

LISTĂ DE LUCRĂRI

PROF. UNIV. DR. HABIL. BĂDĂU ADELA

a. Lista celor 10 lucrări relevante

1. Mihăiță E, Badau D, Stoica M, Mitrache G, Stănescu MI, Hidi IL, **Badau A**, Damian C, Damian M. Identification of Perception Differences in Personality Factors and Autonomy by Sporting Age Category in Competitive Bodybuilders. *International Journal of Environmental Research and Public Health*. 2023; 20(1):167. <https://doi.org/10.3390/ijerph20010167>, WOS:000909312900001, FI (2021)= 4.614, (contributie egala) <https://www.mdpi.com/1660-4601/20/1/167>
2. Badau D, **Badau A**. Optimizing Reaction Time in Relation to Manual and Foot Laterality in Children Using the Fitlight Technological Systems. *Sensors*. 2022; 22(22):8785. <https://doi.org/10.3390/s22228785>, FI (2021)=3.847 <https://www.mdpi.com/1424-8220/22/22/8785>
3. Badau D, **Badau A**, Ene-Voiculescu C, Larion A, Ene-Voiculescu V, Mihaila I, Fleancu JL, Tudor V, Tifrea C, Cotovanu AS, Abramiuc A. The Impact of Implementing an Exergame Program on the Level of Reaction Time Optimization in Handball, Volleyball, and Basketball Players. *International Journal of Environmental Research and Public Health*. 2022; 19(9):5598. <https://doi.org/10.3390/ijerph19095598>, WOS:000794413000001, **IF (2021) 4,614** <https://www.mdpi.com/1660-4601/19/9/5598>
4. **Badau A**, Szabo-Csifo B, Ciulea L, Alexandrescu R, Badau D. The Effects Induced by a Specific Program on the Development of Segmental Flexibility in Athletes Aged 7–14 in Synchronized Swimming. *Children*. 2022; 9(1):17. <https://doi.org/10.3390/children9010017>, WOS:000747181900001 **IF (2021) 2,835** <https://www.mdpi.com/2227-9067/9/1/17>
5. Gherghel A, Badau D, **Badau A**, Moraru L, Manolache GM, Oancea BM, Tifrea C, Tudor V, Costache RM. Optimizing the Explosive Force of the Elite Level Football-Tennis Players through Plyometric and Specific Exercises. *International Journal of Environmental Research and Public Health*. 2021; 18(15):8228. <https://doi.org/10.3390/ijerph18158228>, WOS:000681825200001, **IF = 4,614** <https://www.mdpi.com/1660-4601/18/15/8228>
6. Badau D, **Badau A**, Trambitas C, Trambitas-Miron D, Moraru R, Stan AA, Oancea BM, Turcu I, Grosu EF, Grosu VT, Daina LG, Daina CM, Suteu CL, Moraru L. Differences between Active and Semi-Active Students Regarding the Parameters of Body Composition Using Bioimpedance and Magnetic Bioresonance Technologies. *International Journal of Environmental Research and Public Health*. 2021; 18(15):7906. <https://doi.org/10.3390/ijerph18157906>, WOS:000681876200001, **IF= 4,614** <https://www.mdpi.com/1660-4601/18/15/7906>
7. Badau D, **Badau A**, Manolache G, Ene MI, Neofit A, Grosu VT, Tudor V, Sasu R, Moraru R, Moraru L. The Motor Impact of the Static Balance in the Up Plank Position on Three Different Balls in Physical Activities of Physical Education Students. *International Journal of Environmental Research and Public Health*. 2021; 18(4):2043. <https://doi.org/10.3390/ijerph18042043>, WOS:000623581400001, **IF = 4,614** <https://www.mdpi.com/1660-4601/18/4/2043>
8. **Adela Badau**, Dana Badau, Razvan Sandu Enoiu- Evaluation of Stable Balance Capacity by Using Bosu Ball Surfaces on Different Pressure Levels, *Revista de materiale plastice*, 2019, vol. 56, nr. 1, pag. 216-219, **FI= 1.393**, WOS:000464604100043, <http://www.revmaterialeplastice.ro/pdf/43%20BADAU%201%2019.pdf>
9. Dana Badau, **Adela Badau**, Adriana Clipa - Interaction Between Values of Anthropometric Body and Static Balance Related to the Characteristics of the Three Plastic Fitness Equipment, *Revista de materiale plastice*, 2018, vol. 55, nr. 4, pag. 600-602, Autor corespondent, **FI= 1.393**, WOS:000454987400029 <http://www.revmaterialeplastice.ro/pdf/BADAU%204%2018.pdf>



10. **Badau A.**; Badau D.; Serban C., Tarcea M.; Rus V. Wellness integrative profile 10 (WIP10) — an integrative educational tool of nutrition, fitness and health, JPak Med Assoc., 2018, 68(6), 882-887. **FI= 0.642**, WOS:000432457500011 <http://jpma.org.pk/PdfDownload/8722.pdf>

b. **Teza de doctorat:** *Îmbunătățirea capacității funcționale și motrice prin mijloace și metode specifice activităților acvatice ludico-recreative la studenții facultăților de neprofil*, susținută public în 27.02.2014, conducător științific: prof. univ. dr. Bondoc - Ionescu Dragoș, Universitatea Transilvania din Brașov, calificativ: foarte bine.

c. **Cărți de specialitate**

1. Szabo-Csifo Barna, Ciulea Laura, **Badau Adela** – Activitati motrice adaptate: aplicatii practice, Ed. RisoPrint, Cluj Napoca, ISBN: 978-973-53-2851-1, 2022, nr. pag. 112, categoria A2, cod CNCSIS 178
2. Badau Dana, **Badau Adela**, Grancea Marius – „Fitness. Postură și mișcare”, Ed. Universității „Transilvania” din Brașov, ISBN: 978-606-19-0964-3, 2018, nr. pag: 160, categoria A2, cod CNCSIS 81.
3. **Bădău Adela**, Ungur Natalia Ramona, Bădău Dana – „Activitățile fizice acvatice indoor”, Ed. Universității „Transilvania” din Brașov ISBN: 978-973-169-465-8, 2016, nr. pag: 133, categoria A2, cod CNCS 81.
4. **Bădău Adela** – „Aqua-gym: teorie și metodologie”, Ed. University Press, Tîrgu Mureș, 2016, ISBN: 978-973-169-465-8, nr. pag. 156, cod CNCS: 210
5. Bădău Dana, Dusa Flaviu, **Bădău Adela** – „Educație fizică și sport: teste grilă”, Ed. University Press, Tîrgu Mureș, 2015, nr. pag 133, ISBN: 978-973-169-416-0, cod CNCS: 210
6. Ungur Natalia Ramona, **Bădău Adela** – „Tehnologii inovative în volei”, Ed. University Press din Tîrgu Mureș, 2015, nr. pag: 184, ISBN: 978-973-169-411-5, cod CNCS: 210.
7. **Adela Bădău**, Dana Bădău: - „Aqua-pullpush-gym. O metodă inovatoare de gimnastică în apă”, Ed. Universității „Transilvania” din Brașov, 2011, nr. pag. 122, ISBN: 978-973-598-865-1, categoria A2, cod CNCS: 81.

d. **Articole publicate în reviste din fluxul științific**

Articole în extenso cotate WoS cu factor de impact

1. Mihăiță E, Badau D, Stoica M, Mitrache G, Stănescu MI, Hidi IL, **Badau A**, Damian C, Damian M. Identification of Perception Differences in Personality Factors and Autonomy by Sporting Age Category in Competitive Bodybuilders. *International Journal of Environmental Research and Public Health*. 2023; 20(1):167. <https://doi.org/10.3390/ijerph20010167>, WOS:000909312900001. **FI (2021)= 4.614**, (contributie egala) <https://www.mdpi.com/1660-4601/20/1/167>
2. Badau D, **Badau A**. Optimizing Reaction Time in Relation to Manual and Foot Laterality in Children Using the Fitlight Technological Systems. *Sensors*. 2022; 22(22):8785. <https://doi.org/10.3390/s22228785>, **FI (2021)=3.847** <https://www.mdpi.com/1424-8220/22/22/8785>
3. Badau D, **Badau A**, Ene-Voiculescu C, Larion A, Ene-Voiculescu V, Mihaila I, Fleancu JL, Tudor V, Tifrea C, Cotovanu AS, Abramiuc A. The Impact of Implementing an Exergame Program on the Level of Reaction Time Optimization in Handball, Volleyball, and Basketball Players. *International Journal of Environmental Research and Public Health*. 2022; 19(9):5598. <https://doi.org/10.3390/ijerph19095598>, WOS:000794413000001, **IF (2021) 4,614** <https://www.mdpi.com/1660-4601/19/9/5598>
4. **Badau A**, Szabo-Csifo B, Ciulea L, Alexandrescu R, Badau D. The Effects Induced by a Specific Program on the Development of Segmental Flexibility in Athletes Aged 7–14 in



- Synchronized Swimming. Children. 2022; 9(1):17. <https://doi.org/10.3390/children9010017>, WOS:000747181900001 **IF (2021) 2,835** <https://www.mdpi.com/2227-9067/9/1/17>
5. **Badau, A.**; Trifan, I.-M. Promote Positive Behaviors in Preschoolers by Implementing an Innovative Educational Program for the Training and Development of Social and Emotional Skills (DeCo-S.E.). Int. J. Environ. Res. Public Health 2022, 19, 14931. <https://doi.org/10.3390/ijerph192214931>, **IF (2021)= 4.614**
 6. Cotrobas-Dascalu VT, Badau D, Stoica M, Dreve AA, Predescu CML, Gherghel CL, Bratu M, Raducu P, Oltean A, **Badau A.** Impact of Kinesiotherapy and Hydrokinetic Therapy on the Rehabilitation of Balance, Gait and Functional Capacity in Patients with Lower Limb Amputation: A Pilot Study. J Clin Med. 2022 Jul 15;11(14):4108. doi: 10.3390/jcm11144108, WOS:000831915600001, **IF (2021) 4,964**, <https://www.mdpi.com/2077-0383/11/14/4108>
 7. Gherghel A, Badau D, **Badau A**, Moraru L, Manolache GM, Oancea BM, Tifrea C, Tudor V, Costache RM. Optimizing the Explosive Force of the Elite Level Football-Tennis Players through Plyometric and Specific Exercises. International Journal of Environmental Research and Public Health. 2021; 18(15):8228. <https://doi.org/10.3390/ijerph18158228>, WOS:000681825200001, **IF = 4,614** <https://www.mdpi.com/1660-4601/18/15/8228>
 8. Badau D, **Badau A**, Trambitas C, Trambitas-Miron D, Moraru R, Stan AA, Oancea BM, Turcu I, Grosu EF, Grosu VT, Daina LG, Daina CM, Suteu CL, Moraru L. Differences between Active and Semi-Active Students Regarding the Parameters of Body Composition Using Bioimpedance and Magnetic Bioresonance Technologies. International Journal of Environmental Research and Public Health. 2021; 18(15):7906. <https://doi.org/10.3390/ijerph18157906>, WOS:000681876200001, **IF = 4,614** <https://www.mdpi.com/1660-4601/18/15/7906>
 9. Badau D, **Badau A**, Manolache G, Ene MI, Neofit A, Grosu VT, Tudor V, Sasu R, Moraru R, Moraru L. The Motor Impact of the Static Balance in the Up Plank Position on Three Different Balls in Physical Activities of Physical Education Students. International Journal of Environmental Research and Public Health. 2021; 18(4):2043. <https://doi.org/10.3390/ijerph18042043>, WOS:000623581400001, **IF = 4,614** <https://www.mdpi.com/1660-4601/18/4/2043>
 10. **Adela Badau**, Dana Badau, Razvan Sandu Enoiu- Evaluation of Stable Balance Capacity by Using Bosu Ball Surfaces on Different Pressure Levels, Revista de materiale plastice, 2019, vol. 56, nr. 1, pag. 216-219, **FI = 1.393**, WOS:000464604100043, <http://www.revmaterialeplastice.ro/pdf/43%20BADAU%201%2019.pdf>
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 13. **Adela Badau**, Dana Badau, Razvan Sandu Enoiu, Marius Neculoiu, Carmen Daniela Neculoiu, Virgil Tudor, Radu Cristian Sasu, Carmen Ene Voiculescu, Virgil Ene Voiculescu, Stefan Teris, Claudiu Mereuta, Costin Eugen Dan, Adriana Clipa, Dina Constantin - The Influence of Body Mass of Water Level on Cardiovascular and Urinary Parameters at Athlete Students, REV.CHIM.(Bucharest), vol 70, No. 9, 2019, **FI= 1,755**, WOS:000489958900039 <https://www.revistadechimie.ro/pdf/40%20BADAU%209%2019.pdf>
 14. Badau, D.; **Badau, A.** Identifying the Incidence of Exercise Dependence Attitudes, Levels of Body Perception, and Preferences for Use of Fitness Technology Monitoring. Int. J. Environ. Res. Public Health, 2018, 15(12), nr. art. 2614. pag. 1-20, **FI= 2.469**,

doi:10.3390/ijerph15112614, WOS: 000456527000005. <https://www.mdpi.com/1660-4601/15/12/2614>

15. Dana Badau, **Adela Badau** The motric, Educational, Recreational and Satisfaction Impact of Adventure Education Activities in the Urban Tourism Environment, *Sustainability*, 2018, 10(6), nr. art. 2106; pp. 1-13, WOS:000436570100418, Autor corespondent, **FI=2,595**. <https://doi.org/10.3390/su10062106>, <http://www.mdpi.com/2071-1050/10/6/2106>
16. Dana Badau, **Adela Badau**, Florin Paraschiv, Liliana Marcela Rogoza, Hamida Al Hussein, Klara Brinzaniuc- Influences of vitamin A and E supplementation on haematological, functional and oxidative balance parameters on handball players, *REV.CHIM.(Bucharest)*, 69, No. 2, 2018, pag 332-336, **FI= 1.605**, Autor corespondent, WOS:000427327700010, http://www.revistadechimie.ro/article_eng.asp?ID=6101
17. Flaviu Stelian Dusa, **Adela Badau**, Dana Badau, Cristian Trambitas, Klara Brinzaniuc- Investigating the Deformation Parameters of PVC Fitness Balls in Relation to the Height and Body Mass Index of the users, *Revista Materiale plastice*, decembrie 2017, Vol. 54, nr. 4, pag. 606-609, **FI = 1.248**, Autor corespondent, WOS:000426412500002. <http://www.revmaterialeplastice.ro/pdf/2%20DUSE%204%2017.pdf>

Articole în extenso cotate WoS fără factor de impact

1. **Adela Badau**, Anca Rachita, Cristian Radu Sasu, Andriana Clipa *Motivations and the Level of Practicing Physical Activities by Physio-Kinotherapy Students*, *Education Sciences*, 2018, 8(3), nr. art. 97, pag. 1-9, doi:10.3390/educsci8030097, ISSN 2227-7102, WOS:000445338600007. [file:///C:/Users/Adela/Downloads/education-08-00097%20\(1\).pdf](file:///C:/Users/Adela/Downloads/education-08-00097%20(1).pdf)
2. Badau D., Talaghir L.G., Rus V., **Badau A.** *The Impact of the Needs and Roles of Nutrition Counselling in Sport*. *Human. Sport. Medicine*, 2018, vol. 18, no. 2, pp. 88–96. DOI: 10.14529/hsm180208, ISSN:2500-0209, WOS:000437542200008, <https://cyberleninka.ru/article/v/the-impact-of-the-needs-and-roles-of-nutrition-counselling-in-sport>
3. Badau D, Baydil B, **Badau A.** *Differences among Three Measures of Reaction Time Based on Hand Laterality in Individual*, *Sports*. 2018; 6(2):45. pag. 1-6, <https://doi.org/10.3390/sports6020045>, ISSN: 2075-4663, <http://www.mdpi.com/2075-4663/6/2/45>, WOS:000436282300021.
4. Alpaslan Gorucu, Bekir Tokay, **Adela Badau.** *The effects of three different type of exercises on aerobic and anaerobic power*, *Physical education of students*, 2017; 21(4): pag. 152-157, doi:10.15561/20755279.2017.0401, ISSN: 2308-7250, Autor corespondent, WOS:000412455000001, <http://sportedu.org.ua/index.php/PES/article/view/458/370>
5. **Badau Adela.** *Study of somatic, motor and functional effects of practicing initiation programs in water gymnastics and swimming by students of physical education and sports*, *Physical education of students*, 2017; 21(4): 158-164, doi:10.15561/20755279.2017.0402, ISSN: 2308-7250, WOS:000412455000002, <http://sportedu.org.ua/index.php/PES/article/view/459>
6. Bădău Dana, **Bădău Adela**, Paraschiv Florin, Manolache Gabriel, Talaghir Laurentiu G., Neagu Nicolae *Level Determination of Space Orientation Depending on Manual Laterality and Using Artificial Intelligence Tehniques*, *Proceedings of the 9th WSEAS International Conference on Artificial Intelligence, Knowledge Engineering and Data Bases (AIKED '10)*, Published by WSEAS Press, 2010, pag. 108-113, ISSN: 1790-5109, WOS:000276785100017, www.wseas.org; <http://www.wseas.us/e-library/conferences/2010/Cambridge/AIKED/AIKED-17.pdf>

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1. Badau, D , Badau, A .Ranking of the education and social benefits, the responsibilities, the professional competencies of sport counseling process in the opinion of sports and physical education experts . International Journal of Sport Exercise and Training Sciences - IJSETS, 2020, 6(4), pp. 129-137, DOI:10.18826/useeabd.815406 <https://dergipark.org.tr/tr/pub/useeabd/issue/58417/815406> Indexata Erih Plus <https://dbh.nsd.uib.no/publiseringskanaler/erihplus/periodical/info.action?id=490332> Doaj https://doaj.org/toc/2149-8229?source=%7B%22query%22%3A%7B%22filtered%22%3A%7B%22filter%22%3A%7B%22bool%22%3A%7B%22must%22%3A%5B%7B%22terms%22%3A%7B%22index.issn.exact%22%3A%5B%222149-8229%22%5D%7D%7D%5D%7D%7D%2C%22query%22%3A%7B%22match_all%22%3A%7B%7D%7D%7D%7D%2C%22size%22%3A100%2C%22sort%22%3A%5B%7B%22created_date%22%3A%7B%22order%22%3A%22desc%22%7D%7D%5D%2C%22_source%22%3A%7B%7D%7D
2. Adriana Neofit, Dana Bădău, Mircea Ion-Ene, **Adela Bădău** -Study on the Development of Spatial Orientation and Segmental Coordination Through Judo-Specific Means in Children, HEALTH, SPORTS & REHABILITATION MEDICINE VOL. 20, NO. 1, JANUARY-MARCH 2019, ISSN-L 2668-2303, <http://jhsrm.org/health-sports-rehabilitation-medicine-vol-20-no-1-january-march-2019/study-on-the-development-of-spatial-orientation-and-segmental-coordination-through-judo-specific-means-in-children/> Indexare Ebsco, CrossRef <https://doi.org/10.26659/pm3.2019.20.1.4>
3. Dana Bădău, Papp Enikő, Flaviu Stelian Dușa, Iulia Macovei, Patricia-Maria Mălăncrăvean, Mircea Ion-Ene, Adriana Neofit, Ramona Natalia Ungur, **Adela Bădău**- *Improving balance by experimenting through animal-assisted therapies*, Palestrica of the third millennium – Civilization and Sport, 2017, Vol. 18, no. 3, pag. 139–143, ISSN-L: 2601 – 2537, Autor corespondent, <http://pm3.ro/pdf/69/08%20-%20badau%20%20%20%20139-143.pdf>, Indexare: CrossRef full-text: <https://doi.org/10.26659/pm3.2017.18.3.139> Doaj-full-text:https://doaj.org/toc/2247-7322?source=%7B%22query%22%3A%7B%22filtered%22%3A%7B%22filter%22%3A%7B%22bool%22%3A%7B%22must%22%3A%5B%7B%22term%22%3A%7B%22index.issn.exact%22%3A%222247-7322%22%7D%7D%2C%7B%22term%22%3A%7B%22_type%22%3A%22article%22%7D%7D%5D%7D%7D%2C%22query%22%3A%7B%22match_all%22%3A%7B%7D%7D%7D%7D%2C%22from%22%3A0%2C%22size%22%3A100%7D,
4. **Adela Badau**, Dana Badau- *A Study Regarding the Level of Performance Specific to Backstroke Swimming with Students at Physical Education and Sport*, International Journal of Science Culture and Sport, June 2017, 5(2), Doi:10.14486/IntJSCS647, pag. 60-67, ISSN:2148-1148, <http://www.intjscs.com/DergiTamDetay.aspx?ID=647>, Indexare: CrossRef – full-text: <http://dx.doi.org/10.14486/IntJSCS647>, Doaj:https://doaj.org/toc/2148-1148?source=%7B%22query%22%3A%7B%22filtered%22%3A%7B%22filter%22%3A%7B%22bool%22%3A%7B%22must%22%3A%5B%7B%22term%22%3A%7B%22index.issn.exact%22%3A%222148-1148%22%7D%7D%2C%7B%22term%22%3A%7B%22_type%22%3A%22article%22%7D%7D%5D%7D%7D%2C%22query%22%3A%7B%22match_all%22%3A%7B%7D%7D%7D%7D%2C%22from%22%3A0%2C%22size%22%3A100%7D, <https://doaj.org/toc/2148-1148>
5. **Adela BĂDĂU** – *The Influence of Anthropometric Indices on Execution Technique Specific to Crawl Swimming for Students of Physical Education and Sport Specialization*, International Journal of Science Culture and Sport, 2016, 4(4), Doi:10.14486/IntJSCS591, pag. 381-389, ISSN:2148-1148, http://www.iscsjournal.com/Makaleler/239276600_4c4s_3.pdf Indexare:

Doaj

full-text:

- https://doaj.org/search?source=%7B%22query%22%3A%7B%22query_string%22%3A%7B%22query%22%3A%22Badau%20Adela%22%2C%22default_field%22%3A%22bibjson.author.name%22%2C%22default_operator%22%3A%22AND%22%7D%7D%2C%22from%22%3A0%2C%22size%22%3A100%7D, CrossRef full-text: <https://doi.org/10.14486/intjscs591>
6. Dana Bădău, **Adela Bădău**, Ramona N. Ungur, Flaviu S. Dușa, Veronica Mindrescu- *Using computer-gaming tests to evaluate hand simple reaction time to visual stimulus*, Sport și Societate. Revista de educație fizică, sport și științe conexe. (Sp Soc Int J Ph Ed Sp), 2016, Vol. 16, Issue 1, pag. 29-35, ISSN:1582-2168, Autor corespondent, file:///C:/Users/Adela/Downloads/BADAU%20(3).pdf Indexata: Ebsco full-text <https://www.ebscohost.com/titleLists/s4h-coverage.htm> Doaj:https://doaj.org/toc/1582-2168?source=%7B%22query%22%3A%7B%22filtered%22%3A%7B%22filter%22%3A%7B%22bool%22%3A%7B%22must%22%3A%5B%7B%22term%22%3A%7B%22index.issn.exact%22%3A%221582-2168%22%7D%7D%2C%7B%22term%22%3A%7B%22_type%22%3A%22article%22%7D%7D%5D%7D%7D%2C%22query%22%3A%7B%22match_all%22%3A%7B%7D%7D%7D%7D%2C%22from%22%3A0%2C%22size%22%3A100%7D
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