

I. Lista lucrărilor reprezentative pentru activitatea științifică

1. Cristina Maria Man.(2022) *Pregătirea la altitudine, factor favorizant creșterii performanței în alergare montană*. Editura Risoprint, Cluj-Napoca, ISBN 978-973-53-2832-0
2. Man, M. C., Ganera, C., Bărbuleț, G. D., Krzysztofik, M., Panaet, A. E., Cucui, A. I., Alexe, D. I. (2021). The Modifications of Haemoglobin, Erythropoietin Values and Running Performance While Training at Mountain vs. Hilltop vs. Seaside. *International Journal of Environmental Research and Public Health*, 18(18), 9486.
3. Panaet, E. A., Grigore, V., Cristina, M., Dolinschi, C. M., & Alexe, D. I.(2021) Effect of pediatric flat foot on the sagittal alignment of the pelvis and spine, *Discobolul – Physical Education, Sport and Kinetotherapy Journal*, Volume 60, Issue 4, 475-484
4. Panaet, A. E., Alexe, C. I., Marchis, C., Man, C. M., & Grigore, V. (2021). Essay regarding the Need for a Standard Framework of Assessment and Measurement of Flat Feet in Children. *Bulletin of the Transilvania University of Brașov. Series IX: Sciences of Human Kinetics*, 235-246
5. Ilie M, Dan I Alexe, C I Alexe, C Man, T M Iconomescu,(2020) *Simulare de condiții, captarea mișcării și analiza datelor în cercetarea sportului*, Editura Risoprint, Cluj-Napoca, ISBN978-973-53-2492-6
6. Cristina, M. M., & Cătălin, G. (2018). Study on changing hematocrit values after a 21 day stage of training (athletics) on sand of Black Sea seaside (Constanța Romania) *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, 18(2 S1), 325-330.
7. Man, M. C., & Ganera, C. (2016). A study on athletes' heart rate changing while performing a 21 days training course at an altitude of 2000m. *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, 16(2 SI), 537-548.
8. Man, M. C., & Ganera, C. (2016). Study on changing arterial oxygen saturation level of athletes while performing a 21 days training course at an altitude of 2000 meters. *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, 16(2), 198-209.
9. Cristina, M. M., & Catalin, G. A. (2015). Study on the influence of training at altitude (2000m) on the maximum aerobic velocity in athletics (Mountain race). *Science, Movement and Health*, 15(2), 135-146.
10. Cristina, M. M., & Cătălin, G. (2015). A study on the influence of training at altitude (2000m) on the blood hemoglobin and erythropoietin values in athletics (aerobic resistance). *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, 15(2 S1), 409-419.

II. Teză doctorat

Contribuții privind optimizarea pregătirii în atletism - proba de alergare montană- prin influența antrenamentului la altitudine, Universitatea Babeș- Bolyai Cluj-Napoca, 2015

III. Cărți publicate

Prim autor

1. Cristina Maria Man.(2022) *Pregătirea la altitudine, factor favorizant creșterii performanței în alergare montană*. Editura Risoprint, Cluj-Napoca, ISBN 978-973-53-2832-0
2. Ilie M, Dan I Alexe, C I Alexe, C Man, T M Iconomescu,(2020) *Simulare de condiții, captarea mișcării și analiza datelor în cercetarea sportului*, Editura Risoprint, Cluj-Napoca, ISBN978-973-53-2492-6

IV. Articole publicate în calitate de autor principal în jurnale indexate Web of Science (WOS)

1. Man, M. C., Ganera, C., Bărbuleț, G. D., Krzysztofik, M., Panaet, A. E., Cucui, A. I. Alexe, D. I. (2021). The Modifications of Haemoglobin, Erythropoietin Values and Running Performance While Training at Mountain vs. Hilltop vs. Seaside. *International Journal of Environmental Research and Public Health*, 18(18), 9486.

V. Articole publicate în calitate de autor principal în jurnale indexate în cel puțin trei baze de date internaționale

1. Cristina, M. M., & Cătălin, G. (2018). Study on changing hematocrit values after a 21 day stage of training (athletics) on sand of Black Sea seaside (Constanța Romania) *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, 18(2 S1), 325-330.
2. Man, M. C., & Ganera, C. (2016). A study on athletes' heart rate changing while performing a 21 days training course at an altitude of 2000m. *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, 16(2 SI), 537-548.
3. Man, M. C., & Ganera, C. (2016). Study on changing arterial oxygen saturation level of athletes while performing a 21 days training course at an altitude of 2000 meters. *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, 16(2), 198-209.

4. Cristina, M. M., & Catalin, G. A. (2015). Study on the influence of training at altitude (2000m) on the maximum aerobic velocity in athletics (Mountain race). *Science, Movement and Health*, 15(2), 135-146.
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VI. Articole publicate în calitate de coautor principal în jurnale indexate în cel puțin trei baze de date internaționale

1. Panaet, E. A., Grigore, V., Cristina, M., Dolinschi, C. M., & Alexe, D. I. (2021) Effect of pediatric flat foot on the sagittal alignment of the pelvis and spine, *Discobolul – Physical Education, Sport and Kinetotherapy Journal*, Volume 60, Issue 4, 475-484
2. Panaet, A. E., Alexe, C. I., Marchis, C., Man, C. M., & Grigore, V. (2021). Essay regarding the Need for a Standard Framework of Assessment and Measurement of Flat Feet in Children. *Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics*, 235-246

VII. Articole publicate în calitate de autor principal în volumele unor conferințe internaționale cu ISSN/ISBN

1. Man MC, Ganera C, Ovidiu D, The modifications of erythropoietin values while training at maountain vs seaside favoring the increase of sports performance, *The International Conference „Sports, education, culture-Interdisciplinary Approaches in scientific research” Galați 2022*
2. Man MC, Ganera C, Study on thr change of erythropoietin levels in performance athletes following a training session on the seaside of Black sea, *International Scientific Conference „Perspectives in physicale education and sport”Constanța 2019*
3. Man MC, Ganera C., Study on changing hematocrit values after 21 days training course on the beach, *International Scientific Conference „Perspectives in physicale education and sport”Constanța 2018,*
4. Man MC, Ganera C. Study of changing arterial oxygen saturation level of athletes while performing a 21 days training course at an altitude of 2000meters *International Scientific Conference „Perspectives in physicale education and sport” Constanta 2016,*
5. Man MC, Ganera C. A study on athletes heart rate changing while performing a 21 days training course at an altitude of 2000m *International Scientific Conference „Perspectives in physicale education and sport”Constanța 2016,*
6. Man MC, Ganera C. A study regarding the influence ao 2000m altitude training on the values of blood hemoglobin and eritropoietina in athletics(aerobic resistance), *International Scientific Conference „Perspectives in physicale education and sport”Constanța 2015,*

7. Man MC, Ganera C. A Study regarding the influence of 2000m altitude training on the maximum aerobic speed in athletics-practicing mountain running, *International Scientific Conference „Perspectives in physical education and sport”* Constanța 2015

VIII. Articole publicate în calitate de coautor principal în volumele unor conferințe internaționale cu ISSN/ISBN

1. E A Panaet, G Rață, M C Man, C I Alexe, Distribution of plantar pressures under static conditions, in various areas of the pediatric flatfoot, *International Congress o Education, Health and Human Movement, ICEHHM Human Movement: New Paradigms in a Changing World, Bucharest 2022*
2. Talaghir L.G., Man C., Study on learning jumps in school gymnastics at class VI, *The 5th International Scientific Conference Achievements and prospects in the field of physical education and sports within the interdisciplinary European education system* Bacău, 2015, ISBN, 2069-2269

IX. Citări

1. Identificabile prin căutare pe Web of Science (WOS)

- a. Cristina, Man Maria, and G. A. Catalin. "Study on the influence of training at altitude (2000m) on the maximum aerobic velocity in athletics (Mountain race)." *Science, Movement and Health* 15.2 (2015): 135-146.-cited in Biggs NC, England BS, Turcotte NJ, Cook MR, Williams AL. Effects of Simulated Altitude on Maximal Oxygen Uptake and Inspiratory Fitness. *Int J Exerc Sci.* 2017 Jan 1;10(1):127-136. PMID: 28479953; PMCID: PMC5214464.
- b. Man, Maria Cristina, et al. "The Modifications of Haemoglobin, Erythropoietin Values and Running Performance While Training at Mountain vs. Hilltop vs. Seaside." *International Journal of Environmental Research and Public Health* 18.18 (2021): 9486. cited in Dragos, O.; Alexe, D.I.; Ursu, E.V.; Alexe, C.I.; Voinea, N.L.; Haisan, P.L.; Panaet, A.E.; Albina, A.M.; Monea, D. Training in Hypoxia at Alternating High Altitudes Is a Factor Favoring the Increase in Sports Performance. *Healthcare* 2022, 10, 2296. <https://doi.org/10.3390/healthcare10112296>
- c. Cristina, Man Maria, and G. A. Catalin. "Study on the influence of training at altitude (2000m) on the maximum aerobic velocity in athletics (Mountain race)." *Science, Movement and Health* 15.2 (2015): 135-146.-cited in Dragos, O.; Alexe, D.I.; Ursu, E.V.; Alexe, C.I.; Voinea, N.L.; Haisan, P.L.; Panaet, A.E.; Albina, A.M.; Monea, D. Training in Hypoxia at Alternating High Altitudes Is a Factor Favoring the Increase in Sports Performance. *Healthcare* 2022, 10, 2296. <https://doi.org/10.3390/healthcare10112296>
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- Movement and Health 15.2 S1 (2015): 409-419.cited in Dragos, O.; Alexe, D.I.; Ursu, E.V.; Alexe, C.I.; Voinea, N.L.; Haisan, P.L.; Panaet, A.E.; Albina, A.M.; Monea, D. Training in Hypoxia at Alternating High Altitudes Is a Factor Favoring the Increase in Sports Performance. Healthcare 2022, 10, 2296. <https://doi.org/10.3390/healthcare10112296>
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- g. Cristina Maria Man.(2022) *Pregătirea la altitudine, factor favorizant creșterii performanței în alergare montană*. Editura Risoprint, Cluj-Napoca, ISBN 978-973-53-2832-0-6 cited in Dragos, O.; Alexe, D.I.; Ursu, E.V.; Alexe, C.I.; Voinea, N.L.; Haisan, P.L.; Panaet, A.E.; Albina, A.M.; Monea, D. Training in Hypoxia at Alternating High Altitudes Is a Factor Favoring the Increase in Sports Performance. Healthcare 2022, 10, 2296. <https://doi.org/10.3390/healthcare10112296>
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- i. I Mihai, DI Alexe, CI Alexe C Man, TM Iconomescu .Simularea de conditii,captarea miscarii si analiza datelor in cercetarea din domeniul sportului. Cluj-Napoca 2020 ISBN978-973-53-2492-6, cited in Curitianu, Ioana-Maria, et al. "Effects of Tabata and HIIT Programs Regarding Body Composition and Endurance Performance among Female Handball Players." *Balneo and PRM Research Journal* 13.2 (2022): 500-500.

- j. I Mihai, DI Alexe, CI Alexe C Man, TM Iconomescu .Simularea de conditii,captarea miscarii si analiza datelor in cercetarea din domeniul sportului. Cluj-Napoca 2020 ISBN978-973-53-2492-6, cited in Dragos, O.; Alexe, D.I.; Ursu, E.V.; Alexe, C.I.; Voinea, N.L.; Haisan, P.L.; Panaet, A.E.; Albina, A.M.; Monea, D. Training in Hypoxia at Alternating High Altitudes Is a Factor Favoring the Increase in Sports Performance. Healthcare 2022, 10, 2296. <https://doi.org/10.3390/healthcare10112296>

2. Identificabile prin căutări pe alte platform (Google, Research Gate)

- a. Panaet, A. E., et al. "Essay regarding the Need for a Standard Framework of Assessment and Measurement of Flat Feet in Children." Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics (2021): 235-246.cited in Haisan, A. A., and E. F. Grosu. "Mining Student's Satisfaction Towards Innovative Methods for Teaching Physical Education Online During the Covid-19 Pandemic." Proceedings of ICERI2021 Conference. Vol. 8. 2021.
- b. Panaet, A. E., et al. "Essay regarding the Need for a Standard Framework of Assessment and Measurement of Flat Feet in Children." Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics (2021): 235-246.cited in Haisan, A. A., and V. T. Grosu. "ASYNCHRONOUS AND SYNCHRONOUS HUMAN BODY EVALUATION AND EFFECTIVENESS OF ONLINE FITNESS INTERVENTION PROGRAM DURING THE COVID-19 PANDEMIC." Proceedings of INTED2022 Conference. Vol. 7. 2022.
- c. Cristina, Man Maria, and GANERA CĂTĂLIN. "A study on the influence of training at altitude (2000m) on the blood hemoglobin and erythroietin values in athletics (aerobic resistance)." *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health* 15.2 S1 (2015): 409-419.cited in Méndez, Óscar Adolfo Niño, et al. "Efectos del entrenamiento de intervalos de alta intensidad en altitud simulada. Revisión sistemática." *Revista de Investigación e Innovación en Ciencias de la Salud* 3.1 (2021): 98-115.
- d. Man, Maria Cristina, et al. "The Modifications of Haemoglobin, Erythropoietin Values and Running Performance While Training at Mountain vs. Hilltop vs. Seaside." *International Journal of Environmental Research and Public Health* 18.18 (2021): 9486.cited in ALTUĞ, Tolga, and Recep GÜRSOY. Tandem (Yamaç Paraşütü) Sporuna Fizyolojik Yaklaşımlar. Akademisyen Kitabevi, 2022.
- e. Man, Maria Cristina, et al. "The Modifications of Haemoglobin, Erythropoietin Values and Running Performance While Training at Mountain vs. Hilltop vs. Seaside." *International Journal of Environmental Research and Public Health* 18.18 (2021): 9486.cited inHOLGADO VILLENA, Luis. Propuesta de entrenamiento para paliar las consecuencias del tratamiento ante diferentes tipos de cáncer de mama y leucemia infantil. 2022.

Activitate științifică & instituțională 2022

- f. Cristina, M. M., & Cătălin, G. (2018). Study on changing hematocrit values after a 21 day stage of training (athletics) on sand of Black Sea seaside (Constanța Romania) *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, 18(2 S1), 325-330. cited in Tohănean, Dragos Ioan, et al. "The Use of Water and Other Liquids of Different Chemical Composition for Hydration in Movement Activities." *Revista de chimie*
- g. Cristina, Man Maria, and G. A. Catalin. "Study on the influence of training at altitude (2000m) on the maximum aerobic velocity in athletics (Mountain race)." *Science, Movement and Health* 15.2 (2015): 135-146. -cited in Tohănean, Dragos Ioan, et al. "The Use of Water and Other Liquids of Different Chemical Composition for Hydration in Movement Activities." *Revista de chimie*

X. Cursuri și caiete practice

- a. Maria Cristina Man (2022) Teoria și practica atletismului – suport de curs, Seria Didactica Universitatea „1 Decembrie 1918” din Alba Iulia
- b. Maria Cristina Man (2019) Bazele generale ale atletismului – suport de curs, Seria Didactica Universitatea „1 Decembrie 1918” din Alba Iulia
- c. Maria-Cristina Man (2017) Metodica predării atletismului în școală – suport de curs, Seria Didactica Universitatea „1 Decembrie 1918” din Alba Iulia