



## Asist.univ.dr. Popa Cristina-Elena

### Lista lucrărilor / activităților reprezentative

| A Teza de doctorat  |  |  |   |
|---|--|--|---|
| <b>A1</b>   | 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 |   |
| B Brevete / invenții  |  |  |   |
| <b>B1</b>   | -  |  |   |
| C Cărți și capitole în cărți  |  |  |   |
| <b>C1</b>   | “Maladii genetice și anomalii congenitale în populațiile umane din județele Bacău și Vaslui”   | Popa Cristina-Elena,<br>Ghiorghiță Gogu  | Editura Risoprint, Cluj-Napoca, 2017, ISBN 978-973-53-2110-9, 143 pagini  |
| <b>C2</b>   | „Masaj și tehnici complementare”. Curs pentru studii de licență KMS IF și IFR  | Mârza-Dănilă<br>Doina, Popa<br>Cristina-Elena  | Editura Alma Mater, Bacău, 2015, ISBN 978-606-527-453-2, 185 pagini   |
| <b>C3</b>   | “ <i>The contribution of the reflex massage in the confined women’s recovery</i> ”, „Innovation and creation in the field of physical activity, sources of human performance”. International Scientific Conference   | Chelmuș (Popa)<br>Cristina-Elena,<br>Mârza Dănilă<br>Doina                               | Editura Zigotto, Galați, 2009, ISBN 978-973-1724-95-9, p.423-427, International Scientific Conference „Innovation and creation in the field of physical activity, sources of human performance”, 29-30 mai 2009   |
| <b>C4</b>   | “ <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”. International Scientific Conference | Chelmuș (Popa)<br>Cristina-Elena   | Editura Zigotto, Galați, 2009, ISBN 978-973-1724-95-9, p. 427-431, International Scientific Conference „Innovation and creation in the field of physical activity, sources of human performance”, 29-30 mai 2009  |
| <b>C5</b>   | “ <i>Studiu comparativ privind incidența unor boli ereditare și malformații congenitale pe aparate și sisteme din județele Bacău și Vaslui, în perioada 2006-2009</i> ”  | Popa Cristina-Elena  | Volumul Conferinței Naționale: „Abordări interdisciplinare în cercetarea științifică focalizate pe excelență în Educație Fizică și Sport”, Universitatea de Medicină și Farmacie „Carol Davila” din București, Editura Printech, București, 2011, p.321- 332, ISBN 978-606-521-760-7                        |
| D Articole în extenso, publicate în reviste din fluxul științific internațional principal |  |  |   |
| <b>D1</b>   | „ <i>The Frequency of Congenital Malformations and Chromosomal Disorders of Bacau and Vaslui Counties (Romania)</i> ”  | Popa Cristina-Elena,<br>Ghiorghiță Gogu  | Journal of Genetics, ( <i>ISI Web of Science</i> ), , ISSN 0022-1333 (print), 0973-7731 (online); nr.4, volum 94, 2015, pp.661-668, DOI 10.1007/s12041-015-0579-9,<br><a href="http://www.ias.ac.in/describe/article/jgen/094/04/0661-0668">http://www.ias.ac.in/describe/article/jgen/094/04/0661-0668</a> |

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| <b>D2</b>  | <i>“Improving the symptoms of compensating hyperlordosis in female gymnasts through the use of postural reeducation programs”</i>  | Popa Cristina-Elena<br>Dobrescu Tatiana | Procedia Social and Behavioral Sciences ( <i>ISI Web of Science</i> ), 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<br><a href="http://www.sciencedirect.com/science/article/pii/S1877042814017996">http://www.sciencedirect.com/science/article/pii/S1877042814017996</a> |
| <b>D3</b>  | <i>„The Effectiveness of Proprioceptive Neuromuscular Facilitation in Regards to the Improvement of Motor Control in Lower Limbs, Post-Immobilization”</i>                 | Popa Cristina-Elena                     | Gymnasium - Scientific Journal of Education, Sports and Health, ISSN 2284-7324, nr.1, volum XVIII, 2017,<br><a href="http://www.gymnasium.ub.ro/index.php/journal/article/view/16/13">http://www.gymnasium.ub.ro/index.php/journal/article/view/16/13</a>  |
| <b>D4</b>  | <i>„The Effectiveness of Physical Therapy Methods and Techniques in Treating Post-Immobilization Ankle Sprains”</i>  | Popa Cristina-Elena                     | Gymnasium - Scientific Journal of Education, Sports and Health, ISSN 2284-7324, nr.1, volum XVIII, 2017, pp. 19-42<br><a href="http://www.gymnasium.ub.ro/index.php/journal/article/view/321/291">http://www.gymnasium.ub.ro/index.php/journal/article/view/321/291</a>  |
| <b>D5</b>  | <i>„The Effectiveness of Proprioceptive Neuromuscular Facilitation Techniques in Treating Brachial Plexus Paralysis”</i>   | Popa Cristina-Elena                     | Studia Universitatis „Vasile Goldiș”, Seria Educație Fizică și Kinetoterapie, ISSN 2284-7324, nr.2 (10), volum 5, 2016, pp. 5-16   |
| <b>D6</b>  | <i>„Study regarding the effectiveness of physical therapy in treating cervical spondylosis”</i>  | Popa Cristina-Elena                     | Gymnasium - Scientific Journal of Education, Sports and Health, ISSN 2284-7324, nr.2, supplement, volum XVII, 2016, pp. 143-154<br><a href="http://www.gymnasium.ub.ro/index.php/journal/article/view/35/31">http://www.gymnasium.ub.ro/index.php/journal/article/view/35/31</a>   |
| <b>D7</b>  | <i>“The effectiveness of neuromotor reeducation methods in treating the cerebellar ataxias”</i>  | Popa Cristina-Elena                     | Studia Universitatis „Vasile Goldiș”, Seria Educație Fizică și Kinetoterapie, ISSN 2284-7324, Nr.2 (8), volum 4, 2015, pp. 64-74   |
| <b>D8</b>  | <i>„Study regarding the effectiveness of muscle energy techniques in treating cervicalgias”</i>  | Popa Cristina-Elena                     | Sport and Society. Interdisciplinary Journal of Physical Education and Sport, ISSN 1877-0428, volum 14, 2014, pp.61-66<br><a href="http://www.sportsisocietate.ro/misc/doc/show/150">www.sportsisocietate.ro/misc/doc/show/150</a>   |
| <b>D9</b>  | <i>“Comparative observations regarding the incidence of certain hereditary disorders and congenital malformations in Bacau and Vaslui counties, between 2006 and 2013”</i> | Popa Cristina-Elena                     | Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-0428, 2014, volum 2, nr.XV, pp.261- 268<br><a href="http://www.gymnasium.ub.ro/index.php/journal/article/view/159/148">http://www.gymnasium.ub.ro/index.php/journal/article/view/159/148</a>  |
| <b>D10</b> | <i>„The Effectiveness of Therapeutic Physical Exercises in Improving Balance and Coordination in Children with Down Syndrome”</i>  | Popa Cristina-Elena<br>Dobrescu Tatiana | Revista Românească pentru Educație Multidimensională, ISSN 2066-7329; e-ISSN: 2067-9270, nr.3, volum 9, 2017, pp. 89-102, Doi: <a href="https://doi.org/10.18662/rrem/2017.0903.06">https://doi.org/10.18662/rrem/2017.0903.06</a> ;<br><a href="http://lumenpublishing.com/journals/index.php/rrem/article/view/171">http://lumenpublishing.com/journals/index.php/rrem/article/view/171</a>  |
| <b>D11</b> | <i>„The effectiveness of massage and muscle energy techniques in treating the myofascial syndrome in the back”</i>   | Popa Cristina-Elena<br>Dobrescu Tatiana | 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;<br><a href="http://www.efsupit.ro/images/stories/5November2017/Art%20253.pdf">http://www.efsupit.ro/images/stories/5November2017/Art%20253.pdf</a>  |
| <b>D12</b> | <i>„The effectiveness of physical therapy in developing the basic motor skills in children who have Down Syndrome”</i>   | Popa Cristina-Elena,<br>Ghiorghiță Gogu | Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-0428, nr.1, volum XV, 2014<br><a href="http://www.gymnasium.ub.ro/index.php/journal/article/view/171">http://www.gymnasium.ub.ro/index.php/journal/article/view/171</a>   |
| <b>D13</b> | <i>„Study regarding the effectiveness of physical therapy in the case of an operated congenital Talipes Equinovarus - case study”</i>                                      | Popa Cristina-Elena<br>Ghiorghiță Gogu  | Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-04282012, nr.1, vol.XIII, 2012, pp. 47-61<br><a href="http://www.gymnasium.ub.ro/index.php/journal/article/view/204">http://www.gymnasium.ub.ro/index.php/journal/article/view/204</a>  |

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| <b>D14</b> | „Study regarding the improvement of postural control in children who have Down Syndrome through swimming”                          | Popa Cristina-Elena,<br>Galeru Ovidiu          | Gymnasium, Scientific Journal of Education, Sports and Health, nr.2, vol.XIII, 2012, pp.85-99<br><a href="http://www.gymnasium.ub.ro/index.php/journal/article/view/253/234">http://www.gymnasium.ub.ro/index.php/journal/article/view/253/234</a>          |
| <b>D15</b> | „Ongoing study conducted on the importance of neuro-proprioceptive facilitation techniques applied to children with Down Syndrome” | Popa Cristina-Elena<br>Ghiorghiță Gogu         | Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-04282012, nr.1, volum XI, 2010, pp.28-35   |
| <b>D16</b> | “Possibilities of evaluation of the needs of a client in occupational performance”   | Balint Nela<br>Tatiana, Popa<br>Cristina-Elena | Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-0428, nr.1, Vol.XII, 2011, pp.56 – 64<br><a href="http://www.gymnasium.ub.ro/index.php/journal/article/view/230">http://www.gymnasium.ub.ro/index.php/journal/article/view/230</a> |

### **E Articole în extenso, publicate în volumele unor conferințe internaționale**

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| <b>E1</b> | „Study regarding the incidence of congenital malformations, on systems, from Vaslui county, over the period of 2006-2009”                     | Popa Cristina-Elena                                | Sport Medicine Journal, Journal of Romanian Sports Medicine Society, supplement 4, 2011, pp. 843–846, ISSN 1841-0162, The 4-th International Conference „Physical exercises – a complex and modern way to promote healthy living” 21-23 octombrie 2011, Craiova |
| <b>E2</b> | „A clinical study regarding the efficiency of the kinesitherapy practice in progressive muscular dystrophies”                                 | Chelmuș (Popa)<br>Cristina-Elena                   | Sport Medicine Journal, Journal of Romanian Sports Medicine Society, supplement 2, 2009, pp. 259–260, ISSN 1841-0162, The 2-th International Conference „Physical exercises – a complex and modern way to promote healthy living” 22-25 octombrie 2009, Craiova |
| <b>E3</b> | „Study regarding the incidence of congenital malformations, on systems, in human populations from Bacau county, over the period of 2006-2009” | Popa Cristina-Elena,<br>Balint Nela<br>Tatiana     | Proceedings The 3th International Conference ”Achievements and Prospects in the Field of Physical Education and Sports within the Interdisciplinary European Education System” Bacau, ISSN 2069-2269, 27-28 mai, 2011   |
|           | „Means of using Bobath method with autistic children”   | Chelmuș (Popa)<br>Cristina-Elena,<br>Rață Marinela | Gymnasium, nr.14, anul VIII, International Conference, „Qualitative strategies for improving the higher education system in a European vision” ISSN 1453-020, Bacau, Romania, 28-29 noiembrie, 2008   |

### **F Alte lucrări și contribuții științifice sau activități specifice domeniului**

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| <b>F1</b> | 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, <a href="http://www.conferintaefs.ub.ro">www.conferintaefs.ub.ro</a> ; Organised by: University „Vasile Alecsandri” from Bacau, cu lucrarea „Study regarding the improvement of postural control in children who have down syndrome through swimming”. |  |  |
| <b>F2</b> | 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 „Study regarding the incidence of congenital malformations, on systems, in human populations from Bacau county, over the period of 2006-2009”                                      |  |  |
| <b>F3</b> | 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 „Means of using Bobath method with autistic children”  |  |  |

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