

## Lector univ. dr. Gorgan Carmina Mihaela

### Lista contribuțiilor științifice și de cercetare

A Articole sau studii publicate în reviste de specialitate cu circulație internațională recunoscute sau în reviste din țară recunoscute de către CNCIS			
A1	<p><i>Comparative study on the share of the main means used during the preparation of outdoor seasons in 2007 and 2008 to the athletes of C.S. Stiinta Bacau</i></p> <p><a href="https://go.gale.com/ps/anonymou?id=GALE%7CA280093157&amp;sid=googleScholar&amp;v=2.1&amp;it=r&amp;linkaccess=abs&amp;issn=2285777X&amp;p=AONE&amp;sw=w">https://go.gale.com/ps/anonymou?id=GALE%7CA280093157&amp;sid=googleScholar&amp;v=2.1&amp;it=r&amp;linkaccess=abs&amp;issn=2285777X&amp;p=AONE&amp;sw=w</a></p>	<b>Gorgan Carmina,</b> Vorovenci Cristian	Book of Abstract „Perspectives in physical education and sport” 9th edition , ed. Ovidius University Press, 29-31 mai, 2009, p. 270-272, Constanța, ISBN 978-973-614-501-8
A2	<p><i>Study on the expression of explosive force to athletes from the athletic training groups</i></p> <p><a href="http://www.fefs.ugal.ro/pdf/Conferinta%202010-rezumat%20(lb.%20rom)-final.pdf">http://www.fefs.ugal.ro/pdf/Conferinta%202010-rezumat%20(lb.%20rom)-final.pdf</a></p>	<b>Gorgan Carmina,</b> Rața Gloria	Volumul Conferinței: ”Scientific research in sport and physical education, component of human and social progress”, May 28-29, 2010, ISBN 987-606-8008-70-7, p. 161-166, Galați
A3	<p><i>Study on improving the physical preparation of the middle-distance junior athletes</i></p> <p><a href="http://gymnasium.ub.ro/index.php/journal/article/view/360/572">http://gymnasium.ub.ro/index.php/journal/article/view/360/572</a></p>	Gorgan Carmina	Revista Gymnasium – Scientific Journal of Education, Sports and Health, Bacău, p. 50-56 No. 1, Vol XI, 2010
A4	<p><i>Study regarding the selection and orientation of preparation of category I children, in middle distance running events at the national level</i></p> <p><a href="http://www.sportsisocietate.ro/articol/studiu-privind-selec-ia-i-orientarea-preg-tirii-copiilor-de-categoria-i-n-probele-de-semifond-pe-plan-na-ional/199">http://www.sportsisocietate.ro/articol/studiu-privind-selec-ia-i-orientarea-preg-tirii-copiilor-de-categoria-i-n-probele-de-semifond-pe-plan-na-ional/199</a></p>	<b>Gorgan Carmina,</b> Rața Gloria	Volumul Conferinței ”Sport and Society, Interdisciplinary Journal of Physical Education and Sports, 2013 ISBN 1582-2168
A5	<p><i>Study regarding the assessment of functional respiratory capacity in professional track and field athletes from the CSM Bacău 2010</i></p> <p><a href="http://www.efms.ugal.ro/index.php/arhiva/2013/105-anale-efms-volumul-1-2013">http://www.efms.ugal.ro/index.php/arhiva/2013/105-anale-efms-volumul-1-2013</a></p>	<b>Gorgan Carmina,</b> Ababei Catalina	Volumul Conferinței ”Physical education and sport management”, Galati, 2013, Fascicle XV 1454 – 9832, pp 62-67
A6	<p><i>Study regarding the role of athletics in the preparation of the badminton beginners,</i></p> <p><a href="http://www.sportsisocietate.ro/articol/studiu-privind-rolul-atletismului-n-preg-tirea-badmintoni-tilor-nceptori/241">http://www.sportsisocietate.ro/articol/studiu-privind-rolul-atletismului-n-preg-tirea-badmintoni-tilor-nceptori/241</a></p>	Milon Alexandra, <b>Gorgan Carmina</b>	Volumul Conferinței ”Sport and Society”, Interdisciplinary Journal of Physical Education and Sports, 2013 ISBN 1582-2168, Iași, 2014
A7	<p><i>Comparative study between the means used during the preparatory period of the Municipal Sports Club</i></p>	<b>Gorgan Carmina</b> <b>Mihaela</b>	Gymnasium – Scientific Journal of Education, Sports and Health, ISSN

	<i>Bacău 2010, athletes</i> <a href="https://www.researchgate.net/profile/Oana-Rusu-2/publication/321729146_The_impact_of_sports_activities_as_leisure_activities/links/5a2ea485a6fdcc17f91f9e82/The-impact-of-sports-activities-as-leisure-activities.pdf">https://www.researchgate.net/profile/Oana-Rusu-2/publication/321729146_The_impact_of_sports_activities_as_leisure_activities/links/5a2ea485a6fdcc17f91f9e82/The-impact-of-sports-activities-as-leisure-activities.pdf</a>		(online) = ISSN 2344 – 5645; ISSN-L 1453-0201, pp 220-236, Nr. 1. Volum XV, 2014
<b>A8</b>	<i>Comparative study between the athletics assessment result for the secondary school level,</i> <a href="http://www.sportsisocietate.ro/articol/studiu-comparativ-ntre-rezultatele-ob-inute-la-probele-de-evaluare-din-atletism-la-nivelul-colilor-gimnaziale/313">http://www.sportsisocietate.ro/articol/studiu-comparativ-ntre-rezultatele-ob-inute-la-probele-de-evaluare-din-atletism-la-nivelul-colilor-gimnaziale/313</a>	<b>Gorgan Carmina,</b> Țîmpău Elena-Erzilia	Volumul Conferinței ”Sport and Society”, Interdisciplinary Journal of Physical Education and Sports, 2013 ISBN 1582-2168, Iași, 2015
<b>A9</b>	<i>Observational Study Regarding The Development Level Of 11-12 Year-Old Track And Field Selected Children</i> <a href="http://gymnasium.ub.ro/index.php/journal/article/view/502/684">http://gymnasium.ub.ro/index.php/journal/article/view/502/684</a>	Vorovenci Carmina Mihaela	Gymnasium – Scientific Journal of Education, Sports and Health, ISSN (online) = ISSN 2344 – 5645; ISSN-L 1453-0201, pp 147-160, 2018
<b>A10</b>	<i>Study Regarding The Somatic And Psycho-Motor Skills For The Track And Field Initial Selection</i> <a href="http://www.gymnasium.ub.ro/index.php/journal/article/view/540/722">http://www.gymnasium.ub.ro/index.php/journal/article/view/540/722</a>	Vorovenci Carmina Mihaela	Gymnasium – Scientific Journal of Education, Sports and Health, Bacău, pag. 76-87, sep. 2019, ISSN 2344-5645
<b>A11</b>	<i>Study regarding the possibilities of increasing the self-esteem in 15-year-old pupils</i> <a href="https://www.researchgate.net/publication/342049587_Study_regarding_the_possibilities_of_increasing_the_self-esteem_in_15-year-old_pupils#fullTextFileContent">https://www.researchgate.net/publication/342049587_Study_regarding_the_possibilities_of_increasing_the_self-esteem_in_15-year-old_pupils#fullTextFileContent</a>	Catalina Ababei, Radu Ababei, Tatiana Dobrescu, Alina Ababei, <b>Carmina-Mihaela Vorovenci</b>	New Trends and Issues Proceedings on Humanities and Social Sciences Volume 6, Issue 1 (2019) 065-071
<b>A12</b>	<i>The Importance of Developing Core Strength for the Improvement of 800m Running Results in U16 Athletes</i> <a href="https://webbut.unitbv.ro/index.php/Series_IX/article/view/133/85">https://webbut.unitbv.ro/index.php/Series_IX/article/view/133/85</a>	<b>Carmina Mihaela Vorovenci</b>	Bulletin of the Transilvania University of Brașov Series IX: Sciences of Human Kinetics • Vol. 13(62) No.2 – 2020
<b>A13</b>	<i>Study Regarding The Use of Dynamic Games During The Sports Training Lesson for Beginner Children in Order to Teach Them the Elements of Running</i> <a href="https://www.gup.ugal.ro/ugaljournals/index.php/efms/article/view/6203">https://www.gup.ugal.ro/ugaljournals/index.php/efms/article/view/6203</a>	<b>Gorgan Carmina Mihaela,</b> Graur Cristian, Jercălău Teodora, Iancu Augustin	Annals of “Dunarea de Jos” University of Galati, 2023, Fascicle XV ISSN 2784 – 2495, ISSN-L 2784 – 2495
<b>A14</b>	<i>Study Regarding the Reaction Time Levels in Physical Education and Sports</i> <a href="https://gymnasium.ub.ro/index.php/journal/issue/view/42/44">https://gymnasium.ub.ro/index.php/journal/issue/view/42/44</a>	<b>Gorgan Carmina Mihaela,</b> Graur Cristian, Milon Alexandra Gabriela, Puni Rareș	Gymnasium – Scientific Journal of Education, Sports and Health, Bacău, pag. 120-133 Issue 2, Vol. XXIV, 2023
<b>A15</b>	<i>Using Basketball Game as an</i>	<b>Gorgan Carmina</b>	Revista Românească

	<i>Educational Instrument for Children's Motor Qualities Development</i> <a href="https://lumenpublishing.com/journals/index.php/rrem/article/view/6922">https://lumenpublishing.com/journals/index.php/rrem/article/view/6922</a>	<b>Mihaela,</b> Bogdan Marian Oancea, Cătălin Vasile Ciocan	pentru Educație Multidimensională ISSN: 2066-7329   e- ISSN: 2067-9270, 2024
<b>A16</b>	<i>The Importance of Nutrition In Structuring the Locus of Control</i> <a href="https://lumenpublishing.com/journals/index.php/rrem/article/view/6861">https://lumenpublishing.com/journals/index.php/rrem/article/view/6861</a>	Radu Ababei Anișoara Sandovici Irina Loredana Ifrim Cătălina Ababei <b>Carmina-Mihaela Gorgan</b> Constantin Nechifor	Revista Românească pentru Educație Multidimensională ISSN: 2066-7329   e- ISSN: 2067-9270, 2024
<b>A17</b>	<i>The Effect of Visual Stimuli on Free Throw Dynamics in Basketball</i> <a href="https://lumenpublishing.com/journals/index.php/rrem/article/view/7095">https://lumenpublishing.com/journals/index.php/rrem/article/view/7095</a>	<b>Carmina-Mihaela Gorgan</b> Lucian Ovidiu Burchel Elena Macrousov Bogdan Marian Oancea	Revista Românească pentru Educație Multidimensională ISSN: 2066-7329   e- ISSN: 2067-9270, 2024
<b>A18</b>	<i>Enhancing Motor Abilities in Male Basketball Players Through Complex Training: A Systematic Review</i> <a href="https://www.mdpi.com/2076-3417/15/6/3342">https://www.mdpi.com/2076-3417/15/6/3342</a>	Nikola Aksovi, Radenko Arsenijevi , Saša Bubanĵ,Nikola Utvi, Ljubiša Lili,Veroljub Stankovi,Bojan Bjelica, Gabriel Mares, Ovidiu Galeru, Silviu Ioan Pavel, Tatiana Dobrescu, <b>Carmina Mihaela Gorgan</b>	MDPI, Applied Sciences Online ISSN: 2076-3417, 2025
<b>A19</b>	<i>Force Generation and Muscle Activation: A Literature Review of Lower Limb Mechanics in Softball Batting</i> <a href="https://inspiree.review/index.php/inspiree/article/view/151">https://inspiree.review/index.php/inspiree/article/view/151</a>	Muhammad Fahrezi Harahap, Zukhro Bahadirovna Khamraeva, <b>Gorgan Carmina Mihaela</b>	INSPIREE:INDONESIA N SPORT INNOVATION REVIEW ISSN 2746-6965 (Online), 2774-2520 (Print), 2025 Journal Homepage: <a href="https://inspiree.review/index.php/inspiree">https://inspiree.review/index.php/inspiree</a>
<b>A20</b>	<i>Physical Activity and Mental Health After COVID-19: The Role of Levels and Domains of Physical Activity</i> <a href="https://www.mdpi.com/2075-1729/15/8/1179">https://www.mdpi.com/2075-1729/15/8/1179</a>	Stamenkovic, Milos, Pantelic, Sasa Bubanĵ, Bjelica Bojan; Aksovic Nikola; Galeru, Ovidiu; Balint Tatiana-Nela, Cristuta, Alina-Mihaela, <b>Gorgan, Carmina-Mihaela,</b> Dobrescu, Tatiana	LIFE-BASEL, Volume 15, Issue 8 DOI 10.3390/life15081179
<b>A21</b>	<i>A comparative study of fitness levels, physical health, and mental well-being among students at Mohamed Boudiaf University</i> <a href="https://sssj.kineticeditorial.com/index.php/sssj/article/view/physical-activity-improves-fitness-health-well-students/65">https://sssj.kineticeditorial.com/index.php/sssj/article/view/physical-activity-improves-fitness-health-well-students/65</a>	Abderrahim Laidi, Abdelkarim Bakri. Makhlouf Djerioui, Omar Bouadjila, Yassine Laidi, <b>Carmina-Mihaela Gorgan</b>	<b>Sustainability and Sports Science Journal</b> ISSN <a href="https://doi.org/10.2478/2990-2975">2990-2975</a> DOI <a href="https://doi.org/10.61486">10.61486</a> , 10.55860
<b>B</b>	<b>Teza de doctorat</b>		
<b>B1</b>	<b>Strategii de dezvoltare a capacității de efort aerob în probele de</b>	<b>IOSUD București 2014</b>	

		semifond la nivel de copii		
<b>C Cărți și capitole în cărți</b>				
	<b>C1</b>	<b>Tendințe noi în pregătirea copiilor pentru probele de semifond</b>	<b>Vorovenci Carmina Mihaela</b>	<b>Editura Risoprint Cluj Napoca, 2019, ISBN 978-973-53-2329-5, 153 pagini.</b>
	<b>C2</b>	<b>Metodica antrenamentului athletic</b>	<b>Vorovenci Carmina Mihaela</b>	<b>Editura Alma Mater Bacău, 2019, ISBN 978-606-527-637-6, 95 pagini.</b>
	<b>C3</b>	<b>Ghid cu programe de exerciții fizice profilactice</b>	Mihai-Adrian Sava, Ana Maria Vulpe, Nicolae-Lucian Voinea, Mihai-Lucian Ciuntea, Silviu-Ioan Pavel, <b>Gorgan Carmina Mihaela, Alexandra-Gabriela Milon, Bogdan-Alexandru Antoche</b>	<b>Editura Risoprint Cluj Napoca, 2022, ISBN 978-973-53-2971-6, 133 pagini.</b>
<b>D Alte lucrări și contribuții științifice</b>				
	<b>D1</b>	<i>Study concerning the satisfaction of children who go to Valea Budului summer camp</i>	<b>Gorgan Carmina, Rață Gloria</b>	Conferința științifică internațională „Creativitate și competiție, atribute europene ale manifestării științifice și sportive”, Galați, 30-31 mai 2008, p.385, ISBN 978-973-8937-44-4
	<b>D2</b>	<i>Studiu cunoașterii eficienței activităților sportive recreative în combaterea sedentarismului</i>	<b>Gorgan Carmina, Rață Gloria</b>	Congres științific internațional "Strategii de dezvoltare a sportului pentru toți și bazele legislative ale domeniului culturii fizice și sportului în țările CSI, 24-25 sept. 2008. - Chișinău: Valinex SA, 2008 ". - S. P. 434-437
	<b>D3</b>	<i>Studiu cunoașterii eficienței activităților sportive recreative în combaterea obezității</i>	<b>Gorgan Carmina, Sava Adrian</b>	Volumul Conferinței "Contemporary Paradigms of Sport Science", ed. Risoprint, Cluj-Napoca, 14-15 noiembrie 2008, ISBN 978-973-751-926-9, p. 263
	<b>D4</b>	<i>Study regarding the development of the speed of reaction of students from the IX – XII classes</i>	Sava Adrian, <b>Gorgan Carmina</b>	International Scientific Communications „Physical education and sports in contemporaneity”p. 232,ISSN 2065-7856 8 mai 2009, Bucuresti
	<b>D5</b>	<i>Research on the use of school running at unequal the physical education lessons into clas sat secondary level</i>	Gorgan Carmina	Achievements and prospects in the field of physical education and sports within the interdisciplinary European education system" ISSN

			2069 – 2269, Bacau 2011
<b>D6</b>	<i>Study on selection and preparation of 9-10 years old children for locally organized athletics competitions</i>	<b>Gorgan Carmina,</b> Rața Gloria	Bacău, Gymnasium Supplement, 2012

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