, (TC_1_2018_DEFS)
36. Macri Aurelia, Amzar Luminita, Butnariu Mihaela, Enache Carmen, Enache Sebastian, Niculescu Ionela, Stancu Maura, Popescu Corina, Rada Larisa, Visan Paul, *Analysis of the body harmony*

indexes of the female students of the University of Pitesti, JOURNAL OF PHYSICAL EDUCATION AND SPORT (JPES) Vol. 18 Supplement Issue 5, November 2018, 2018, (TC_1_2018_DEFS)

37. Rada Larisa, *Developing the strength -speed relationship in a junior II volleyball team*, 11th ANNUAL INTERNATIONAL CONFERENCE: PHYSICAL EDUCATION, SPORT AND HEALTH, PITESTI 22nd-23rd of November 2018 Romania, 2018, (TC_2_2018_DEFS)

38. 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 - 806X; p-ISSN: 2247 - 8051; ISSN - L = 2247 - 8051 © JPES Published online: May 31, 2024 Accepted for publication: May 15, 2024 DOI:10.7752/jpes.2024.05121, 2024, (TC_2_2024_DEFS)

39. E.L. AMZĂR, L. RADA, I.I. NICULESCU, *DEVELOPMENT OF EXPLOSIVE STRENGTH IN THE REPRESENTATIVE HIGH SCHOOL VOLLEYBALL TEAM*, Bulletin of the Transilvania University of Braşov Series IX: Sciences of Human Kinetics • Vol. 17(66) No. 2 – 2024 <https://doi.org/10.31926/but.shk.2024.17.66.2.13>, 2024, (TC_2_2024_DEFS)

40. L. RADA E.L. AMZĂR I.I. NICULESCU, *METHODOLOGICAL CONTRIBUTIONS REGARDING THE IMPROVEMENT OF PHYSICAL TRAINING IN U16 FEMALE VOLLEYBALL PLAYERS*, Bulletin of the Transilvania University of Braşov Series IX: Sciences of Human Kinetics • Vol. 17(66) No. 1 – 2024 <https://doi.org/10.31926/but.shk.2024.17.66.1.25> DOI: <https://doi.org/10.31926/but.shk.2024.17.66.1.25>, 2024, (TC_2_2024_DEFS)

D. Lucrări (articole) publicate în perioada 2000 - 2026 în reviste și volume de conferințe cu referenți (neindexate)

D2. Articole în volumele manifestărilor științifice

1. Simion Gheorghe, Vladu Larisa, Leșu Luminița, *Prioritățile jocului de volei prin echilibrul dintre acțiunile de atac și apărare*, Congres Internațional Sănătate prin mișcare pentru generația viitoare, Oradea, ISSN 1224-5100, pag 767, 2002

Data: 01.02.2026

Cadrul didactic RADA LARISA

Semnătura