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Prof. univ. dr. Acsinte Alexandru

Lista lucrărilor / activităților reprezentative

A Teza de doctorat				
	A1	Modificari fiziologice determinate de efortu fizic in conditii de str competitiona	Universitatea "Al. I. Cuza", Iasi, Facultatea de Biologie	
B Brevete / invenții				
	B1	Titlul	Autori	Date eligibile, înregistrare OSIM
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	Imbunătățirea	Acsinte A.,	Ed. Alma-Mater, Bacău, 2011,

Director departament EFPS
 Conf. univ. dr. Șufaru Constantin

Prodecan MCSRI,
 Conf. univ. dr. Gabriel Mares

		stabilității la nivelul gleznei și genunchiului – Exerciții proprioceptive folosind materiale ajutătoare de tip Balancefit	Alexandru E., Milon A., Lupescu L.	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 the development of proprioception for the standing shooting in the 14-16 year old female biathlon athletes.	Balint Gh., Acsinte A., Ravasz Isabela	Universitat Ramon Llull, Barcelona, Spania, 2012, ISBN: 978-84-9729-314-3
	C9	Teoria și practica handbalului, : curs studii de licență IF, IFR	Acsinte Alexandru	Alma Mater, Bacău, 2016, ISBN: 978-606-527-480-8
	C10	Metodica predării handbalului în gimnaziu-curs studii de licență IF, IFR	Acsinte Alexandru	Alma Mater, 2018 ISBN: 978-606-527-481-5
	C11	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.
	C12	Methods of teaching handball in primary and secondary school - undergraduate level course – Erasmus	Acsinte Alexandru	Ed. UNIVERSITARIA, Craiova, 2024, 138 pag, ISBN 978-606-14-2015-5
	C13	Theory and practice of handball - undergraduate level course – Erasmus	Acsinte Alexandru	Ed. UNIVERSITARIA, Craiova, 2024, 146 pag, ISBN 978-606-14-2016-2

D Articole în extenso, publicate în reviste din fluxul științific internațional principal				
D1	From Competition to Sport Specific Preparation in Handball	Florin Valentin Leuciuc, Bogdan Marius Grosu, Andrei Răzvan Gavrioloaia, Carmen Manchado Lopez, Alexandru Acsinte .	Revista Românească pentru Educație Multidimensională ISSN: 2066-7329 e-ISSN: 2067-9270 Abstracting & Indexing Clarivate Analytics - Web of Science (WoS); EBSCO; Google Scholar; ICI Journals Master List - Index Copernicus; Ideas RePeC; Econpapers; Socionet; CEEOL; Philpapers; KVK; WorldCat; CrossRef; J-GATE, 2025, Volume 17, Issue 2, pages: 430-452 https://doi.org/10.18662/rrem/17.2/990	
D2	Applied biomechanics within the Kinesiology discipline in higher education	Potop V, Mihailescu L, Mihaila I, Kunikowska M. Z., Wladyslaw J, Chernozub A, Baican M, Timnea O. C., Ene-Voiculescu C, Alexandru Acsinte	Physical Education for Students, 2024, Vol. 28 No. 2, pp. 106-119; https://doi.org/10.15561/20755279.2024.0208	
D3	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., Mihailescu L. Acsinte Al.	Physical Education for Students, 2023, Vol. 27, nr.4, pp. 201 – 211; https://doi.org/10.15561/20755279.2023.0407	
D4	Determining the influence of dynamic balance in the technical training in football game at U13 level	Pană, B. A., Potop, V., Mihăilă, I., Trandafirescu, G., Mihai, I., Mihailescu, L. E., Acsinte A , Ciorbă, C	Pedagogy of Physical Culture and Sports, 27(5):429-438. (2023). https://doi.org/10.15561/26649837.2023.0510 .	
D5	Characteristics of specific training in elite handball players specialized in goalkeeper position	Mihaila I, Popescu M-C, Pascual - Fuertes X, Popescu D-C, Stancu M, Acsinte A , Ciorba C	Pedagogy of Physical Culture and Sports. 2024;28(1):72-83. https://doi.org/10.15561/26649837.2024.0108 .	
D6	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; STUDY ON THE INFLUENCE OF WELDER'S FATIGUE ON THE QUALITY OF WELD LINES Journal of Engineering Studies and Research (ub.ro)	

D7	The effect of training balance using instable surfaces in the optimized training of women U 16 handball players	Costea Liana Maria, Acsinte Alexandru , Turcanu F.	The Annals of Dunărea de Jos, Fascicle XV; Nr: Vol. 2, An 2015, pp 90 -94, ISSN 1454 – 9832 The Effect of Training Balance using Instable Surfaces in the Optimized Training of Women U16 Handball Players Annals of "Dunarea de Jos" University of Galati. Fascicle XV, Physical Education and Sport Management (ugal.ro) View of The Effect of Training Balance using Instable Surfaces in the Optimized Training of Women U16 Handball Players (ugal.ro)
D8	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 https://www.upit.ro/document/22940/report_cercetare.pdf
D9	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 http://www.gymnasium.ub.ro/index.php/journal/article/view/172
D10	Neuromuscular Coordination and Proprioceptive Training in Young Handball Players	Acsinte Alexandru ^a , Alexandru Eftene ^a , Hantău Cezar ^b , Oscar Gutierrez Aquilar ^c , Makoto Muramatsu ^d	Procedia - Social and Behavioral Sciences (2014), pp. 451-456 DOI information: 10.1016/j.sbspro.2014.02.244 Neuromuscular Coordination and Proprioceptive Training in Young Handball Players - ScienceDirect
D11	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 admin 2C Journal manager 2C 13. Alexandru Eftene 2C Bacau 2C En-Ro.pdf filename UTF-8admin 2C Journal manager 2C 13. Alexandru Eftene 2C-libre.pdf (d1wqtxts1xzle7.cloudfront.net)
D12	Proprioceptive and neuro-muscular coordination e-Training in Sport Performance	Acsinte A, Balint Gh	The 9 th International Scientific Conference „eLEARNING AND SOFTWARE FOR EDUCATION – eLSE” – Quality and Efficiency in E-Learning ISSN 2066-026X, 2013.

				PROPRIOCEPTIVE AND NEUROMUSCULAR COORDINATION E-TRAINING IN SPORT PERFORMANCE. eLearning & Software for Education EBSCOhost
	D13	The use of computer information technology in creating specific physical education and sports theoretical courses	Balint Gh, Acsinte A	The 9 th International Scientific Conference „eLEARNING AND SOFTWARE FOR EDUCATION – eLSE” – Quality and Efficiency in E-Learning ISSN 2066-026X, 2013. PROPRIOCEPTIVE AND NEUROMUSCULAR COORDINATION E-TRAINING IN SPORT PERFORMANCE. eLearning & Software for Education EBSCOhost
	D14	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 BLOOD LACTIC ACID CONCENTRATION CHANGES IN WOMEN HANDBALL PLAYERS DURING A HIGH INTENSITY TRAINING SESSION GYMNASIUM (ub.ro)
	D15	Complex drills for junior I in handball (2 nd 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.
	D16	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.
	D17	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
	D18	The Relation between Physiological Parameters and the Anxiety State in Competitive Men Handball Players During Official	Alexandru Acsinte, Eftene Alexandru, Alexandru Păcuraru, Petru Ghervan, Ion Mihăilă	Journal of Social Sciences, 2011, 7 (3): ISSN 1549-3652 Science Publications< https://pdfs.semanticscholar.org/2184/238f6738609d661adefce38515f42f62d9eb.pdf (PDF) The Relation between Physiological Parameters and the Anxiety State in Competitive Men Handball Players During Official Competitions (researchgate.net)

		Competitions		
	D19	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.
	D20	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
	D21	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.
	D22	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.
	D23	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
	D24	Modificaciones fisiologicas en condicion de estres competicional en balonmano	Acsinte Alexandru Klauss Battes Werner Hefco Vasile	Area de Balonmano, AEBM, Cuadernos tecnicos, no. 32, septiembre, 2004; I.S.S.N.: 1699 – 0864
	D25	Análisis de la respuesta fisiológica de los jugadores de pádel en situación de laboratorio y competición. Revisión sistemática analysis of physiological responses of padel players in laboratory	María Pía Cádiz-Gallardo, Francisco Pradas De la Fuente, Alexandru Acsinte , Miguel Lecina	July 2025, Padel Scientific Journal 3(2):179-199; DOI: 10.17398/2952-2218.3.179

		and competition context. Systematic review		
E Articole în extenso, publicate în volumele unor conferințe internaționale				
	E1	Proprioceptive training in handball	Accinte Alexandru	Science and Analytical Expertise in Handball, EHF Scientific Conference, ISBN 978-3-9503311-0-3, Viena, 2011
	E2	Neuro-muscular Coordination and Balance Skills Development in Young Female Handball Players	Accinte A., Alexandru E., Oscar Gutierrez Aquilar	The 2nd EHF Scientific Conference – Women and Handball: Scientific and Practical Approaches, Viena, 2013, ISBN: 978-3-9503311-1-0 sc-documentation-2013.pdf (eurohandball.com)
	E3	Comparative Study Of Metabolically Disorder Due To High Intensity Training Session In First League Male And Women Handball Teams	Accinte 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< (3) (PDF) COMPARATIVE STUDY OF METABOLICALLY DISORDER DUE TO HIGH INTENSITY TRAINING SESSION IN FIRST LEAGUE MALE AND WOMEN HANDBALL TEAMS (researchgate.net) sc-documentation-2015.pdf (eurohandball.com)
	E4	Power and strength training in team handball	Accinte Alexandru , Costea Liana Maria	http://www.eurohandball.com/article/021574/New+web+periodical+online Viena, 2015 (3) (PDF) POWER AND STRENGTH TRAINING IN TEAM HANDBALL (researchgate.net)
	E5	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 Accinte	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 sc-documentation-2017.pdf (eurohandball.com)
	E6	Improving agility	Bobocea Lucian,	4 th EHF Scientific Conference

		parameters in young handball players	Acsinte Alexandru , Botez Lăcrămioara	Scientific - Approach to the Player's Environment From Participation to the Top, Vienna , 2017, ISBN: 978-3-9503311-3-4 sc-documentation-2017.pdf (eurohandball.com)
	E7	Influencing the static ballance through the 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 sc-documentation-2017.pdf (eurohandball.com)
	E8	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 Minihandball	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	Acsinte Alexandru , Păcuraru Alexandru,	Probleme actuale ale metodologiei pregătirii sportivilor de performanță, Chișinău, 2010, 21 – 22. oct.

		handbalul de performanță	Ghervan Petru	
	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: 21.06. 2025

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