



**Curriculum vitae Europass**



**Personal Information**

Name / Surname GROSU E. EMILIA FLORINA  
 Address Str. Mozart, nr 14, ap.1, CLUJ NAPOCA, Romania  
 Phone: Mobile: +40 (0)744 622193  
 Fax +40 (0)264420709  
 E-mail [emiliaflorina.grosu@gmail.com](mailto:emiliaflorina.grosu@gmail.com)

Nationality Romanian

Date of birth and place 18.04.1962 Cluj - Napoca

Sex Female

**Place of work / occupational aria** BABEȘ-BOLYAI University, Cluj- Napoca, Romania  
 Faculty of Physical education and Sport faculty,  
 Department of Individual Sports

<b>Professional experience</b>	<b>Function</b>	Professor	Associate Professor	Lector univ.
	<b>Period</b>	2003- present	2000- 2003	1994 - 2000
	<b>Institution</b>	Babes-Bolyai University FEFS	Babes-Bolyai. University FEFS	Babes-Bolyai. University FEFS
	<b>Place</b>	CLUJ- NAPOCA	CLUJ- NAPOCA	CLUJ- NAPOCA
	<b>Function</b>	Asist univ	Prof. grad II	Prof. definitiv
	<b>Period</b>	1992-1994	1987 - 1992	1984 - 1987
	<b>Institution</b>	Babes-Bolyai. University FEFS	Casa Pionerilor – DB (1987-1990) and School no. 2 Targoviste DB (1990- 1992)	School „Ana Ipatescu” (1984-1985) Casa Pionerilor – Targoviște 1985-1987)
	<b>Place</b>	CLUJ- NAPOCA	Targoviste - DB	Gherla – CJ și Targoviste - DB

Function and place	<b>PhD Prof Faculty of Physical Education and Sport Faculty Conductor PhD in Physical Education and Sport with Decision nr 5268 / 05.09.2011 Ministry of Education, Research, Youth and Sports IOSUD Babes – Bolyai University, Cluj – Napoca, Romania</b>				
Activity and principal responsibility	<b>Member in professional and scientific association:</b> - Member CNATDCU – Ministry of Education from 2014 - 2020 - Member in FEPSAC – European Federation of Sport Psychology, from 2007 - Member ARACIS, from 2011. - Member in Council of ISD from Univ. „Babeş – Bolyai” Cluj – Napoca, from 2012 till now 2020. - Director of Doctoral School in Faculty of Physical Education and Sport Faculty from 2012 till now 2020.				
Name of Employer	Babeş-Bolyai University, Cluj Napoca, Faculty of Physical Education and Sport – Department of Individual Sports.				
Type of activity and aria	Didactic and research in Physical Education and Sport				
Qualification and / diploma obtained	Doctor in Physical Education and Sport Faculty, ANEFS Bucharest, 1999, with specialisation Sport Psychology. Institute of Physical Education and Sport Faculty Bucharest, 1992, License I.E.F.S. Bucharest Institute of Physical Education and Sport Faculty Bucharest, 1984, diploma absolvent, I.E.F.S. Bucharest, head of promotion with mark 9.86 out of 10.				
Principal Discipline study / Professional Competence Acquired	Specialization in artistic gymnastics preparation and sportive dance Technical and methodology of teaching basic gymnastics Psychomotricity, Motor development Motor Learning Fitness Neuro-linguistic programming (NLP) Sport Anthropology				
Name of Institution of Education and Type of Study	License: Institute of Physical Education and Sport Faculty Bucharest, 1981- 1984 Master: National Academy of Physical Education and Sport Faculty Bucharest, 1992 - 1994 PhD: National University of Physical Education and Sport Faculty Bucharest 1999 Master: degree between 2016-2018 in University in Agricultural Sciences and Veterinary Medicine, USAMV Cluj – Napoca, Horticultural Faculty, Specialization, PAISV.				
International and national classification level	Artistic Gymnastics Specialization – FRG 1984, categ. III International Referee in artistic gymnastics– 1994, FRG, Bucharest Specialization in sportive dance – FRDS 2008, categ. III				
Personal skills and competences	Gymnastics trainer 1994-1996 la Sharjah Women’s Club – UAE Teacher in School 2002 – School „Clementina Perone” – Rome, Italy				
Mother tongue	Romanian				
Foreign Language	Italian, English, French, Spanish				
Self-assessment	<b>Understanding</b>		<b>Speaking</b>		<b>Writing</b>
	Listening	Writing	Participation in conversation	Oral spelling	Writing
<b>Italian language</b>	C2	C2	C2	C2	C1
<b>English language</b>	C2	C1	C2	C1	B2

<b>French language</b>	C1	B2	B2	B1	A2
<b>Spanish language</b>	C1	C1	B1	B1	B2
Competence and social ability	<p>Team spirit and manager: professional experience in didactic, in research in sportive performance at national level in gymnastics and dance Supervisor in License and Master. Reviewer in superior committee for PhD Thesis in Physical Education and Sport field. Supervisor in PhD from 2011 until now 2020.</p>				
Competence and organizational ability	<p>Managerial experience: 1997 Management Courses –Windesheim University – Callo Department, from Zwolle – Holland 1997 -2003; from 2010 – 2012 Resp. International Relation - Faculty of Physical Education and Sport Faculty, University Babes-Bolyai, Cluj- Napoca 1997 till now, Member in Professional and Scientific Association: Member FEPSAC – European Federation of Sport Psychology Member in Scientific Board – Journal Palestrica B+, Publisher UMF Cluj - Napoca Member in Psychology Commission of National Council of Sport Science – National Institute of Research for Sport - Bucharest, 1999-2010. Coordinator of Dance and gymnastics Group „Companion” – with FEFS students. From 2011 till now – Supervisor PhD in Physical Education and Sport in Faculty of profile, in Babes – Bolyai University. From 2011 till now 2020– expert member ARACIS From 2014 till now 2020– member in commission in CNATDCU at Ministry of Education and Research, in the Psychology Committee, Educational Science and Physical education and Sport. Member FIEF (European Federation of Physical Education), from 2016 till now 2020.</p>				
Competences and technical abilities	<p>Driver’s licence B, since 1992. High level of teaching theoretical and practical subjects in gymnastics, dance, sport psychology, psychomotricity, mental training techniques and Neuro-linguistic programming (NLP). Physical coach for the National Dance Team in Reghin, since 2008 till 2016- organised by FRDS – Romanian Federation of Sportive Dance. Master’s degree between 2016-2018 in University in Agricultural Sciences and Veterinary Medicine, USAMV Cluj – Napoca, Horticultural Faculty, Specialization, Landscape - PAISV.</p>				
Competence and abilities in using computer	<p>SOROS Foundation Certification EM103N / Informatics Department, Instruction– Autumn Session 1996 with qualifying “Very Good”.</p>				

<p>Competences and artistic abilities</p>	<p>Organization of sportive and artistic competitions at local, national and international level.</p> <ul style="list-style-type: none"> <li>- National Student Dance Festival The 2 nd Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a V-a, 1993, organized by Student Culture Home from Cluj-Napoca și Târgu-Mureș – Romania.</li> <li>- National Student Dance Festival The 2 nd Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XII-a 2007, organized by Student Culture Home from Sibiu –Romania (contemporan dance section).</li> <li>- National Student Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XII-a 2007 organized by Student Culture Home from Sibiu –Romania (creativity section – Reabon dance)</li> <li>- International Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XXIII-a 2007 organized by Asociazione OK Club, Scuola Sport, Casa Montagna Valnure – Ferriere (PC), Italy. (<a href="http://www.vivasworld.org_sts-gestione@libero.it">www.vivasworld.org_sts-gestione@libero.it</a>)</li> <li>- National Student Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XIII -a 2008 organized by Student Culture Home from Sibiu –Romania (inedit dance section).</li> <li>- National Student Dance Festival The 2 nd Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XIII-a 2008 show revue organized by Student Culture Home from Sibiu –Romania (show revue dance section).</li> <li>- European Ballet Schools festival”Grand Assemble”, 27-30 of October 2016, 2017, 2018, Cluj – Napoca. Romania</li> </ul>
	<ul style="list-style-type: none"> <li>- International Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XXIV a 2008 organized by Asociazione OK Club, Scuola Sport, Casa Montagna Valnure – Ferriere (PC), Italy. (<a href="http://www.vivasworld.org_sts-gestione@libero.it">www.vivasworld.org_sts-gestione@libero.it</a>)</li> <li>- International Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XXV a 2009 organized by Asociazione OK Club, Scuola Sport, Casa Montagna Valnure – Ferriere (PC), Italy. (folcloric dance) (<a href="http://www.vivasworld.org_sts-gestione@libero.it">www.vivasworld.org_sts-gestione@libero.it</a>)</li> <li>- „Politehnica” University of Bucharest, Departament of Physical Education and Sport – Kinetotherapy, prize I - Artistic Compozition, University of „Bogdan – Vodă”, in Festivalul Polidansfest „Gineta Stoenescu”, Edition V, 11-12 May, 2012, Bucharest.</li> </ul>
<p><b>Participation in Projects</b></p>	<ol style="list-style-type: none"> <li>1. Professor coordinator Summer Camps Programmes „Vivas World” Ferriere, Piacenza, Berceto, Parma, prof. Carlo Devoti, (<a href="http://www.vivasworld.org_sts-gestione@libero.it">www.vivasworld.org_sts-gestione@libero.it</a>) Italy 1997- 2003 – 2014, 2015, 2016, - Piacenza, Italy Italy 2017, 2018, 2019 – Berceto, Parma, Italy</li> <li>2. Title: "Diabetic runners and cyclists for more sport for all in Europe", “Sport give a chance” PORTGIVECHANCE” n° 590518-EPP-1-2017-1-IT-SPO-SNCESE, Spoleto, Terni, Italy, 2018. For this reason, the partners agree that: <ul style="list-style-type: none"> <li>•The event programme takes place in Italy - Spoleto, starting on the 29.08. and ending on 03. 09. 2018;</li> <li>•The group was formed by the following 14 Participants + 4 Experts.</li> </ul> </li> </ol>
<p>Other competences and abilities</p>	<p>Participation in other didactics activity in Teaching Staff Mobility in Erasmus Program (up 19):</p> <ul style="list-style-type: none"> <li>- Courses FRG; FRDS.</li> <li>- Organizer of national and International competitions in gymnastics and dance, European Men's and Women's Artistics Gymantics in Cluj – Napoca, Romania 2017.</li> <li>- Participation in International Congress, upper 23 conference and congress in period from 1997 until now.</li> </ul>

## Published Articles

From 1992 until now I wrote 19 books. Out of those, one is International coordinate (Technical elements of body movements (collab. Carmen Padilla – Univ. Cadiz, Spain), multiple articles BDI, 6 articles ISI, all of them from Sport Science area.

### **Books in International publisher**

1. **Grosu Emilia-Florina, Georgescu Luminita**, chapter, *Contemporary Trends in Health Promotion Through Physical Education a Romanian Model*, Physical Education and Health, Global Perspectives and Best Practice, SAGAMORE PUBLISHING LLC, ISBN print edition 978-1-57167-703-7 Library of Congress Control Number 201493090303, Urbana, IL 61801, Editor: SAGAMORE PUBLISHING, 2014, P. 383-394

**1 book Interantional coordonator** (Technical Elements Componente, colab. Carmen Padilla – Univ. Cadiz, Spania)

### **8 books unic author**

- Aplicații ale antrenamentului mental în sport -vol 3, Publisher GMI, Cluj - Napoca
- Învățarea motorie și performanța în sport -vol. 2, Publisher GMI; Cluj - Napoca
- Gimnastica aerobică -Programe de stilare corporala, Publisher GMI; Cluj - Napoca
- Psihomotricitate și gimnastica educativă -vol 1, Publisher GMI, Cluj - Napoca
- Paralele inegale din gimnastica artistică feminină ( vol I) from Colection "Gimnastică"
- Biomecanica, metodica și tehnica elementelor acrobatice la sol și bârnă (Vol II) from colection "Gimnastică", Publisher GMI, Cluj - Napoca
- Psihomotricitate, Publisher GMI, Cluj - Napoca
- Săriturile în gimnastica competițională feminină, Publisher GMI, Cluj - Napoca

### **10 books in collaboration**

- Sportul - Fenomen social - vol. I in Collection " Știința Sportului",
- "Optimizarea antrenamentului sportiv" in Collection "Știința Sportului" vol IV,
- "Conceptele fundamentale ale Științei Sportului "in Collection " Știința Sportului"- vol II,
- "Pregătirea psihologică și antrenamentul invizibil în activitatea sportivă" , vol III., in Collection " Știința Sportului",
- Sportul - Fenomen social - vol. I in Collectiona " Știința Sportului", vol I, Publisher GMI.
- Locul și roul fitness-ului în știința sportului, Publisher GMI, Cluj - Napoca
- Spiritualitatea în sport, Publisher GMI, Cluj - Napoca
- Complexe de exerciții pentru influențarea selectivă a aparatului locomotor - Complex physical exercises for the development of locomotory system, Ediția a 2 a, Gimnastica, Editura GMI, Cluj -Napoca
- Gimnastica educativă, acrobatică și sărituri la aparate, multiply UBB.
- Grosu Emilia Florina, Gogean Groza Gina, *Gimnastica acrobatică și săriturile cu sprijin la aparate în școală*, Editura Risoprint 2019, 110 pagini

### **Published Article ISI – impact factor**

1. Craciun Marius Traian, Petrehus Denisa-Elena, Grosu **Emilia-Florina**, Dobosi Serban-Andrei, *Ethical principles in sport performance enhancement / Principii etice in cresterea performantei sportive*, [Science\\_ Citation\\_Expanded](#), REVISTA ROMANA DE BIOETICA, Vol. 9, Nr. 3, Jul/Sep 2011, P.41 – 52

<https://www-scopus-com.am.e-information.ro/results/authorNamesList.uri?origin=searchauthorlookup&src=al&edit=&poppUp=&basicTab=&affiliationTab=&advancedTab=&st1=&st2=&institute=Babes+-+Bolyai+University+Cluj+-+Napoca%2C+Romania&orcidId=0000-0002-2846-9586&authSubject=LFSC&authSubject=on&authSubject=HLSC&authSubject=on&authSubject=PHSC&authSubject=on&authSubject=SOSC&authSubject=on&s=&sdt=&sot=&searchId=&exactSearch=on&sid=>

### **Articole published in ISI Web of Scince and other Data base.**

1. Cretu Marian, Dobrescu Tatiana, **Grosu Emilia-Florina**, *Considerations regarding the creative dimension of the physical education and sports didactic process*

[http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search\\_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c](http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c)

Social\_Sciences\_Citation, SOCIAL SCIENCE JOURNAL, Volume: Published: Full Text from Publisher, 2013, P.853 – 858

**2. Grosu Emilia-Florina**, Nica-Badea Delia, GROSU Vlad - Teodor, *The Relation between Mental Training and the Physiological Index in Artistic Gymnastics*, *International Journal of Sports Science* p-ISSN: 2169-8759 e-ISSN: 2169-8791 2013; 3(4): 97-101  
doi:10.5923/j.sports.20130304.01 , 2013, P.97 - 101 , Social\_Sciences\_Citation, INTERNATIONAL JOURNAL OF SPORTS SCIENCE & COACHING, International Journal of Sports Science p-ISSN: 2169-8759 e-ISSN: 2169-8791 2013; 3(4): 97-101  
doi:10.5923/j.sports.20130304.01, 2013, P.97 – 101,  
<http://article.sapub.org/10.5923.j.sports.20130304.01.html>

**3. Grosu Emilia-Florina**, GROSU Vlad - Teodor, Moraru Cristina - Elena, MOTICA Florin - Constantin, *The Role of Attention in the Psychological Preparation of Athletes In Perceptual Motor Discipline*, *Science\_Citation\_Expanded*, SOCIAL STUDIES OF SCIENCE, 159 , 2014, P.151 – 155

**4. Grosu Emilia-Florina**, GROSU Vlad - Teodor, Preja Carmen Aneta, Boros-Balint Iuliana, *Neuro-Linguistic Programming Based on the Concept of Modelling*  
[http://www.sciencedirect.com.ux4ll8xu6v.useaccesscontrol.com/science?\\_ob=ArticleListURL&\\_method=list](http://www.sciencedirect.com.ux4ll8xu6v.useaccesscontrol.com/science?_ob=ArticleListURL&_method=list) - [http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search\\_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c](http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c) , Social\_Sciences\_Citation, SOCIAL SCIENCE JOURNAL, Procedia Social and Behavioral Science, vol.116, 21 February 2014, WCES 2013 ID 29284 , 2014, P.3693 – 3699

**5. Grosu Emilia-Florina**, GROSU Vlad - Teodor, Dobrescu Tatiana, *The New Dimension Of Educational Leadership - Modelling Excellence Through Neuro -Linguistic Programming Techniques* [http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search\\_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c](http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c) , Social\_Sciences\_Citation, SOCIAL SCIENCE JOURNAL, Volume: 141  
[http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search\\_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c](http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c), 2014, P.500 – 505

6. Dobrescu Tatiana, **Grosu Emilia-Florina**, *ASPECTS REGARDING CLASSROOM MANAGEMENT AND ITS PART IN MAKING THE EDUCATIONAL PROCESS MORE EFFECTIVE*  
[http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search\\_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c](http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c) [http://www.sciencedirect.com.ux4ll8xu6v.useaccesscontrol.com/science?\\_ob=ArticleListURL&\\_method=list](http://www.sciencedirect.com.ux4ll8xu6v.useaccesscontrol.com/science?_ob=ArticleListURL&_method=list) , Social\_Sciences\_Citation, SOCIAL SCIENCE JOURNAL, Volume: 141 Pages: 465-469 Published: 2014, P.465 – 469

7. Croitoru Liliana, Moraru Cristina - Elena, **Grosu Emilia-Florina**, *Aspects on Improving Body Expression in Acting Students* [http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search\\_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c](http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=WOS&SID=3FDD8wZBA54045hbw2i&search_mode=GeneralSearch&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c) , Social\_Sciences\_Citation, SOCIAL SCIENCE JOURNAL, 149  
Published: Full Text from Publisher <http://apps.webofknowledge.com.ux4ll8xu6v.useaccesscontrol.com/Search.do?product=>

[WOS&SID=3FDD8wZBA54O45hbw2i&search\\_mode=General Search&prID=66eb3c12-61e3-4300-a783-ba7f1f10f51c,PII: S1877-0428\(14\)04950-7, DOI: 10.1016/j.sbspro. 2014.08.237, 2014, P.619 – 623](https://doi.org/10.1016/j.sbspro.2014.08.237)

**8. Grosu Emilia-Florina**, GROSU Vlad - Teodor, Popovici Cornelia, Dumitrescu Marin, *Neurolinguistic Programming and the Relationship between Attention and Anxiety in Alpine Skiing Juniors*, Science\_Citation\_Expanded, PROCEEDINGS OF THE ASIS ANNUAL MEETINGS, 191, 2015, P.1634 – 1638

**9. Grosu Emilia-Florina**, Grosu Vlad Teodor, *Correlations of Emotional Distress and Anxiety with Regards to Athletes of 11-15 Years in Perceptual-motor Sports*, Science\_Citation\_Expanded, SOCIAL STUDIES OF SCIENCE, 190, 2015, P.269 – 272

**10.** GROSU Vlad Teodor, **GROSU Emilia Florina**, MOISA Adrian Antonel, FETEAN Gheorghe, 8th World Conference on Educational Sciences 04-06 February 2016, Madrid, Spain, Effects of applying mental training to alpine skiers through imagery and NLP techniques” <https://sproc.org/ojs/index.php/pntsbs/article/view/1760> , New Trends and Issues Proceedings on Humanities and Social Sciences, ISSN 2547 – 8818, Vol 3, No 1 (2017), DOI: <https://doi.org/10.18844/prosoc.v3i1> Published: 2017-06-28, pp 135 -141

**11.** Nica-Badea Delia, **Grosu Emilia-Florina**, *Xantinic Compounds Incentivising the Active Principles of Athletes’ Performance - Effects, Opportunities and Risks*, Cambridge Scholars Publishing, <http://www.c-s-p.org/Flyers/978-1-4438-4524-3-sample.pdf>, *Applied Social Sciences: Psychology, Physical Education and Social Medicine*, 2013, P.133-141

**12. Grosu Emilia-Florina**, Grosu Vlad-Teodor, Dumitrescu Marin, *The Role of Attention in Adjusting the Behavior of Junior Skiers* , INDEXCOPERNICUS , <http://journals.indexcopernicus.com/karta.php?id=4258> , SPORT SI SOCIETATE. Revista de Educatie Fizica, Sport si Stiinte Conexa, p-ISSN 1582-2168, 2013, P.3-14

**13.** Rusu Alina Cristina, **Grosu Emilia-Florina**, GROSU Vlad - Teodor, *Neurolinguistic Programming Thecniques in Sports training for Enhancing Performance Capacity*, Ebsco; Academic Search Complete, USA; Index Copernicus; Journal Master List, Poland; DOAJ, Sweden. , [www.revistaPalestrica.mileniului III.ro](http://www.revistaPalestrica.mileniuluiIII.ro) , *Palestrica of the Third Millenium - Civilization and Sport*, vol.14, no.3, July - september, 2013, P.212-218

**14.** Dobrescu Tatiana, **Grosu Emilia-Florina**, Cretu Marian, Culea Catalina, *Consideration regarding the creative dimensions of the physical education and sports didactic process*, Elsevier , Procedia - Social and Behavioral Sciences, Volume 93, 21 October 2013, [www.sciencedirect.com](http://www.sciencedirect.com), Social and Behavioral Sciences (WCLTA 2012), 2013, P.853-858

**15.** Cuceu Marian, **Grosu Emilia-Florina**, Matean Aurica-Doina, *Observarea, manevrarea si controlul variabilelor selectate si aplicate subiectilor în studiul pilot / The obsevation, the handling and the control of the selected variables applied to the pilot studies subjects*, Romanian Editorial Platform SCIPPIO, <http://www.scipio.ro/web/studia-universitatis-babes-bolyai-educatio-artis-gymnasticae>, *Studia Universitatis Babes-Bolyai, Educatio Artis Gymnasticae, volume 59*, (LIX),1, , 2014, P.5-17

**16.** Ronen Tali, **Grosu Emilia-Florina**, *It’s easy to learn from movement”: learning through the Eshkol-Wachman Movement Notation (EWMN) “Este usor ss înveti din miscare”:* *învatarea prin sistemul de notatie Eshkol-Wachman (EWMN)* , Ebsco, Doaj, Cite Factor, SCIPPIO, index Copernicus, <http://www.pm3.ro/en/2013-issues/palestrica-of-the-third->

[millennium-civilization-and-sport, Palestrica of the third millennium – Civilization and Sport Vol. 15, no. 3, July-September, 2014, P.193-199](#)

**17. Grosu Emilia-Florina**, GROSU Vlad - Teodor, Moraru Cristina - Elena, Mihaiu Costinel, *Specifics of State Anxiety and Attention in Sport Judo and Alpine Skiing*, Monduzzi Editore International Proceedings, ISBN 978-88-7587-713-2, <http://www.medimond.com/proceedings/moreinfo/20141121.htm>, 5th International Conference LUMEN 2014 Transdisciplinarity and Communicative Action 21-22 November, 2014 - Targoviste (Romania), 2015, P.331-337

**18.** Grosu Vlad Teodor, **Grosu Emilia-Florina**, Monea Dan, *Correlations between Attention, Emotional Distress and Anxiety with Regards to Athletes of 11-15 Years in Perceptual-Motor Sports*, Universal Journal of Educational Research 3(8): 508-512, 2015, <http://www.hrpub.org> DOI: 10.13189/ujer.2015.030805, Horizont Research Publishing Corporation, (HRPUB), 2015, P.508-512

**19.** Grosu Vlad-Teodor, **Grosu Emilia-Florina**, *Influence of Mental Training on Motor Coordination and Manual Response in Alpine Skiing*, American Association for Science and Technology, <http://www.aascit.org>, <http://www.aascit.org/journal/archive?journalId=910&issueId=9100205>, International Journal of Modern Education Research 2(5), 2015, P.57-61

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Cantor Maria<sup>1\*</sup>, **Grosu Emilia Florina**<sup>\*2</sup>, Buru (Hitter) Timea<sup>1</sup>, Buta Erzsebet<sup>1</sup>, Boboc (Oros) Paula<sup>1</sup>

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Additional Information	<p>Contact Persons:</p> <p>Prof. Carlo Devoti – Summer Camps Programmes „Vivas Wolrd”- Ferriere, Piacenza, Italia (IT)</p> <p>Prof. univ.dr. Maria Dolores Monteiro – Universidad de Tras os Montes de Alto Duro, Vila – Real, Portugal</p> <p>Prof. Nicu Forminte - Trainer of Romanian National Team of Gymnastics.</p> <p>Prof. univ.dr. Emanuele Isidori–Università delle Scienze Motorie- Foro Italico–Roma (IT)</p> <p>Prof. Univ. dr. Kostas Karteroliotis – Athens University – Physical Education and Sports Faculty, Greece (GR)</p>

Date: 25. 03. 2020

Emilia Florina Grosu

