



UNIVERSITATEA „VASILE ALECSANDRI” DIN BACĂU  
 Facultatea de Științe ale Mișcării, Sportului și Sănătății  
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## Lector univ.dr. Popa Cristina-Elena

### Lista lucrărilor / activităților reprezentative

A Teza de doctorat			
A1	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			
B1	-		
C Cărți și capitole în cărți			
C1	„Maladii genetice și anomalii congenitale în populațiile umane din județele Bacău și Vaslui”	Popa Cristina-Elena, Ghiorghită Gogu	Editura Risoprint, Cluj-Napoca, 2017, ISBN 978-973-53-2110-9, 143 pagini
C2	„Masaj și tehnici complementare”. Curs pentru studii de licență KMS IF și IFR	Mârza-Dănilă Doina, Popa Cristina-Elena	Editura Alma Mater, Bacău, 2015, ISBN 978-606-527-453-2, 185 pagini
D Articole în extenso, publicate în reviste din fluxul științific internațional principal			
<b>Articole publicate în reviste cotate ISI, proceedings indexate ISI</b>			
D1	„The Frequency of Congenital Malformations and Chromosomal Disorders of Bacau and Vaslui Counties (Romania)”	Popa Cristina-Elena, Ghiorghită 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, <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>
D2	“Improving the symptoms of compensating hyperlordosis in female gymnasts through the use of postural reeducation programs”	Popa Cristina-Elena 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 <a href="http://www.sciencedirect.com/science/article/pii/S1877042814017996">http://www.sciencedirect.com/science/article/pii/S1877042814017996</a>
D3	„The Effectiveness of Therapeutic Physical Exercises in Improving Balance and Coordination in Children with Down Syndrome”	Popa Cristina-Elena Dobrescu Tatiana	Revista Românească pentru Educație Multidimensională, ISSN 2066-7329; e-ISSN: 2067-9270, 2018, nr.3, volum 9, 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> ; <a href="http://lumenpublishing.com/journals/index.php/rrem/article/view/171">http://lumenpublishing.com/journals/index.php/rrem/article/view/171</a> <a href="http://ws.isiknowledge.com/cps/openurl/service?url_ver=Z39.88-2004&amp;rft_id=info:ut/WOS:000418338300006">http://ws.isiknowledge.com/cps/openurl/service?url_ver=Z39.88-2004&amp;rft_id=info:ut/WOS:000418338300006</a>
<b>Articole publicate în reviste indexate în baze de date internaționale (BDI)</b>			
D4	„The Effectiveness of Proprioceptive Neuromuscular Facilitation in Regards to the Improvement of Motor	Popa Cristina-Elena	Gymnasium - Scientific Journal of Education, Sports and Health, ISSN 2284-7324, nr.1, volum XVIII, 2017,

	<i>Control in Lower Limbs, Post-Immobilization</i>		<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>D5</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 <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>D6</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>D7</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 <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>D8</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>D9</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 <a href="http://www.sportsisocietate.ro/misc/doc/show/150">www.sportsisocietate.ro/misc/doc/show/150</a>
<b>D10</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 <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>D11</b>	<i>„The effectiveness of massage and muscle energy techniques in treating the myofascial syndrome in the back”</i>	Popa Cristina-Elena 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; <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, Ghiorghiță Gogu	Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-0428, nr.1, volum XV, 2014 <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 Ghiorghiță Gogu	Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-04282012, nr.1, vol.XIII, 2012, pp. 47-61 <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>
<b>D14</b>	<i>„Study regarding the improvement of postural control in children who have Down Syndrome through swimming”</i>	Popa Cristina-Elena, Galeru Ovidiu	Gymnasium, Scientific Journal of Education, Sports and Health, nr.2, vol.XIII, 2012, pp.85-99 <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>	<i>„Ongoing study conducted on the importance of neuro-proprioceptive facilitation techniques applied to children with Down Syndrome”</i>	Popa Cristina-Elena Ghiorghiță Gogu	Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-04282012, nr.1, volum XI, 2010, pp.28-35
<b>D16</b>	<i>“Possibilities of evaluation of the needs of a client in occupational performance”</i>	Balint Nela Tatiana, Popa Cristina-Elena	Gymnasium, Scientific Journal of Education, Sports and Health, ISSN 1877-0428, nr.1, Vol.XII, 2011, pp.56 – 64 <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**

<b>E1</b>	<i>„Study regarding the incidence of congenital malformations, on systems,</i>	Popa Cristina-Elena	Sport Medicine Journal, Journal of Romanian Sports Medicine Society, supplement 4, 2011, pp.
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	<i>from Vaslui county, over the period of 2006-2009</i>		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
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<b>F</b>	<b>Alte lucrări și contribuții științifice sau activități specifice domeniului</b>		
<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 „ <i>Study regarding the improvement of postural control in children who have down syndrome through swimming</i> ”.		
<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 „ <i>Study regarding the incidence of congenital malformations, on systems, in human populations from Bacau county, over the period of 2006-2009</i> ”		
<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 „ <i>Means of using Bobath method with autistic children</i> ”		

Data Ianuarie 2019

Lector univ.dr. Popa Cristina-Elena