



**ROMÂNIA**  
**MINISTERUL EDUCAȚIEI NAȚIONALE ȘI CERCETĂRII ȘTIINȚIFICE**  
**UNIVERSITATEA „VASILE ALECSANDRI” DIN BACĂU**  
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## Prof. univ. dr. Acsinte Alexandru

### Lista lucrărilor / activităților reprezentative

A Teza de doctorat				
	A1	<b>Modificari fiziologice determinate de efortul fizic in conditii de stres competitional</b>	Universitatea "Al. I. Cuza", Iasi, Biologie	
B Brevete / invenții				
	B1	<b>Titlul</b>	<b>Autori</b>	<b>Date eligibile, înregistrare OSIM</b>
C Cărți și capitole în cărți				
	C1	Handbal – Mijloace de acționare	Alexandru Eftene, Acsinte Alexandru	Editura Valinex, Chișinău, 2005, ISBN: 9975-9891-0-1, 140 pag;
	C2	Tenis – Profilaxia și recuperarea accidentărilor la nivelul articulației umărului,	Ovidiu Bondăreț, Acsinte Alexandru	Ed. Performantica, Iași, 2006, ISBN: 973-730-233-8, 153 pag;
	C3	Performanța Sportivă – Particularități biochimice și fiziologice în antrenamentul sportiv	Șalgău Silviu, Acsinte Alexandru	Ed. Pim, Iași, 2007, ISBN973-716-636-1, 199 pag.
	C4	Handbal. International Guidelines.	Acsinte Alexandru	Ed. Alma-Mater, Bacău, 2009, ISBN: 9780606-527-024-4
	C5	Improving ankle and knee joint stability – Proprioceptive balancefit discs drills.	Acsinte A., Alexandru E., Milon A., Lupescu L.	XLibris, Bloomington, U.S.A. – 2010, ISBN: 978-1-4535-8712-6
	C6	Imbunătășirea stabilității la nivelul gleznei și genunchiului – Exerciții proprioceptive folosind materiale ajutătoare de tip Balancefit	Acsinte A., Alexandru E., Milon A., Lupescu L.	Ed. Alma-Mater, Bacău, 2011, ISBN: 978-606-527-127-2
	C7	Handbal – exerciții combinate pentru pregătirea integrală.	Alexandru E, Acsinte A.	Alma Mater, Bacău, 2012, ISBN: 978-606-527-175-3
	C8	Contributions regarding	Balint Gh.,	Universitat Ramon Llull, Barcelona,

Director departament EFPS  
Conf. univ. dr. Șufaru Constantin

Prodecan MCSRI,  
Prof. univ. dr. Tatiana Dobrescu

		the development of proprioception for the standing shooting in the 14-16 year old female biathlon athletes.	<b>Acsinte A.,</b> Ravasz Isabela	Spania, 2012, ISBN: 978-84-9729-314-3
	<b>C9</b>	Teoria și practica handbalului, : curs studii de licență IF, IFR	Acsinte Alexandru	Alma Mater, Bacău, 2016, ISBN: 978-606-527-480-8
	<b>C10</b>	Metodica predării handbalului în gimnaziu-curs studii de licență IF, IFR	Alexandru Acsinte	Alma Mater, 2018 ISBN: 978-606-527-481-5
<b>D Articole în extenso, publicate în reviste din fluxul științific internațional principal</b>				
	<b>D1</b>			
		Carrying out the methodological approach of the scientific research in the Physical Education and Sport Science field	Potop V., Ciorbă C., Mihăilă I, Mihai I., Mihăilescu L. Acsinte Al.	Physical Education for Students, 2023, Vol. 27, nr.4, pag. 201 – 211;
		Study on the influence of welder's fatigue on the quality of weld lines	Diana Lungu, Carol Schnakovszky, Alexandru Acsinte, Eugen Herghelegiu, Crina Radu	Journal of Engineering Studies and Research, Volume 26 (2020) No. 3, pag. 107-111;
		The effect of training balance using instable surfaces in the optimized training of women U 16 handball players	Costea Liana Maria, Acsinte Alexandru	The Annals of Dunărea de Jos, Fascicle XV; Nr: Vol. 2, An 2015, pp 90 -94, ISSN 1454 – 9832
	<b>D2</b>	Role and significance of agility in the 2nd level junior category handball female players	Costea Liana Maria, Acsinte Alexandru, Mihăilă Ion	SCIENTIFIC REPORT PHYSICAL EDUCATION AND SPORT, 8th Annual International Conference Physical Education Sport and Health Vol 19 / 1, 2015, pp 118 – 120, ISSN:1453-1194
	<b>D3</b>	Comparative Study Regarding The Effectiveness Of The Representative Junior Handball Teams' Shots At The Goal During International Competitions,	Acsinte Alexandru, Eftene Alexandru	Gymnazium, Nr. 1, Vol XV, 2014, pp 33- 41, ISSN: 2344-5645
	<b>D4</b>	Neuromuscular Coordination and	Acsinte Alexandru <sup>a</sup> ,	Procedia - Social and Behavioral Sciences (2014), pp. 451-456

	Proprioceptive Training in Young Handball Players	Alexandru Eftene <sup>a</sup> , Hantău Cezar <sup>b</sup> , Oscar Gutierrez Aquilar <sup>c</sup> , Makoto Muramatsu <sup>d</sup>	DOI information: 10.1016/j.sbspro.2014.02.244
<b>D5</b>	Study regarding the effectiveness of the first phase of defense in tem handball, juniors III level	Eftene Alexandru, Acsinte Alexandru	Gymnazium, no. 1, Vol XIV/2013; pp 162 -170, ISSN – 1453 – 0201
<b>D6</b>	Proprioceptive and neuro-muscular coordination e-Training in Sport Performance	Acsinte A, Balint Gh	The 9 <sup>th</sup> International Scientific Conference „eLEARNING AND SOFTWARE FOR EDUCATION – eLSE” – Quality and Efficiency in E-Learning ISSN 2066-026X, 2013.
<b>D7</b>	The use of computer information technology in creating specific physical education and sports theoretical courses	Balint Gh, Acsinte A	The 9 <sup>th</sup> International Scientific Conference „eLEARNING AND SOFTWARE FOR EDUCATION – eLSE” – Quality and Efficiency in E-Learning ISSN 2066-026X, 2013.
<b>D8</b>	Blood Lactic Acid Concentration Changes In Women Handball Players During A High Intensity Training Session	Alexandru Acsinte, Eftene Alexandru,	Gymnasium, ISSN: 1453-0201, 2012, Vol.XIII. Nr.2
<b>D9</b>	Complex drills for junior I in handball (2 <sup>nd</sup> mesocycle of a specific training session)	Acsinte A., Alexandru E, Mihăila I., Oscar Gutierrez	Scientific Report Physical Education And Sport,, ISSN: 1453-1194, Volume 16 – 2/2012, Part II.
<b>D10</b>	Multilateral team handball specific physical training program for female juniors I (16-18 years old).	Alexandru E, Acsinte A., Mihăila I., Oscar Gutierrez	Scientific Report Physical Education And Sport,, ISSN: 1453-1194, Volume 16 – 2/2012, Part II.
<b>D11</b>	Home advantage in the high category of spanish handball	Gutierrez Oscar Aquilar, Saaverda Miguel garcia, Fernandez J J Romero, Acsinte Alexandru	Buletin Științific, seria Educație Fizică și Sport, Nr. 15, 2011, ISSN 1453-1194
<b>D12</b>	The Relation between Physiological	Alexandru Acsinte,	Journal of Social Sciences, 2011, 7 (3): ISSN 1549-3652

		Parameters and the Anxiety State in Competitive Men Handball Players During Official Competitions	Eftene Alexandru, Alexandru Păcuraru, Petru Ghervan, Ion Mihăilă	Science Publications
	<b>D13</b>	New methods of teaching the technical elements in handball and badminton with the help of additional tools	Acsinte Alexandru, Milon Alexandra, Alexandru Eftene	Scientific research in sports and physical education, component of human and social progress, Galați, ISBN 978-606-8008-70-7, 2010, pp: 13-17.
	<b>D14</b>	Ways of assessing the explosive force in the physical education students	Acsinte Alexandru, Pădureanu Nicu, Tatar Ludmila.	Scientific research in sports and physical education, component of human and social progress, Galați, ISBN 978-606-8008-70-7, 2010, pp: 18-21
	<b>D15</b>	Are there good offensive game systems under the situational context of numerical equality in high level handball?	Oscar Gutierrez Aquilar, Fernandez Romero J.J., Acsinte Alexandru.,	Scientific research in sports and physical education, component of human and social progress, Galați, ISBN 978-606-8008-70-7, 2010, pp: 172-175.
	<b>D16</b>	Increasing the attractiveness of the physical education lesson through the use of balancefit pads.	Acsinte Alexandru, Milon Alexandra, Armanu Gabriel	Scientific research in sports and physical education, component of human and social progress, Galați, ISBN: 978-606-8008-70-7, 2010, pp: 51-54.
	<b>D17</b>	Cambios bioquimicos y fisiologicos en los jugadores de balonmano durante una sesion de entrenamiento de alta intensidad	Acsinte Alexandru	Area de Balonmano, AEBM, Cuadernos tecnicos, no. 30, mayo, 2004; I.S.S.N.: 1699 – 0864
	<b>D18</b>	Modificaciones fisiologicas en condicion de estres competicional en balonmano	Acsinte Alexandru Klaus Battes Werner Hefco Vasile	Area de Balonmano, AEBM, Cuadernos tecnicos, no. 32, septiembre, 2004; I.S.S.N.: 1699 – 0864
<b>E</b>	<b>Articole în extenso, publicate în volumele unor conferințe internaționale</b>			
	<b>E1</b>	Proprioceptive training in handball	Acsinte Alexandru	Science and Analytical Expertise in Handball, EHF Scientific Conference, ISBN 978-3-9503311-0-3, Viena, 2011
	<b>E2</b>	Neuro-muscular Coordination and	Acsinte A., Alexandru E.,	The 2nd EHF Scientific Conference – Women and Handball: Scientific and

		Balance Skills Development in Young Female Handball Players	Oscar Gutierrez Aquilar	Practical Approaches, Viena, 2013, ISBN: 978-3-9503311-1-0
	<b>E3</b>	Comparative Study Of Metabolically Disorder Due To High Intensity Training Session In First League Male And Women Handball Teams	Acsinte A., Alexandru E., Makoto Muramatsu.	The 3rd EHF Scientific Conference, "Medical Aspects In Handball - Preparation And The Game" (Scientific And Practical Approaches), Bucharest, 2015, ISBN: 978-3-9503311-2-7
	<b>E4</b>	Power and strength training in team handball	Acsinte Alexandru, Costea Liana Maria	<a href="http://www.eurohandball.com/article/021574/New+web+periodical+online">http://www.eurohandball.com/article/021574/New+web+periodical+online</a> <b>Viena, 2015</b>
	<b>E5</b>	Factors affecting deceleration and reacceleration In handball players: Effect of catching while running on change of direction and reacceleration	Tetsushi Moriguchi, Maiko Nakahara, Shiro Ichimura, Jun Fukuda, Toshihiro Ito, Yasunobu Suzuki, Takahiro Adachi, Mamoru Tanaka and Alexandru Acsinte	4 th EHF Scientific Conference Scientific - Approach to the Player's Environment From Participation to the Top, Vienna , 2017, ISBN: 978-3-9503311-3-4
	<b>E6</b>	Improving agility parameters in young handball players	Bobocea Lucian, Acsinte Alexandru, Botez Lăcrămioara	4 th EHF Scientific Conference Scientific - Approach to the Player's Environment From Participation to the Top, Vienna , 2017, ISBN: 978-3-9503311-3-4
	<b>E7</b>	Influencing the static ballance throughteh use of proprioceptive means	Costea Liana Maria, Acsinte Alexandru	4 th EHF Scientific Conference Scientific - Approach to the Player's Environment From Participation to the Top, Vienna , 2017, ISBN: 978-3-9503311-3-4
		Îndrumar de activități fizice	Milon A., Ciocan C., Lupu G., Balint Gh., Șufaru C., Acsinte A., Ochiană N., Drăgoi C.	Alma Mater, Bacău, 978-606-527-653-6, 2020.

LUCRĂRI SUSȚINUTE ȘI NEPUBLICATE				
	F1	Software pentru analiza tactică în handbal (Poster).	Oscar Gutierrez Aguilar, Acsinte Alexandru	The Physical Education and Sport in the European Integration Perspective, Bacău, 3-4 nov. 2006
	F2	How to use wheelchair handball to keep fit our handball players during knee or ankle injuries recovery period.	Acsinte Alexandru	IX Seminario „DOMINGO BARCENAS”, 21 – 23 DEC. 2007, Valladolid, organizado por la AEBM.
	F3	“Balance fit” exercises for improving ankle stability in team handball	Acsinte Alexandru	X Seminario „DOMINGO BARCENAS”, 13 – 15 Mar. 2009, Granollers, organizado por la AEBM.
	F4	Playing games motor skills development through aid exercises	Acsinte Alexandru	5th FIEP European Congress, Nis, Serbia, 23 – 26. 09. 2009
	F5	Minihandbal – Drum spre performanță	Acsinte Alexandru	FEFS Pitești, 2 noiembrie, 2009
	F6	New ways of teaching Minihandbal	Acsinte Alexandru	5th FIEP European Congress, Nis, Serbia, 23 – 26. 09. 2009
	F7	Sportul și eleganța feminină	Acsinte Alexandru	Sportul și Femeia, Chișinău, 2009, 21 – 22. oct.
	F8	Creșterea stabilității articulare prin antrenamentul proprioceptiv în handbalul de performanță	Acsinte Alexandru, Păcuraru Alexandru, Ghervan Petru	Probleme actuale ale metodologiei pregătirii sportivilor de performanță, Chișinău, 2010, 21 – 22. oct.
	F9	Lecția de educație fizică – încotro?	Acsinte Alexandru	Scientific research in sports and physical education, component of human and social progress”. Galați, 2010, 28 – 29 mai 2010

Data: 06.09. 2023

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**Notă:** Indicațiile cu culoare roșie sunt cu caracter explicativ, deci la completarea listei vor fi eliminate din text.

Există indicația pentru ca lista să fie sumativă cu activități reprezentative pentru toți itemii.

Lucrările și contribuțiile științifice trebuie să fie sub egida UVAB.