

**Lista completă de lucrări:**

- (i) **Lista celor maximum 10 lucrări considerate de candidat a fi cele mai relevante pentru realizările profesionale proprii;**

<p><b>Cristian M. Negrea</b> , Madalina I. Iordache, EVOLUTION OF SEVERAL FITNESS PARAMETERS IN AN ADULT HUMAN POPULATION AS EXPRESSION OF HEALTH STATE , 2012, Journal of Food, Agriculture &amp;Environment, vol.10, nr. 2, pag 137 - 141, HELSINKI, FINLAND</p>
<p><b>Cristian Negrea</b>, INCREASE OF FITNESS LEVEL ASSESSED THROUGH HEART RATE, BODY MASS INDEX AND MUSCULAR MASS AS COMPONENT OF A HEALTHY LIFE STYLE , Journal of Food, Agriculture &amp;Environment, vol. 11, nr.1, HELSINKI, FINLAND, 2013</p>
<p>Balanean, D.-M.; <b>Negrea, C.</b>;Bota, E.; Petracovschi, S.; Almajan-Gut, a, B. Optimizing theDevelopment of Space-TemporalOrientation in Physical Educationand Sports Lessons for StudentsAged 8–11 Years. Children 2022, 9, (5) (PDF) <i>Optimizing the Development of Space-Temporal Orientation in Physical Education and Sports Lessons for Students Aged 8–11 Years. Children</i>, 2022,9,1299 <a href="https://doi.org/10.3390/children9091299">https://doi.org/10.3390/children9091299</a></p>
<p>PUTA Tiberiu, BABAIȚĂ Mihai, <b>NEGREA Cristian</b>, MIRICA Silvia Nicoleta, DOMOKOS Cerasela, DOMOKOS Martin, NAGEL Adrian, BOTA Eugen, (2020) <i>Is the Strength Training a Key for Performance in Cycling? – A Case Study</i>, PROCEEDINGS OF THE 6th International Conference of Universitaria Consortium “FEFSTIM: Physical Education, Sports and Kinesiotherapy – implications in quality of life” 6th-7th of November Timișoara, Romania , Filodiritto Publisher, Italy, ISBN 979-12- 80225-05-4, p31-35</p>
<p>Hritcu Bogdan, <b>Negrea Cristian</b>, Mirica Silvia Nicoleta, Domokos Cerasela, DOMOKOS Martin, BOTA Eugen, NAGEL Adrian (2020), <i>Applying the Cooper Test to Runners Who Use Different Methods of Training</i>, PROCEEDINGS OF THE 6th International Conference of Universitaria Consortium “FEFSTIM: Physical Education, Sports and Kinesiotherapy – implications in quality of</p>

life” 6th-7th of November Timișoara, Romania , Filodiritto Publisher, Italy, ISBN 979-12- 80225-05-4, p 70- 75
DOMOKOS Cerasela, DRAGOMIR Andrei, BIDIUGAN Radu, MIRICA Silvia Nicoleta, DOMOKOS Martin, <b>NEGREA Cristian</b> , BOTA Eugen, NAGEL Adrian (2020), <i>Kinematic analysis of the centre of mass variation and it's influence on the backward tucked salto</i> , PROCEEDINGS OF THE 6th International Conference of Universitaria Consortium “FEFSTIM: Physical Education, Sports and Kinesiotherapy – implications in quality of life” 6th-7th of November Timișoara, Romania , Filodiritto Publisher, Italy, ISBN 979-12- 80225-05-4, p 19-25
Șerban GLIGOR, Felicia COROIU, Simona PETRACOVSCI, <b>Cristian NEGREA</b> , Simona AMÂNAR – TABĂRĂ, Sorinel VOICU, 2011, EPIDEMIOLOGICAL ASPECTS OF TOBACCO, ALCOHOL AND INTERNET USE ADDICTIONS AMONG PHYSICAL EDUCATION AND SPORT FACULTY STUDENTS FROM TIMIȘOARA, ROMANIA , 2011, Physical Culture – Journal of Science & Physical Education , vol.65, nr.2, pag. 42 – 50 , Beograd, Serbia
A.Nagel, S. N. Mirica., M. Domokos, E. Bota, <b>C. Negrea</b> , (2018) The road to performance from average to elite: an integrative approach to male representatives of the EUREKA&ICU Romanian national karate team specific training , Proceedings of ICU 2018, 23-24 November, 2018 - Iasi (Romania), p.197-202 Dec.2018, Editografica Medimond • Bologna (Italy), ISBN 978-88-87729-54-2
<b>Cristian Negrea</b> , Elena Sîrbu, 2008, EFECTUL COMBINAT AL FITNESSULUI MUSCULAR, AEROB SI AL APORTULUI ALIMENTAR ASUPRA METABOLISMULUI LIPIDIC, Revista Medicina Sportiva, Revista Societatii Romane de Medicina Sportiva, Conferinta internationala ”Exercitiul fizic – mijloc complex si modern de promovare a sanatatii”, Supliment , nr.1, pag . 944 - 947
<b>Cristian Negrea</b> , Elena Sîrbu, Sorin Ursoniu , Claudiu Avram, Mihaela Oravițan, Paul Miron , MODIFICARILE STARII DE FITNESS SI PARAMETRIILOR SOMATOMETRICI INDUSE DE ANTRENAMENTUL FIZIC DE ANDURANTA, 2007, Revista Medicina Sportiva, Revista Societatii Romane de Medicina Sportiva, nr.10, pag. 575 - 580

**(ii) Titlul tezei sau al tezelor de doctorat;**

Evaluarea îmbunătățirii nivelului de fitness și compoziției corporale prin activitate fizică la o populație adultă.

**(iv) Lista cărților;**

**Negrea, C.** (2012) Nivelul de fitness, expresie a stării de sănătate, Editura Eurobit Timisoara  
ISBN 978-973-620-957-4

**(v) Lista capitolelor de cărți;**

Silvia Nicoleta Mirica, Cerasela Domokos, Martin Domokos, **Cristian Negrea**, Eugen Bota and Adrian Nagel  
Is covid-19 pandemic period the milestone for a new digitalized era in the case of physical education and sport's educational process?, Dana Rad / Tiberiu Dughi / Roxana Maier / Anca Egerău (eds.) Dana Rad / Tiberiu Dughi / Roxana Maier / Anca Egerău (eds.) Applied Research in Digital Wellbeing Applied Research in Digital Wellbeing, Ed. Peter LAng, Berlin ISBN: 978-3-631-87105-8, p 117-126

Bogdan Hrițcu, **Cristian Negrea**, Cerasela Domokos, Martin Domokos, Eugen Bota, Silvia Nicoleta Mirica and Adrian Nagel  
The inequality of benefits brought by training programs with different number of weekly sessions, Dana Rad / Tiberiu Dughi / Roxana Maier / Anca Egerău (eds.) Dana Rad / Tiberiu Dughi / Roxana Maier / Anca Egerău (eds.) Applied Research in Digital Wellbeing Applied Research in Digital Wellbeing, Ed. Peter LAng, Berlin ISBN: 978-3-631-87105-8, p 209-218

**Cristian Negrea**, Silvia Nicoleta Mirică, Cerasela Domokos, Martin Domokos, Eugen Bota and Adrian Nagel Influences on life quality of adults with the help of digital technologies: A journey from a sedentary life to jogging Dana Rad / Tiberiu Dughi / Roxana Maier / Anca Egerău (eds.) Dana Rad / Tiberiu Dughi / Roxana Maier / Anca Egerău (eds.) Applied Research in Digital Wellbeing Applied Research in Digital Wellbeing, Ed. Peter LAng, Berlin ISBN: 978-3-631-87105-8, p 219-226

**(vi) Lista articolelor / studiilor in extenso, publicate în reviste din fluxul științific internațional principal;**

Domokos C., Dragomir A., Mirica S.N., Domokos M., **Negrea C.**, Bota E., Argesanu V., Nagel A., (2021) The role of spine and hip joint flexibility in free aerial walkover-Danilova – Element Performance, Proceedings of ICU 2021- THE 7th International Conference of Universitaria Consortium in Physical Education Sport and Physiotherapy, Ed. Editografica , Bologna, Italy

Domokos C., Dragomir A., Mirica S.N., Domokos M., **Negrea C.**, Bota E., Argesanu V., Nagel A., (2021) The role of spine and hip joint flexibility in free aerial walkover-Danilova – Element Performance, Proceedings of ICU 2021- THE 7th International Conference of Universitaria Consortium in Physical Education Sport and Physiotherapy, Ed. Editografica , Bologna, Italy, ISBN 978-88-87729-73-3, p. 135-140

Hritcu B., Mirica S.N, **Negrea C.**, Domokos M., Bota E., Nagel A., Avram C., The importance of sleep quality in running training - A case study, Proceedings of ICU 2021- THE 7th International Conference of Universitaria Consortium in Physical Education Sport and Physiotherapy, Ed. Editografica , Bologna, Italy, ISBN 978-88-87729-73-3, p. 219-224

**(vii) Lista publicațiilor in extenso, apărute în lucrări ale principalelor conferințe internaționale de specialitate;**

Hritcu Bogdan, **Negrea Cristian**, Mirica Silvia Nicoleta, Domokos Cerasela, DOMOKOS Martin, BOTA Eugen, NAGEL Adrian (2020), Applying the Cooper Test to Runners Who Use Different Methods of Training, PROCEEDINGS OF THE 6th International Conference of Universitaria Consortium “FEFSTIM: Physical Education, Sports and Kinesiotherapy – implications in quality of life” 6th-7th of November Timișoara, Romania , Filodiritto Publisher, Italy, ISBN 979-12- 80225-05-4, p 70- 75 1.28(9/7)

Domokos C., Dragomir A., Mirica S.N., Domokos M., **Negrea C.**, Bota E., Argesanu V., Nagel A., (2021) The role of spine and hip joint flexibility in free aerial walkover-Danilova – Element Performance, Proceedings of ICU 2021- THE 7th International Conference of Universitaria Consortium in Physical Education Sport and Physiotherapy, Ed. Editografica , Bologna, Italy, ISBN 978-88-87729-73-3, p. 135-140

Hritcu B., Mirica S.N, **Negrea C.**, Domokos M., Bota E., NagelA., Avram C., The importance of sleep quality in running training> A case study, Proceedings of ICU 2021- THE 7th International Conference of Universitaria Consortium in Physical Education Sport and Physiotherapy, Ed. Editografica , Bologna, Italy, ISBN 978-88-87729-73-3, p. 219-224

PUTA Tiberiu, BABAIȚĂ Mihai, **NEGREA Cristian**, MIRICA Silvia Nicoleta, DOMOKOS Cerasela, DOMOKOS Martin, NAGEL Adrian, BOTA Eugen, (2020) Is the Strength Training a Key for Performance in Cycling? – A Case Study, PROCEEDINGS OF THE 6th International Conference of Universitaria Consortium “FEFSTIM: Physical Education, Sports and Kinesiotherapy – implications in quality of life” 6th-7th of November Timișoara, Romania , Filodiritto Publisher, Italy, ISBN 979-12- 80225-05-4, p31-35

DOMOKOS Cerasela, DRAGOMIR Andrei, BIDIUGAN Radu, MIRICA Silvia Nicoleta, DOMOKOS Martin, **NEGREA Cristian**, BOTA Eugen, NAGEL Adrian, Kinematic analysis of the centre of mass variation and it's influence on the backward tucked salto, PROCEEDINGS OF THE 6th International Conference of Universitaria Consortium “FEFSTIM: Physical Education, Sports and Kinesiotherapy – implications in quality of life” 6th-7th of November Timișoara, Romania

**(viii) Alte lucrări și contribuții științifice sau, după caz, din domeniul creației artistice.**

Nagel A., Mirică S.N., , Domolos M., Domokos C., Bota ., **Negrea C.**,

*Journey from academics to employment: labor market insertion of the Fitness and Motor Performance Master Physical Education Faculty of Timisoara West University Alumni 2011-2016- a pilot study*, Timișoara Physical Education and Rehabilitation Journal , 2017; 10(19): 25-32, DOI:10.1515/tperj-2017-0012 I.F: 0

Indexed in <https://content.sciendo.com/view/journals/tperj/tperj-overview.xml>

**Cristian Negrea** , 2006, PROMOTORI AI VIETII SANATOASE: ALIMENTATIA RATIONALA SI FITNESSUL , Jurnalul Oficial al Societatii de Igiena si Sanatate Publica din Romania, Revista de Igiena si Sanatate Publica, vol.56, nr.4 , pag . 51 - 56

**Cristian Negrea**, Claudiu Avram , Elena Sîrbu, Adrian Nagel, Martin Domokos, 2009, STRENGTH TRAINING BENEFIT ON BODY COMPOSITION AND FITNESS STATE, Timisoara Medical Journal, vol.59 , nr.3 - 4, pag. 344 - 347

Nagel A., Mirică S.N., , Domolos M., Domokos C., Bota ., **Negrea C.**,  
*Journey from academics to employment: labor market insertion of the Fitness and Motor Performance Master Physical Education Faculty of Timisoara West University Alumni 2011-2016- a pilot study*, Timișoara Physical Education and Rehabilitation Journal , 2017; 10(19): 25-32, DOI:10.1515/tperj-2017-0012, F.I=0  
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**Cristian NEGREA**, Alexandru LEPARDA, Silvia Nicoleta MIRICA , Martin DOMOKOS, Cerasela DOMOKOS, Eugen BOTA, Adrian NAGEL , The training, nutrition and physical conditioning programme: a challenge for kickboxing athletes to achieve athletic greatness, Timișoara Physical Education and Rehabilitation Journal. Volume 12, Issue 22 , 2019, p 18-25

Domokos C., Domokos M., Mirica S.N, **Negrea C.**, Bota E., Nagel A., *Being a student at the Faculty of Sports and Physical Education in COVID-19 Pandemic times - A moment in life*, Timișoara Physical Education and Rehabilitation Journal Volume 13, Issue 24, 2020, p45 -50  
DOI: 10.2478/tperj-2020-0007

DOMOKOS Cerasela, DRAGOMIR Andrei, DOMOKOS Martin, MIRICA Silvia Nicoleta, **NEGREA Cristian**, BOTA Eugen, NAGEL Adrian, *Kinematics analysis of spine and hip for “Danilova”, artistic gymnastics element*, Timișoara Physical Education and Rehabilitation, Decembrie, 2020, Timișoara Physical Education and Rehabilitation Journal Volume 13, Issue 25, 2020 16-22 DOI:10.2478/tperj-2020-0011

Domokos C., Dragomir A., Domokos M., **Negrea C.**, Bota E., Mirica S.N., Nagel A., (2022) Influence Of Different Types Of Footwear On Sport Performance Characteristics, In Long Distance Running - Case Study, Studia Universitatis Babeș-Bolyai Educatio Artis Gymnastica, Vol. 4, P 83-94 Studia Universitatis Babeș-Bolyai Educatio Artis Gymnastica, Vol. 4, P 83-94, DOI: 10.24193/10.24193/subbeag.67

BĂLĂNEAN Denisa-Mădălina, **NEGREA Cristian**, PETRACOVSCI Simona,

Study on Gender and Age Difference and the Development of SpaceTemporal Skills in  
Students Aged 8-11 Years, Studia Universitatis Babeş-Bolyai Educatio Artis Gymnastica, Vol.  
4, P 29-40

06.06.2023

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