

UNIVERSITATEA PETROL - GAZE DIN PLOIEȘTI  
 FACULTATEA DE INGINERIA PETROLULUI ȘI GAZELOR  
 DEPARTAMENTUL DE ACTIVITĂȚI MOTRICE ȘI SPORT UNIVERSITAR  
 Examen de promovare în cariera didactică pe postul de: Conferențiar Universitar, poz. 3  
 Disciplinele postului: Educație Fizică  
 Domeniul: Educație fizică și sport

## LISTĂ LUCRĂRI ȘTIINȚIFICE

Lector univ. dr. LUPU ELENA, Universitatea Petrol - Gaze din Ploiești

### A. LISTA CELOR 10 PUBLICAȚII, BREVETE, LUCRĂRI RELEVANTE PENTRU REALIZĂRILE PROFESIONALE

1. **Lupu, Elena.** [Personality traits, the tendency towards irrational attitudes and their connection with physical education activities](#) ELSEVIER SCIENCE BV. Book Series: Procedia Social and Behavioral Sciences Volume: 29, Pages: 272-279 DOI: 10.1016/j.sbspro.2011.11.238 Published: 2011  
 WOS:000299993000039;  
 ISSN: 1877-0428  
<https://1a10qcomp-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000299993000039>
2. **Lupu, Elena.** [The leadership attitude - a way of preparing for life and the students' interest for sport activity](#); ELSEVIER SCIENCE BV. Book Series: Procedia Social and Behavioral Sciences Volume: 15, Pages: 1334-1339 DOI: 10.1016/j.sbspro.2011.03.287 Published: 2011  
 WOS:000466750601065 ;  
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3. **Lupu, Elena.** [Physical activities as a manner of lifelong developing creativity](#)  
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4. **Lupu, Elena** [Cognition as an efficient way of training in physical education activities.](#)  
 ELSEVIER SCIENCE BV. Book Series: Procedia Social and Behavioral Sciences; Volume: 5; Pages:2133-2139 ; DOI:10.1016/j.sbspro.2010.07.426 Published: 2010  
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5. **Lupu, Elena.** [The Role of Motric Activities in the Psycho-motric Development of Preschool Children - Future Pupils](#) ELSEVIER SCIENCE BV. Book Series: Procedia Social and Behavioral Sciences Volume: 12 Pages: 457-464 ; DOI: 10.1016/j.sbspro.2011.02.056 Published: 2011  
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6. Lupu, Elena. [The importance of performing physical exercises for students and their implication in the development of visual creativity \(VC scale\)](#) ELSEVIER SCIENCE BV. Book Series: Procedia Social and Behavioral Sciences Volume: 69 Pages: 286-292 Published: 2012. DOI 10.1016/j.sbspro.2012.11.411 WOS:000317131400035; ISSN 1877-0428

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7. Elena, Sabau; Georgeta, Niculescu; Cecilia, Gevat; **Elena Lupu**. [The attitude of the elderly persons towards health related physical activities.](#) ELSEVIER SCIENCE BV. Book Series: Procedia Social and Behavioral Sciences Volume: 30 Pages: 1913-1919 Published: 2011 . DOI 10.1016/j.sbspro.2011.10.372 WOS:000300440500372; ISSN 1877-0428

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8. Lupu Elena; Ozcan, Deniz. [A Study About Self And Criticism And The Physical Acts Involved In Their Education](#); ELSEVIER SCIENCE BV.;Book Series: Procedia Social and Behavioral Sciences Volume: 136 Pages: 475-480 Published: 2014; DOI 10.1016/j.sbspro.2014.05.359 WOS:000345428000083; ISSN 1877-0428

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9. Luca Russo 1,\* ,† , Eleonora Montagnani 2,† , Davide Pietrantuono 3 , Fabiola D'Angona 3 , Tommaso Fratini 1 , Riccardo Di Giminiani 4 , Stefano Palermi 5 , Francesco Ceccarini 6 , Gian Mario Migliaccio 7,‡ , **Elena Lupu** 8,‡ and Johnny Padulo 9,‡. [Self-Myofascial Release of the Foot Plantar Surface: The Effects of a Single Exercise Session on the Posterior Muscular Chain Flexibility after One Hour-Web of Science Core Collection.](#) *Int. J. Environ. Res. Public Health* **2023**, *20*(2), 974; <https://doi.org/10.3390/ijerph20020974>. Received: 19 November 2022 / Revised: 1 January 2023 / Accepted: 3 January 2023 / Published: 5 January 2023 (This article belongs to the Special Issue *Contemporary Physical Therapy and Rehabilitation: Issues and Challenges*). . PubMed ID 36673731 <https://www.mdpi.com/1660-4601/20/2/974> *Journals IJERPH* , Volume 20, Issue 2 ; [10.3390/ijerph20020974](https://doi.org/10.3390/ijerph20020974) ; DOI 10.3390/ijerph20020974; Volume 20 Issue 2

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10. Elena, Sabau; Georgeta, Niculescu; Cecila, Gevat; Lupu, Elena, [Identification of the Balance Capability - a Perceptual - Motor Component - in Teenagers](#); ELSEVIER SCIENCE BV.; Book Series: Procedia Social and Behavioral Sciences Volume: 127 Pages: 260-264 Published: 2014; DOI 10.1016/j.sbspro.2014.03.252 WOS:000396755600051; ISSN 1877-0428

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## B. TEZA DE DOCTORAT

**Lupu Elena** – *Realizarea obiectivelor cognitive și afective în activitatea de educație fizică cu studenții* - Academia Națională de Educație Fizică și Sport - BUCUREȘTI , 22. Iunie,2007 - Doctor în Educație fizică și sport.

**Conducător științific:** Prof. univ. dr. Epuran Mihai.

## C. CĂRȚI ȘI CAPITOLE DE CĂRȚI TIPĂRITE ÎN EDITURI CU ISBN

### Cărți publicate ca unic autor:

1. **Lupu Elena**, *Metodica predării educației fizice și sportului*, Editura Institutul European, Iași, 2006, 104 pag., ISBN 973-611-436-8 ; 978-973-611-436-6.

2. **Lupu Elena**, *Obiectivele Educaționale – Problematică teoretică și metodică actuală*, Editura Universității Petrol – Gagze din Ploiești, 2009, 131 pag., ISBN 978-973-719-333-9

3. **Lupu Elena**, *Metodica predării educației fizice și sportului*, Ediția a doua revăzută și adăugită. Editura Institutul European, Iași, 2012, 130 pag., ISBN 978-973-611-854-8 ; 371.3 :796 :373.3(075.8).

### Cărți publicate ca prim autor și în colaborare în edituri clasificate A2:

4. **Lupu Elena**, Larion Alin, Luca Russo, Oltean Antoanela, Cârlioru Andreea, *Relația dintre memoria de lucru (M.L.) și elementele de motricitate la adolescenți*, Editura "Ovidius University Press"- Constanța 2023, 169 pag, ISBN 978-606-060-086-2

5. Stănescu Silviu, Oltean Antoanela, Stănescu Andrei, **Lupu Elena**, *Handbal-Sisteme de acționare în apărare-nivel Juniori II*, Editura "Ovidius University Press"- Constanța 2023, pag. 120 ISBN 978-606-060-087-9

6. Larion Alin, Dragomir Lenuța, **Lupu Elena**, Popa Cristian , *Didactica și metacogniția în activități motrice. Repere*, Editura "Ovidius University Press"- Constanța 2021, -125 pagini, ISBN: 978-606-060-038-1

### Capitole în cărți publicate în calitate de autor principal:

7. **Lupu Elena**. A new perspective regarding the significance of: computer addiction - dependence and the importance of physical activity in this context **Pages:** <sup>[1]</sup><sub>[SEP]</sub>172-186, Full *Chapter 25*, Future Academy® Cognitive Counselling Research & Conference Services Sciences C-crcs Volume IV (eISSN: 2301-2358).

*Corresponding Author: Elena Lupu Selection and peer-review under responsibility of the Organizing Committee of the conference.* <http://dx.doi.org/10.15405/book.4.6> ISSN: 2301-2358/ Corresponding Author: Elena Lupu.

Future Academy® Cognitive Counselling Research & Conference Services Sciences C-crcs Volume IV BOOK (eISSN: 2301-2358) Pages 142-171 (04/December/2015) <sup>[1]</sup><sub>[SEP]</sub><http://dx.doi.org/10.15405/book.4.6> © 2015 Published by Future Academy [www.FutureAcademy.org.uk](http://www.FutureAcademy.org.uk), Future Academy® Cognitive - Counselling Research & Conference Services Sciences C-crcs Volume IV (eISSN: 2301-2358,

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## D.ARTICOLE/ STUDII ÎN EXTENSO PUBLICATE ÎN REVISTE DIN FLUXUL ȘTIINȚIFIC INTERNAȚIONAL:

1. **Lupu, Elena** [Cognition as an efficient way of training in physical education activities.](#)  
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7. **Lupu, Elena.** [Study regarding the impact of motion games in the intellectual-motric development of preschool children.](#) ELSEVIER SCIENCE BV., Book Series: Procedia Social and Behavioral Sciences Volume: 30, Pages: 1209-1214, DOI: 10.1016/j.sbspro.2011.10.235 Published: 2011  
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**11. Lupu, Elena.** [The importance of performing physical exercises for students and their implication in the development of visual creativity \(VC scale\)](#) ELSEVIER SCIENCE BV., Book Series: Procedia Social and Behavioral Sciences Volume: 69 Pages: 286-292 Published: 2012 ., DOI 10.1016/j.sbspro.2012.11.411 WOS:000317131400035 ISSN 1877-0428

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**12. Lupu, Elena** [Free association \(FA scale\) and the importance of sports games for its development](#) ELSEVIER SCIENCE BV, Book Series: Procedia Social and Behavioral Sciences Volume: 69 Pages: 279-285 Published: 2012 . DOI10.1016/j.sbspro.2012.11.410 WOS:000317131400034 ISSN 1877-0428

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**14. Lupu, Elena** [Self and the influence of motility in expressing one's opinions](#) ELSEVIER SCIENCE BV., Book Series: Procedia Social and Behavioral Sciences Volume 112 Page 510-517, Published 2014, DOI 10.1016/j.sbspro.2014.01.1196 WOS:000380881700063 ISSN 1877-0428

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**15. Lupu, Elena** [A study regarding the impact of motor activities on the students' working memory](#) ELSEVIER SCIENCE BV ., Book Series: Procedia Social and Behavioral Sciences Volume 187 Page 514-519, Published 2015, DOI 10.1016/j.sbspro.2015.03.096 WOS:000380507200093 ISSN 1877-0428

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**16. Lupu, Elena** [Physical education in the development of the creative-empathetic potential in students](#)  
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**17. Lupu, Elena** [The role of motricity in the development of self-body relationship](#)  
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**18. Lupu, Elena;** Enache, Roxana. [Didactic conception on the basis of cognitive and affective objectives for non-profile university-physical education](#)

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**19. Elena, Lupu;** Mihaela, Suditu; Cristina, Safta. [Education for a healthy life through psychomotor activities in the opinion of students of Mechanics Engineering and Electronics Faculties from Petroleum-Gas University](#); Book Series: Mathematics and Computers in Science and Engineering Pages: 271-276 Published: 2010. WSEAS ; DOI 10.1016/j.sbspro.2011.11.238

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**20. Lupu, Elena;** Cernat, Constantin; Petre, Cristina.

[Identifying the attitude of healthy individuals towards disabled children - a chance to be educated for all](#)

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**21. Iarca, Ion; Lupu, Elena;** Stanescu, Denisa Mihaela; et al.; [Students' opinion regarding types of mobility with a purpose in the construction of leisure time and limitative factors in the practice of leisure time motric activities](#); ELSEVIER SCIENCE BV. Book Series: Procedia Social and Behavioral Sciences Volume: 30 Pages 1215-1220 Published: 2011; DOI10.1016/j.sbspro.2011.10.236

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**22. Iarca, Ion; Lupu, Elena;** Stanescu, Denisa Mihaela; et al. [The psycho-social impact of the Olympic Winter Games organization on the Romanian tourism](#); ELSEVIER SCIENCE BV.; Book Series: Procedia Social and Behavioral Sciences Volume: 30 Pages: 1806-1818 Published: 2011 ; DOI 10.1016/j.sbspro.2011.10.348

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**25.** **Lupu Elena;** Petrescu, Andreea, Loredana. [A study regarding teenagers' self-image and the importance of physical activities in its formation](#) ELSEVIER SCIENCE BV. Book Series: Procedia Social and Behavioral Sciences Volume: 33 Pages: 870 -874 Published: 2012 DOI 10.1016/j.sbspro.2012.01.246 WOS:000314700100175 ISSN 1877-0428

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**27.** **Lupu Elena;** Ozcan, Deniz. [A Study About Self And Criticism And The Physical Acts Involved In Their Education.](#) ELSEVIER SCIENCE BV. Book Series: Procedia Social and Behavioral Sciences Volume: 136 Pages: 475-480 Published: 2014 DOI 10.1016/j.sbspro.2014.05.359 WOS:000345428000083 ISSN 1877-0428

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**28.** **Lupu, Elena;** Cecila, Gevat; Elena, Sabau; Georgeta, Niculescu. [Education Regarding Addictions and The Impact of Leisure Time Physical Activities Upon The Control of The Addictive Behaviour](#) ELSEVIER SCIENCE BV. Book Series: Procedia Social and Behavioral Sciences Volume: 159 Pages: 283-287 Published: 2014 DOI 10.1016/j.sbspro.2014.12.373 WOS:000360314800056 ISSN 1877-0428

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**29.** **Lupu Elena;** Ozcan, Deniz. [Aspects Of Logical Reasoning For Candidates Enrolled In The Admission Programme For Higher Education \(18-27 Years\)](#) ELSEVIER SCIENCE BV. Book Series: Procedia Social and Behavioral Sciences Volume: 131 Pages: 420-425 Published: 2014; DOI 10.1016/j.sbspro.2014.04.141 WOS:000341324800073 ISSN 1877-0428

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