

## Voinea Nicolae-Lucian

### Lista lucrărilor

A Teza de doctorat			
A1	Titlul tezei ” <b>Relația biunivocă dintre modelul de joc și pregătire în voleiul de performanță</b> ” (susținută în data de 16.06.2020 la UNEFS București, coordonator prof.univ.dr. Rață Gloria, confirmată prin Ordinul ministrului educației și cercetării nr. 5748 din 13.10.2020 și Diploma de Doctor Seria J Nr. 0044564 din 17.12.2020) <a href="http://www.cnatdcu.ro/wp-content/uploads/2020/11/OM-5748_13_10_2020.pdf">http://www.cnatdcu.ro/wp-content/uploads/2020/11/OM-5748_13_10_2020.pdf</a>		
B Brevete de invenție și alte titluri de proprietate industrială			
B1	-	-	-
C Cărți și capitole în cărți			
C1	Aspecte teoretice privind procesul de pregătire în voleiul de performanță	<b>Voinea N.L.</b>	2020, Editura RISOPRINT, Cluj-Napoca, ISBN 978-973-53-2577-0, 112 pagini.
C2	Cercetări și orientări metodice în pregătirea voleiului feminin de performanță. Volumul 1	<b>Voinea N.L.</b>	2020, Editura RISOPRINT, Cluj-Napoca, ISBN GENERAL 978-973-53-2578-7, ISBN 978-973-53-2579-4, 140 pagini
C3	Cercetări și orientări metodice în pregătirea voleiului feminin de performanță. Volumul 2	<b>Voinea N.L.</b>	2020, Editura RISOPRINT, Cluj-Napoca, ISBN GENERAL 978-973-53-2578-7, ISBN 978-973-53-2580-0, 220 pagini.
C4	Ghid cu programe de exerciții fizice profilactice	Sava M.A. Vulpe A.M. <b>Voinea N.L.</b> Ciuntea M.L. Pavel S.I. Gorgan C.M. Milon A.G. Antohe B.A.	2022, Editura RISOPRINT, Cluj-Napoca, ISBN 978-973-53-2971-6, 133 pagini.
C5	Service efficiency index analysis for Romanian men’s volleyball teams in Division A1, 2019-2020 season	<b>Voinea N.L.</b> Rață G. Puni A.R. Șufaru C. Ciocan V.C.	Book of Proceedings of the 11th International Congress of Education, Health and Human Movement, 2021, Editura Discobolul, ISBN 978-606-798-150-6 DOI: <a href="https://doi.org/10.51267/icehbm2021bp13">https://doi.org/10.51267/icehbm2021bp13</a> <a href="https://infocongress.unefs.ro/wp-content/uploads/2022/04/Cover-and-Contents.pdf">https://infocongress.unefs.ro/wp-content/uploads/2022/04/Cover-and-Contents.pdf</a> <a href="https://infocongress.unefs.ro/wp-content/uploads/2022/04/icehbm2021bp13.pdf">https://infocongress.unefs.ro/wp-content/uploads/2022/04/icehbm2021bp13.pdf</a>

C6	Game action efficiency according to the opponents' level on volleyball structures	Voinea N.L. Rața G. Puni A.R.	Book of Proceedings of the 10th Edition of International Congress of Physical Education, Sports and Kinetotherapy, 2020, Editura Discobolul, ISBN 978-606-798-108-7 DOI: <a href="https://doi.org/10.51267/icpesk2020bp17">https://doi.org/10.51267/icpesk2020bp17</a> <a href="https://infocongress.unefs.ro/wp-content/uploads/2021/04/Cover-and-Contents.pdf">https://infocongress.unefs.ro/wp-content/uploads/2021/04/Cover-and-Contents.pdf</a> <a href="https://infocongress.unefs.ro/wp-content/uploads/2021/03/ICPESK2020BP17.pdf">https://infocongress.unefs.ro/wp-content/uploads/2021/03/ICPESK2020BP17.pdf</a>
<b>D</b> Articole/studii în extenso, publicate în reviste din fluxul științific internațional principal			
D1	The Relationship Between a Sustainable Healthy Lifestyle and Depression, Stress, and Anxiety: A Structural Model on the Mediating Role of Physical Literacy	Akarsu M. Ilbak I. Çavusoglu Z. Pavlovic R. Vulpe A.M. Slicaru A.C. <b>Voinea N.L.</b> Alexe C.I.	Healthcare, 2025, Volume 13, Issue 14, Article Number: 1646, eISSN: 2227-9032. WOS:001535320700001 PubMed ID:40724671 DOI: <a href="https://doi.org/10.3390/healthcare13141646">https://doi.org/10.3390/healthcare13141646</a> <a href="https://www.mdpi.com/2227-9032/13/14/1646">https://www.mdpi.com/2227-9032/13/14/1646</a> <a href="https://www.webofscience.com/wos/woscc/full-record/WOS:001535320700001">https://www.webofscience.com/wos/woscc/full-record/WOS:001535320700001</a>
D2	Enhancing Physical Fitness in Primary School Children Through Inclusive Sports Activities	Utvic N. Markovic L. Arsenijevic R. Aksovic N. Bjelica B. Stojljakovic S. Bubanj S. Raveica G. Dobreci D.L. <b>Voinea N.L.</b> Ciocan V.C. Anghel M. Antohe B.A. Dobrescu T.	Children, 2025, Volume 12, Issue 6, Article Number: 758, eISSN: 2227-9067. WOS:001515494000001 PubMed ID:40564716 DOI: <a href="https://doi.org/10.3390/children12060758">https://doi.org/10.3390/children12060758</a> <a href="https://www.mdpi.com/2227-9067/12/6/758">https://www.mdpi.com/2227-9067/12/6/758</a> <a href="https://www.webofscience.com/wos/all/db/full-record/WOS:001515494000001">https://www.webofscience.com/wos/all/db/full-record/WOS:001515494000001</a>
D3	The Impact of an Acrobatics-Based Curriculum on Motor Fitness in Adolescents	Velickovic S. Kolar E. Paunovic M. Velickovic P. Pantelic S. Ilic I. Bjelica B. Gasic T. Preljevic A. Vulpe A.M. Rata B.C.	Life, 2025, Volume 15, Issue 5, Article Number: 778, eISSN: 2075-1729. WOS: 001496780600001 PubMed ID: 40430205 DOI: <a href="https://doi.org/10.3390/life15050778">https://doi.org/10.3390/life15050778</a> <a href="https://www.mdpi.com/2075-1729/15/5/778">https://www.mdpi.com/2075-1729/15/5/778</a> <a href="https://www.webofscience.com/wos/all/db/full-record/WOS:001496780600001">https://www.webofscience.com/wos/all/db/full-record/WOS:001496780600001</a>

		Stoica C.E. <b>Voinea N.L.</b> Dobrescu T.	
<b>D4</b>	Educational Insights from the Retrospective Analysis of an Annual Training Cycle: Case Study of a Slovak Swimmer's Preparation for the 2023 World Championship in Fukuoka	Guzman M. Balint. G. Brodáni J. Siska L. <b>Voinea N.L.</b> Pavel S.I.	Revista Romaneasca Pentru Educatie Multidimensionala, 2025, Volume 17, Issue 1, p. 367-383, p-ISSN: 2066-7329, e-ISSN: 2067-9270. WOS: 001462551200019 DOI: <a href="https://doi.org/10.18662/rrem/17.1/956">https://doi.org/10.18662/rrem/17.1/956</a> <a href="https://lumenpublishing.com/journals/index.php/rrem/article/view/7232">https://lumenpublishing.com/journals/index.php/rrem/article/view/7232</a> <a href="https://www.webofscience.com/wos/woscc/full-record/WOS:001462551200019">https://www.webofscience.com/wos/woscc/full-record/WOS:001462551200019</a>
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<b>D6</b>	Training in Hypoxia at Alternating High Altitudes Is a Factor Favoring the Increase in Sports Performance	Ovidiu D. Alexe D.I. Ursu E.V. Alexe C.I. <b>Voinea N.L.</b> Haisan P.L. Panaet A.E. Albina A.M. Monea D.	Healthcare, 2022, Volume 10, Issue 11, Article Number: 2296, eISSN: 2227-9032. WOS: 000910765400001 PubMed ID: 36421619 DOI: <a href="https://doi.org/10.3390/healthcare10112296">https://doi.org/10.3390/healthcare10112296</a> <a href="https://www.mdpi.com/2227-9032/10/11/2296">https://www.mdpi.com/2227-9032/10/11/2296</a> <a href="https://www.webofscience.com/wos/woscc/full-record/WOS:000910765400001">https://www.webofscience.com/wos/woscc/full-record/WOS:000910765400001</a>
<b>D7</b>	A Comprehensive Instrument to Measure Teachers' Attitude towards Quality Management in the Context of Online Education	Tzafilkou K. Măță L. Curpănar G.L. Stoica I.V. <b>Voinea N.L.</b> Șufaru C.	International Journal of Environmental Research and Public Health, 2022, Volume 19, Issue 3, Article Number: 1168, eISSN: 1660-4601. WOS: 000755686000001 PubMed ID: 35162191 DOI: <a href="https://doi.org/10.3390/ijerph19031168">https://doi.org/10.3390/ijerph19031168</a> <a href="https://www.mdpi.com/1660-4601/19/3/1168">https://www.mdpi.com/1660-4601/19/3/1168</a> <a href="https://www.webofscience.com/wos/woscc/full-record/WOS:000755686000001">https://www.webofscience.com/wos/woscc/full-record/WOS:000755686000001</a>

			<a href="https://doi.org/10.31926/but.shk.2023.16.65.1.8">scc/full-record/WOS:000755686000001</a>
<b>D8</b>	Teaching Basketball through Dynamic Games to 11–12-Year-Old Pupils	Ciocan V.C. Sufaru C. <b>Voinea N.L.</b>	Bulletin of the Transilvania University of Braşov, Series IX: Sciences of Human Kinetics, 2023, Volume 16(65), Issue 1, p. 65-72, ISSN 2344-2026, ISSN-L 2344-2026 DOI: <a href="https://doi.org/10.31926/but.shk.2023.16.65.1.8">https://doi.org/10.31926/but.shk.2023.16.65.1.8</a> <a href="https://webbut.unitbv.ro/index.php/Series_IX/article/view/4850/3742">https://webbut.unitbv.ro/index.php/Series_IX/article/view/4850/3742</a>
<b>D9</b>	Study Regarding the Education of Speed Through Specific Basketball Means and Methods in High School Pupils	Ciocan V.C. Rajdeep D. <b>Voinea N.L.</b>	Gymnasium – Scientific Journal of Education, Sports and Health, Volume XXII, Issue 2, 2022, p. 86-105, Online ISSN: 2344-5645, Print ISSN: 1453-0201, DOI: <a href="http://dx.doi.org/10.29081/gsjesh.2022.23.2.06">http://dx.doi.org/10.29081/gsjesh.2022.23.2.06</a> <a href="https://gymnasium.ub.ro/index.php/journal/article/view/670">https://gymnasium.ub.ro/index.php/journal/article/view/670</a>
<b>D10</b>	Analysis of service efficiency indices for the Romanian Division A1 women's volleyball teams in the 2019-2020 season	<b>Voinea N.L.</b> Raţă G.	SPORT AND SOCIETY – Interdisciplinary Journal of Physical Education and Sports, Volume 20, Issue 2, 2020, pISSN: 1582-2168; eISSN: 2344-3693 (EBSCO SPORTSDiscus, Academic Journals Database, Crossref, Consiliul Naţional pentru Cercetare Ştiinţifică din Romania (2011): B+, ULRICHSWEB, Journal Citations Impact Factor report 1.90) DOI: <a href="http://dx.doi.org/10.36836/2020/2/14">http://dx.doi.org/10.36836/2020/2/14</a> <a href="https://www.sportsisocietate.ro/articol/512">https://www.sportsisocietate.ro/articol/512</a>
<b>D11</b>	Evaluation of anthropometric characteristics of junior handball players in correlation with field testing	Muntianu V.A. <b>Voinea N.L.</b>	SPORT AND SOCIETY – Interdisciplinary Journal of Physical Education and Sports, Volume 20, Issue 2, 2020, pISSN: 1582-2168; eISSN: 2344-3693 (EBSCO SPORTSDiscus, Academic Journals Database, Crossref, Consiliul Naţional pentru Cercetare Ştiinţifică din Romania (2011): B+, ULRICHSWEB, Journal Citations Impact Factor report 1.90) DOI: <a href="http://dx.doi.org/10.36836/2020/2/72">http://dx.doi.org/10.36836/2020/2/72</a> <a href="https://www.sportsisocietate.ro/articol/520">https://www.sportsisocietate.ro/articol/520</a>
<b>D12</b>	Psychomotor abilities in handball. Overview	Muntianu V.A. <b>Voinea N.L.</b>	SPORT AND SOCIETY – Interdisciplinary Journal of Physical Education and Sports, Volume 20, Issue 2, 2020, pISSN: 1582-2168; eISSN: 2344-3693 (EBSCO SPORTSDiscus,

			Academic Journals Database, Crossref, Consiliul Național pentru Cercetare Științifică din România (2011): B+, ULRICHSWEB, Journal Citations Impact Factor report 1.90) DOI: <a href="http://dx.doi.org/10.36836/2020/2/11">http://dx.doi.org/10.36836/2020/2/11</a> <a href="https://www.sportsisocietate.ro/articol/521">https://www.sportsisocietate.ro/articol/521</a>
<b>D13</b>	Participation in organized sports activities and evaluation of self-esteem among children in puberty	Martinaș F.P. <b>Voinea N.L.</b>	SPORT AND SOCIETY – Interdisciplinary Journal of Physical Education and Sports, Volume 20, Issue 2, 2020, pISSN: 1582-2168; eISSN: 2344-3693 (EBSCO SPORTSDiscus, Academic Journals Database, Crossref, Consiliul Național pentru Cercetare Științifică din România (2011): B+, ULRICHSWEB, Journal Citations Impact Factor report 1.90) DOI: <a href="http://dx.doi.org/10.36836/2020/2/8">http://dx.doi.org/10.36836/2020/2/8</a> <a href="https://www.sportsisocietate.ro/articol/524">https://www.sportsisocietate.ro/articol/524</a>
<b>D14</b>	Reciprocal relationship between the game pattern and the training pattern in the performance volleyball	<b>Voinea N.L.</b> Rață G.	DISCOBOLUL – Physical Education, Sport and Kinetotherapy Journal Year XV Vol. 58 no. 4, October-December 2019, pp.74-79, ISSN (online): 2286–3702; ISSN–L: 1454–3907 (ERIH PLUS, EBSCO, The Journals Impact Factor (JIFACTOR), Index Copernicus, Journals Master List, SCPIO, Romanian Editorial Platform DOAJ, J-Gate, DAJ, SIS - Scientific Indexing Service OAJI.net (Open Academic Journals Index) Google Academic) <a href="https://discobolulunefs.ro/media/Discobolul%20No.%2058%20-%20December%202019.pdf">https://discobolulunefs.ro/media/Discobolul%20No.%2058%20-%20December%202019.pdf</a>
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<b>D16</b>	Competitive volleyball action efficiency depending on the opponents' level	<b>Voinea N.L.</b> Rață G.	EDU WORLD 2018 - 8 <sup>TH</sup> INTERNATIONAL CONFERENCE, Edited by: Soare, E; Langa, C, Book Series: European Proceedings of Social and Behavioural Sciences, Volume: 67 Pages: 982-988, Published: 2019, Document Type: Proceedings Paper, Conference: Edu World 8th International Conference, Location: Pilesti, ROMANIA, Date: NOV 09-10, 2018, Research Areas: Education & Educational Research, Web of Science Categories: Education & Educational Research, Language: English, Accession Number: WOS: 000582461100118, eISSN: 2357-1330, IDS Number: BQ2MQ, Cited References in Web of Science Core Collection: 5, Times Cited in Web of Science Core Collection: 0, DOI: <a href="http://dx.doi.org/10.15405/epsbs.2019.08.03.118">http://dx.doi.org/10.15405/epsbs.2019.08.03.118</a> , <a href="https://www.europeanproceedings.com/files/data/article/79/6111/article_79_6111_pdf_100.pdf">https://www.europeanproceedings.com/files/data/article/79/6111/article_79_6111_pdf_100.pdf</a> , <a href="https://apps.webofknowledge.com/fullrecord.do?product=WOS&amp;search_mode=GeneralSearch&amp;qid=1&amp;SID=D5iCFrHERklmZqWweic&amp;page=1&amp;doc=1">https://apps.webofknowledge.com/fullrecord.do?product=WOS&amp;search_mode=GeneralSearch&amp;qid=1&amp;SID=D5iCFrHERklmZqWweic&amp;page=1&amp;doc=1</a>
<b>D17</b>	Competitive Volleyball Action Efficiency Depending on the Competition's Location	<b>Voinea N.L.</b> Rață G. Grapă F.	Gymnasium – Scientific Journal of Education, Sports and Health, Vol. XIX, Issue 2, 2018, pp. 109-119, Online ISSN: 2344-5645, Print ISSN: 1453-0201 (Index Copernicus, J-Gate, DOAJ, Ulrich's, EBSCO, SPORTDiscus with Full Text, ProQuest, Scipio, Erih Plus) DOI: <a href="http://dx.doi.org/10.29081/gsjesh.2018.19.2.10">http://dx.doi.org/10.29081/gsjesh.2018.19.2.10</a> <a href="http://gymnasium.ub.ro/index.php/journal/article/view/528">http://gymnasium.ub.ro/index.php/journal/article/view/528</a>
<b>D18</b>	A comparative study regarding the efficiency of game relations in attack at the women's volleyball teams	Mârza-Dănilă D.N. <b>Voinea N.L.</b>	Ovidius University Annals, Series Physical Education and Sport / Science, Movement and Health, Vol. 11, Issue 1, 2011, pp. 11-14, ISSN: 1224-7359 (SPORTDiscus with Full Text, EBSCO, Index Copernicus, DOAJ) <a href="http://www.analeffs.ro/analeffs/2011/issue-1/pe-autori/3.pdf">http://www.analeffs.ro/analeffs/2011/issue-1/pe-autori/3.pdf</a>
<b>D19</b>	Study on the practice of recreational-athletic physical activities in	Mârza-Dănilă D.N. <b>Voinea N.L.</b>	Gymnasium – Scientific Journal of Education, Sports and Health, Vol. XII, Issue 1, 2011, pp. 82-93, Online ISSN:

	relation to people`s age	Grigoroaia G.	2344-5645, Print ISSN: 1453-0201 (DOAJ, Index Copernicus, J-Gate, Ulrich's, EBSCO, ProQuest) <a href="http://www.gymnasium.ub.ro/index.php/journal/article/view/246/228">http://www.gymnasium.ub.ro/index.php/journal/article/view/246/228</a> <a href="https://www.proquest.com/docview/1160840811/6E4B10DBD59C4863PQ/17?accountid=136808">https://www.proquest.com/docview/1160840811/6E4B10DBD59C4863PQ/17?accountid=136808</a>
<b>D20</b>	Contributions to making model for game of handball for the juniors II	Șufaru C. Voinea N.L.	Gymnasium – Scientific Journal of Education, Sports and Health, Vol. XI, Issue 1, 2010, pp. 111-121, Online ISSN: 2344-5645, Print ISSN: 1453-0201 <a href="http://www.gymnasium.ub.ro/index.php/journal/article/view/386/579">http://www.gymnasium.ub.ro/index.php/journal/article/view/386/579</a> <a href="https://www.proquest.com/docview/1174605130/6E4B10DBD59C4863PQ/4?accountid=136808">https://www.proquest.com/docview/1174605130/6E4B10DBD59C4863PQ/4?accountid=136808</a>
<b>D21</b>	Studiu privind conținutul și eficiența apărării în linia a II-a, la o echipă de seniori	Voinea N.L.	Gymnasium – Scientific Journal of Education, Sports and Health, Vol. 8, Issue 11, 2007, pp. 101-114, ISSN: 1453-0201 <a href="https://www.proquest.com/docview/1151867546/6E4B10DBD59C4863PQ/6?accountid=136808">https://www.proquest.com/docview/1151867546/6E4B10DBD59C4863PQ/6?accountid=136808</a>
<b>E</b>	<b>Publicații în extenso, apărute în lucrări ale principalelor conferințe internaționale de specialitate</b>		
<b>E1</b>	Programming on mesocycles the instructional – educational objectives and action means in C.S.S. Bacau juniors II	Șufaru C. Voinea N.L.	Scientific Report - Series Phychical Educațion and Sport, nr. 13, vol. II, Pitești, 2009, pp. 377-381, ISSN: 1453-1194,
<b>E2</b>	Study regarding the trening general programming in juniors II at the Bacău School Sports Club	Șufaru C. Voinea N.L.	Scientific Report - Series Phychical Educațion and Sport, nr. 13, vol. II, Pitești, 2009, pp. 382-385, ISSN: 1453-1194
<b>E3</b>	Studiu privind conținutul și eficiența atacului din zona 3 la o echipă de seniori	Voinea N.L.	Volumul dedicat Sesiunii Internaționale Jubiliare de Comunicări Științifice „60 de ani de învățământ superior în Brașov” – Activități motrice dirijate – limite și perspective, 8 martie 2008, organizată de Universitatea „Transilvania” din Brașov și Centrul de Cercetări pentru Calitatea Vieții și Performanță Umană, Editura Universității „Transilvania” Brașov, pp. 286-290, ISSN 1844-1297.
<b>E4</b>	Studiu asupra forței specifice în jocul de volei la senioare	Voinea N.L.	Volumul dedicat Sesiunii Internaționale Jubiliare de Comunicări Științifice „60 de ani de învățământ superior în

				Braşov” – Activităţi motrice dirijate – limite şi perspective, 8 martie 2008, organizată de Universitatea „Transilvania” din Braşov şi Centrul de Cercetări pentru Calitatea Vieţii şi Performanţă Umană, Editura Universităţii „Transilvania” Braşov, pp. 291-295, ISSN 1844-1297
<b>F</b>	<b>Alte lucrări şi contribuţii ştiinţifice sau, după caz, din domeniul creaţiei artistice</b>			

24 octombrie 2025

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