



FIȘĂ DE AUTOEVALUARE ȘI DE VERIFICARE A ÎNDEPLINIRII STANDARDELOR UNIVERSITĂȚII „VASILE ALECSANDRI” DIN BACĂU PENTRU OCUPAREA POSTURILOR DIDACTICE

Standarde minime pentru ocuparea postului de **lector universitar/șef de lucrări**

Nr. crt.	Standard	Autoevaluare candidat	Verificare comisie
		Îndeplinire/ Punctaj	Îndeplinire / Punctaj
1.	Deținerea diplomei de doctor Incidența unor maladii genetice și malformații congenitale în populațiile umane din județele Bacău și Vaslui. Utilizarea metodelor kinetoterapeutice în ameliorarea unora din manifestările lor. Universitatea „Alexandru Ioan Cuza” din Iași, Facultatea de Biologie. Doctor în Biologie	DA	
2.	Minim: <ul style="list-style-type: none">5 articole publicate în reviste indexate BDI, din care minim 3 ca autor principal (definit conform reglementărilor în vigoare); <i>Lista articolelor:</i> <ol style="list-style-type: none">Autor: Popa Cristina-Elena, „<i>The Effectiveness of Proprioceptive Neuromuscular Facilitation in Regards to the Improvement of Motor Control in Lower Limbs, Post-Immobilization</i>”, Gymnasium, Journal of Education, Sports and Health, Issue 1, vol.XVIII, 2017, pp. 19-43; ISSN 2284-7324; 2344-5645 (online); Indexare: Index Copernicus, J-Gate, DOAJ, Ulrich's, EBSCO SPORT Discus with Full Text, ProQuest, Scipio http://www.gymnasium.ub.ro/index.php/journal/article/view/16Autor: Popa Cristina-Elena, „<i>The Effectiveness of Proprioceptive Neuromuscular Facilitation Techniques in Treating Brachial Plexus Paralysis</i>”, Studia Universitatis „Vasile Goldiș”, Seria Educație Fizică și Kinetoterapie, ISSN 2284-7324 2016, Indexare: Index Copernicus International, ProQuest, EBSCO Publishing and ScipioAutor: Popa Cristina-Elena, „<i>Study Regarding the Effectiveness of physical therapy in treating cervical spondylosis</i>”, Gymnasium, Journal of Education, Sports and Health supliment, nr.2, vol.XVII, p. 143-154, 2016, ISSN 2284-7324; 2344-5645 (online); Indexare: Index Copernicus, J-Gate, DOAJ, Ulrich's, EBSCO SPORT Discus with Full Text, ProQuest, Scipio http://www.gymnasium.ub.ro/index.php/journal/article/view/35/31Autor: Popa Cristina-Elena, „<i>The effectiveness of neuromotor reeducation methods in treating the cerebellar ataxias</i>”, Studia Universitatis „Vasile Goldiș”, Seria Educație Fizică și Kinetoterapie, ISSN 2284-7324 2015 Volum 4, Nr.2 (8), pp.64-74, Indexare: Index Copernicus International, ProQuest, EBSCO Publishing and ScipioAutor: Popa Cristina-Elena, „<i>Study regarding the effectiveness of muscle energy techniques in treating cervicalgias</i>”, Sport and Society.	DA 3 p. 3 p. 3 p. 3 p.	

<p>Interdisciplinary Journal of Physical Education and Sport, Volum 14, 2014, pp.61-66, ISSN 1877-0428; Indexare: Index Copernicus, J-Gate, DOAJ, Ulrich's, EBSCO SPORT Discus with Full Text, ProQuest, Scipio, Academic Journals Database, Google Scholar, CiteFactor, Consiliul Național pentru Cercetare Științifică din Romania (2011): B+ http://www.sportsisocietate.ro/misc/doc/show/150</p>		
<p>6. Autor: Popa Cristina-Elena, „Comparative observations regarding the incidence of certain hereditary disorders and congenital malformations in Bacau and Vaslui counties, between 2006 and 2013” Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-0428, 2344-5645 (online), 2014, volum 2, nr.XV, pp.261- 268; Indexare: Index Copernicus, J-Gate, DOAJ, Ulrich's, EBSCO SPORT Discus with Full Text, ProQuest, Scipio http://www.gymnasium.ub.ro/index.php/journal/article/view/159/148;</p>	3 p.	
<p>7. Autor: Popa Cristina-Elena, „The Effectiveness of Physical Therapy Methods and Techniques in Treating Post-Immobilization Ankle Sprains”, Gymnasium, Journal of Education, Sports and Health, Issue 2, vol.XVIII, 2017, pp. 19-42, ISSN 2284-7324; 2344-5645 (online); Indexare: Index Copernicus, J-Gate, DOAJ, Ulrich's, EBSCO SPORT Discus with Full Text, ProQuest, Scipio http://www.gymnasium.ub.ro/index.php/journal/article/view/321/291</p>	3 p.	
<p>8. Autori: Popa Cristina-Elena, Dobrescu Tatiana, „The Effectiveness of Therapeutic Physical Exercises in Improving Balance and Coordination in Children with Down Syndrome”, Revista Românească pentru Educație Multidimensională, ISSN 2066-7329; e-ISSN: 2067-9270, nr.3, volum 9, 2017, pp. 89-102, Indexare: Index Copernicus, EBSCO; ERIH+; Google Scholar; Index Copernicus; Ideas RePeC; Econpapers; Socionet; CEEOL; Ulrich ProQuest; Cabell, Journalseek; Scipio; Philpapers; SHERPA/RoMEO repositories; KVK; WorldCat; CrossRef; CrossCheck, Doi:https://doi.org/10.18662/rrem/2017.0903.06; http://lumenpublishing.com/journals/index.php/rrem/article/view/171;</p>	3 p.	
<p>9. Autori: Popa Cristina-Elena, Dobrescu Tatiana, „The effectiveness of massage and muscle energy techniques in treating the myofascial syndrome in the back”, Journal of Physical Education and Sport® (JPES) ISSN 2247 - 806X; p-ISSN: 2247 – 8051; ISSN - L = 2247 – 8051; 2284-7324, nr.5, volum 17, 2017, pp. 2325-2328, DOI:10.7752/jpes.2017.s5253; Indexare: Index Copernicus, J-Gate, DOAJ, Ulrich's, EBSCO SPORT Discus with Full Text, ProQuest, Scipio, Google Academic, Erih Plus NSH, Journal Index Catalogue; http://www.efsupit.ro/images/stories/5November2017/Art%20253.pdf;</p>	3 p.	
<p>10. Autori: Popa Cristina-Elena, Ghiorghită Gogu, „The effectiveness of physical therapy in developing the basic motor skills in children who have Down Syndrome”, Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-0428, 2344-5645 (online), no.1, volum XV, 2014; Indexare: J-Gate, DOAJ, Ulrich's, EBSCO SPORT Discus with Full Text, ProQuest, Scipio http://www.gymnasium.ub.ro/index.php/journal/article/view/171</p>	3 p.	
<p>11. Autori: Popa Cristina-Elena, Ghiorghită Gogu, „Study regarding the effectiveness of physical therapy in the case of an operated congenital Talipes Equinovarus - case study”, Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-0428/2012, 2344-5645 (online), no.1, vol.XIII, 2012, pp. 47-61, Indexare: Index Copernicus, J-Gate, DOAJ, Ulrich's, EBSCO SPORT Discus with Full Text, ProQuest, Scipio http://www.gymnasium.ub.ro/index.php/journal/article/view/204</p>	3 p.	

<p>12. Autori: Popa Cristina-Elena, Ghiorghiuță Gogu, „<i>Ongoing study conducted on the importance of neuro-proprioceptive facilitation techniques applied to children with Down Syndrome</i>”, Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-04282012, 2344-5645 (online), no.1, volum XI, 2010, pp.28-35, Indexare: Index Copernicus, J-Gate, DOAJ, Ulrich's, EBSCO SPORT Discus with Full Text, ProQuest, Scipio</p>	<p>3 p.</p>	
<p>13. Autori: Popa Cristina-Elena, Galeru Ovidiu, „<i>Study regarding the improvement of postural control in children who have Down Syndrome through swimming</i>”, Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-0428, 2344-5645 (online), no.2, vol.XIII, 2012, pp.85-99; Indexare: Index Copernicus, J-Gate, DOAJ, Ulrich's, EBSCO SPORT Discus with Full Text, ProQuest, Scipio http://www.gymnasium.ub.ro/index.php/journal/article/view/253/234</p>	<p>3 p.</p>	
<p>14. Autori: Balint Nela Tatiana, Popa Cristina-Elena, „<i>Possibilities of evaluation of the needs of a client in occupational performance</i>”, Gymnasium, Scientific Journal of Education, Sports and Health, No.1, Vol.XII, 2011, pp.56 – 64, ISSN 1877-0428, 2344-5645 (online), Indexare: Index Copernicus, J-Gate, DOAJ, Ulrich's, EBSCO SPORT Discus with Full Text, ProQuest, Scipio http://www.gymnasium.ub.ro/index.php/journal/article/view/230</p>	<p>1,5 p.</p>	
<p>15. Autori: Dobrescu Tatiana, Popa Cristina-Elena, „<i>The role of applicative tracks in improving Down syndrome symptoms in children</i>”, Scientific report physical education and sport - Proceedings of the 6th Annual Conference: Physical Education, Sport and Health, Pitești, 22-23-november 2013, ISSN 1453-1194, Vol. 17 Nr. 2/2013 part II, pp. 37- 41, Indexare: Index Copernicus, Scipio http://www.sportconference.ro/index.php?option=com_content&view=article&id=74&Itemid=44;</p>	<p>1,5 p.</p>	
<ul style="list-style-type: none"> • 1 articol publicat într-o revistă cotată ISI (article/review/proceedings paper/book review); 	<p>DA</p>	
<p><i>Lista articolelor:</i> 1. Autori: Popa Cristina-Elena, Ghiorghiuță Gogu, „<i>Frequency of congenital malformations and chromosomal disorders in Bacau and Vaslui counties (Romania)</i>”, (ISI Web of Science), Journal of Genetics, Indian Academy of Science, Nr. 4, Volum 94, p. 661-668, 2015, DOI 10.1007/s12041-015-0579-9, ISSN* 0973-7731 (online); 0022-1333 (print); WOS:000369499900014 http://www.ias.ac.in/describe/article/jgen/094/04/0661-0668; https://apps.webofknowledge.com/full_record.do?product=WOS&search_mode=GeneralSearch&qid=4&SID=D3S24xjljTCdMVdxflZ&page=1&doc=1</p>	<p>6,279 p.</p>	
<p>2. Autori: Popa Cristina-Elena, Dobrescu Tatiana, „<i>Improving the symptoms of compensating hyperlordosis in female gymnasts through the use of postural reeducation programs</i>”, Procedia Social and Behavioral Sciences (ISI Web of Science, Proceedings), ISSN: 1877-0428, 3rd International Congress of Physical Education, Sports and Kinetotherapy (ICSPEK) Nat Univ Phys Educ & Sport, Bucharest, Romania jun 14-15, 2013, ISSN 1877-0428, volum 117, pp. 603-609, Published 2014 https://doi.org/10.1016/j.sbspro.2014.02.269 WOS:000335831300100 http://www.sciencedirect.com/science/article/pii/S1877042814017996;</p>	<p>3 p.</p>	

<p>https://apps.webofknowledge.com/full_record.do?product=WOS&search_mode=GeneralSearch&qid=7&SID=D3S24xj1jTCdMVdxflZ&page=1&oc=1</p> <ul style="list-style-type: none"> • 3 prezentări la conferințe internaționale. <p><i>Lista prezentărilor:</i></p> <ol style="list-style-type: none"> 1. <i>“Comparative observations regarding the incidence of certain hereditary disorders and congenital malformations in Bacau and Vaslui counties, between 2006 and 2013”</i>, The 5th International Conference”Achievements and Prospects in the Field of Physical Education and Sports within the Interdisciplinary European Education System” Bacau, Romania, November, 21-22, 2014, www.conferintaefs.ub.ro; Organised by: University „Vasile Alecsandri” from Bacau; 2. <i>„Study regarding the effectiveness of muscle energy techniques in treating cervicalgias”</i>, The 8th International Conference in Physical Education, Sport and Physical Therapy „From theory to practice”, 8-9th of November, 2013, Iasi-Romania; Organised by: University „Alexandru Ioan Cuza” from Iași; 3. <i>„The effectiveness of physical therapy in developing the basic motor skills in children who have down syndrome”</i>, The 8th International Conference in Physical Education, Sport and Physical Therapy „From theory to practice”, 8-9th of November, 2013, Iasi-Romania; Organised by: University „Alexandru Ioan Cuza” from Iași; 4. <i>“The role of applicative tracks in improving Down syndrome symptoms in children”</i>, International Conference „Introspective connections on human movements sciences” first edition, Tîrgu Mureș, 26-27th april 2013; Organised by: The University of Medicine and Pharmacy of Tîrgu Mureș; 5. <i>“Improving the symptoms of compensating hyperlordosis in female gymnasts through the use of postural reeducation programs”</i>, „The international congress of Physical Education, Sports and Kinetotherapy” 3rd edition, June 13th-14th, 2013, Bucharest; Organised by: The National University of Physical Education and Sports from Bucharest; 6. <i>„Study regarding the improvement of postural control in children who have down syndrome through swimming”</i>, Locul III, The 4th International Conference „Achievements and prospects in the field of physical education and sports within the interdisciplinary European education system” Bacau, Romania, November, 9-10, 2012, www.conferintaefs.ub.ro; Organised by: University „Vasile Alecsandri” from Bacau; 7. <i>„Study regarding the incidence of congenital malformations, on systems, in human populations from Bacau county, over the period of 2006-2009”</i>, Locul III, The 3th International Conference”Achievements and Prospects in the Field of Physical Education and Sports within the Interdisciplinary European Education System” Bacau, Romania, May, 27th-28th, 2011; Organised by: University „Vasile Alecsandri” from Bacau; 8. <i>“The contribution of the reflex massage in the confined women’s recovery”</i>, International Scientific Conference „Innovation and creation in the field of physical activity, sources of human performance”, May 20th-30th 2009, Galați, Organised by: „Dunarea de Jos” University of Galati, The Faculty of Sports and Physical; 9. <i>“Ascertainment study on the importance of the kinesitherapeutical intervention in patiens with lumbar disk hernia operations”</i>, „Innovation and creation in the field of physical activity, sources of human performance”, May 20th-30th 2009, Galați, Organised by: „Dunarea de 	<p>DA</p> <p>0,5 p.</p>	
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	<p>Jos" University of Galati, The Faculty of Sports and Physical;</p> <p>10. „Means of using Bobath method with autistic children”, Locul III obținut la International Conference „Qualitative strategies for improving the higher education system in a European vision" Bacau, Romania, November, 28th-29th, 2008; Organised by: University „Vasile Alecsandri” from Bacau.</p> <p>Pentru posturile din domeniile Științelor Socio-Economice și Umaniste, articolul publicat într-o revistă ISI se poate echivala cu o carte științifică/de autor publicată cel puțin într-o editură recunoscută CNCIS/CNCS.</p> <p><i>Carte științifică</i>, Autori: Popa Cristina-Elena, Ghiorghită Gogu, “Maladii genetice și anomalii congenitale în populațiile umane din județele Bacău și Vaslui”, Editura Risoprint, Cluj-Napoca, 2017, ISBN 978-973-53-2110-9, 143 pagini.</p>	<p>0,5 p.</p> <p>DA</p> <p>12 p.</p>	
3.	<p>Cel puțin un material didactic pentru uzul studenților în domeniul postului scos la concurs (monografii, cărți, note de curs, caiet de seminar, caiet de laborator, îndrumar de practică).</p> <p><i>Lista materialelor publicate:</i></p> <p>1. Autori: Mârza-Dănilă Doina, Popa Cristina-Elena, „Masaj și tehnici complementare”. Curs pentru studii de licență KMS IF și IFR, Editura Alma Mater, Bacău, 2015, ISBN 978-606-527-453-2, 185 pagini.</p>	<p>DA</p> <p>1,75 p.</p>	
4.	<p>Alte criterii relevante considerate de candidat</p> <p><i>I16 Membru în comitetul editorial/redacțional al unei reviste științifice indexată într-o bază de date internațională</i></p> <p>1. Membru în comitetul de redacție al Revistei Gymnasium, Vol. XVI, Issue 1 (Supplement) 2015, http://www.gymnasium.ub.ro/index.php/journal/issue/view/6/2015-cover-1s</p> <p>2. Membru în comitetul de redacție al Revistei Gymnasium, Vol. XVIII, Issue 1, 2016, http://www.gymnasium.ub.ro/index.php/journal/issue/view/4/cover2016</p> <p>3. Membru în comitetul de redacție al Revistei Gymnasium, Vol. XVIII, Issue 2 (Supplement) 2016, http://www.gymnasium.ub.ro/index.php/journal/issue/view/2/17-2S-cover</p> <p>4. Membru în comitetul de redacție al Revistei Gymnasium, Vol. XVIII, Issue 1, 2017, http://www.gymnasium.ub.ro/index.php/journal/issue/view/1/2017-cover</p> <p>5. Membru în comitetul de redacție al Revistei Gymnasium, Vol. XVIII, Issue 2, 2017, http://www.gymnasium.ub.ro/index.php/journal/issue/view/16/cover-18-2</p> <p><i>I21 Membru în comitetul de organizare al conferințelor internaționale</i></p> <p>1. The International Conference "Achievements and Prospects in the Field of Physical Education and Sports within the Interdisciplinary European Education System " Bacau, Romania november, 6-7, 2009 http://www.ub.ro/smss/files/facultati/fsmss/cercetare/Conferinta_stiintifica_internationala_aniversara_2009.pdf</p> <p>2. The 2th International Conference "Achievements and Prospects in the Field of Physical Education and Sports within the Interdisciplinary</p>	<p>DA</p> <p>1,5 p.</p> <p>1,5 p.</p> <p>1,5 p.</p> <p>1,5 p.</p> <p>1,5 p.</p> <p>1 p.</p> <p>1 p.</p>	

<p>European Education System " Bacau, Romania november 12-15, 2010 http://www.ub.ro/smss/files/facultati/fsmss/cercetare/Conferinta_stiintifica_internationala_2010.pdf</p>		
<p>3.The 3th International Conference "Achievements and Prospects in the Field of Physical Education and Sports within the Interdisciplinary European Education System " Bacau, Romania Mai, 27-28, 2011 http://www.ub.ro/smss/files/facultati/fsmss/cercetare/Conferinta_stiintifica_internationala_aniversara_2011.pdf</p>	1 p.	
<p>4. The 4th International Conference "Achievements and Prospects in the Field of Physical Education and Sports within the Interdisciplinary European Education System " Bacau, Romania November, 9-10, 2012 http://www.ub.ro/smss/files/facultati/fsmss/cercetare/Conferinta_stiintifica_internationala_2012.pdf</p>	1 p.	
<p>5. The 5th International Conference "Achievements and Prospects in the Field of Physical Education and Sports within the Interdisciplinary European Education System " Bacau, Romania November, 21-22, 2014 http://www.ub.ro/smss/files/facultati/fsmss/cercetare/INVITATIE_CONFERINTA_INTERNATIONALA_FSMSS_2014.pdf</p>	1 p.	
<p>6. The 6th International Conference "Achievements and Prospects in the Field of Physical Education and Sports within the Interdisciplinary European Education System " Bacau, Romania November, 11-12, 2016 http://www.ub.ro/smss/files/facultati/fsmss/cercetare/2016/conferinte/INVITATIE_CONFERINTA_INTERNATIONALA_FSMSS_2016.pdf</p>	1 p.	
<p>7. The 1st International Scientific Conference on Occupational Therapy □ Present state and future prospects, 2017 http://dkto.ub.ro/wp-content/uploads/2017/03/Organising-Committee.pdf</p>	1 p.	
<p><i>I 27 Responsabil în comunitate academică (consiliu, departament)</i></p>		
<p>1. Referent al programului de studii Kinetoterapie și Motricitate Specială IFR</p>	1 p.	
<p>2. Membru în comisiile de admitere, domeniul de licență Educație Fizică și sport, sesiunile iulie, septembrie (2013, 2014, 2015, 2016, 2017)</p>	5 p.	
<p>3. Secretar în comisiile pentru susținerea examenului de licență, sesiunea iulie 2016, 2017, Kinetoterapie și Motricitate IF și IFR</p>	2 p.	
<p>4. Membru în comisia pentru elaborarea Dosarului de autoevaluare a programului de studii Kinetoterapie și Motricitate Specială IFR, depus în vederea acreditării instituționale din 2016</p>	1 p.	
<p><i>I24 Preocupări pentru perfecționare continuă</i></p>		
<p>1. Curs de inițiere în Terapia Yumeiho, 22-28 04.2013, organizat de Societatea Română de Yumeiho;</p>	0,5 p.	
<p>2. Stagiu de perfecționare în Terapia Yumeiho, 27.10-03.11.2013 organizat de Societatea Română de Yumeiho;</p>	0,5 p.	
<p>3. Seminar - Instruire privind „Furnizarea scaunelor rulante cu antrenare manuală”, organizat de Fundația Motivation România, 25.10.2012;</p>	0,5 p.	
<p>4. Curs "Levees de Tension Musculaires, Massage Manipulation Specifique Decontracturans Post-traumatique ou Confort/ Detente", formator Sandrine Monnet, kinetoterapeut, Ecole de Kinesitherapie CHU de Grenoble, France, organizat de Universitatea „Vasile Alecsandri” din Bacău, 21-25 04.2008;</p>	0,5 p.	
<p>5. Curs,"Clinical reasoning, diagnosis and treatment of soft tissue lesions, updated orthopaedic medicine (Cyriax), module: Lumbar Spine", formator Steven De Coninck MSc PT, Președinte ETGOM, organizat de ETGOM Cyriax Europa, 10-14 04.2008;</p>	0,5 p.	

	<p>6. Sesiunea de Kinetoterapie, 2015, Bacău, în cadrul “Zilelor medicale ale Spitalului Municipal de Urgență Moinești, ediția a –X-a, 26. 06.2015, (20 de credite profesionale)</p> <p>7. “Abordarea clinică a umărului în kinetoterapie – curs practic și teoretic, desfășurat la Bacău în 25 martie 2017, formator: Conf.univ.dr.Dobreci Lucian, 25.03.2017, (20 de credite profesionale)</p> <p><i>I29 Participarea la dezvoltarea programelor de burse pentru mobilități elevi/studenți prin programe europene</i></p> <p>Acord bilateral - Mobilitate Erasmus între Universitatea „Vasile Alecsandri” din Bacău și Angel Kanchev University of Ruse, Bulgaria pentru programele de studii Kinetoterapie și motricitate specială și Terapie Ocupațională (perioada 2011-2013)</p> <p><i>I30.1. Premii pentru activitatea științifică oferite de către instituții sau asociații științifice/profesionale internaționale (m = 3) sau naționale de prestigiu (CNCS, etc.) (m = 1)</i></p> <p>1. Locul III obținut la The 4th International Conference „Achievements and prospects in the field of physical education and sports within the interdisciplinary European education system" Bacau, Romania, November, 9-10, 2012, www.conferintaefs.ub.ro; Organised by: University „Vasile Alecsandri” from Bacau, cu lucrarea „<i>Study regarding the improvement of postural control in children who have down syndrome through swimming</i>”;</p> <p>2. Locul III obținut la The 3th International Conference”Achievements and Prospects in the Field of Physical Education and Sports within the Interdisciplinary European Education System" Bacau, Romania, May, 27th-28th, 2011; Organised by: University „Vasile Alecsandri” from Bacau, cu lucrarea „<i>Study regarding the incidence of congenital malformations, on systems, in human populations from Bacau county, over the period of 2006-2009</i>”;</p> <p>3. Locul III obținut la International Conference „Qualitative strategies for improving the higher education system in a European vision" Bacau, Romania, November, 28th-29th, 2008; Organised by: University „Vasile Alecsandri” from Bacau, cu lucrarea „<i>Means of using Bobath method with autistic children</i>”;</p>	<p>0,5 p.</p> <p>0,5 p.</p> <p>1 p.</p> <p>2 p.</p> <p>2 p.</p> <p>2 p.</p>	
PUNCTAJ TOTAL		104,029	

Data
04.01.2018

Semnătura

Președinte _____

Membri _____
