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Gradul didactic: Lector univ. dr.

Instituția unde este titular: Universitatea "Babeș-Bolyai"

Facultatea: Educație Fizică și Sport

Departamentul: Sporturi Individuale

## L I S T A

### lucrărilor științifice în domeniul disciplinelor din postul didactic

#### A. Lista celor mai relevante lucrărilor pentru realizările profesionale proprii

1. Nuț, R.A., Negru, I.N., (2026). Săriturile la aparate din gimnastica școlară – Tehnica și metodică. Editura Presa Universitară Clujeană, Cluj-Napoca, p. 111. ISBN 978-606-37-2801-3  
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8. Nuț, R.A. (2017). *Gymnastics de bază*. Editura Presa Universitară Clujeană, Cluj-Napoca, p. 242. ISBN 978-606-37-0287-7  
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9. Nuț, R.A. (2015). Study of the influence of emotional intelligence upon sport performance of gymnasts, *Studia Universitatis Babes-Bolyai Educatio Artis Gymnasticae*, volume 60, (LX), 4, 5-16.  
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## B. Teza de doctorat

**Nuț, R.A.**, (2014). Titlu: *Optimizarea performanței sportive în gimnastica artistică prin strategii de dezvoltare a inteligenței emoționale*. Coordonator științific Prof. univ. dr. Grosu Emilia Florina. Universitatea "Babeș-Bolyai", Școala doctorală Facultatea de Educație Fizică și Sport, domeniul Educație Fizică și Sport, (Lucrare nepublicată).

## C. Cărți și capitole în cărți publicate

1. **Nuț, R.A.**, Negru, I.N., (2026). *Săriturile la aparate din gimnastica școlară – Tehnica și metodică*. Editura Presa Universitară Clujeană, Cluj-Napoca, p. 111. ISBN 978-606-37-2801-3 <https://editura.ubbcluj.ro/index.php/puc/catalog/book/4041>
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4. **Nuț, R.A.**, Pascan, I., colaborator Negru, I.N., (2008). *Metodica predării gimnasticii în școală*, Editura Casa Cărții de Știință, Cluj-Napoca, p. 208, ISBN 978-973-133-245-1. <https://www.casacartii.ro/editura/carte/metodica-predarii-gimnasticii-in-scoala-2/>
5. Grosu E.F., Negru I.N., **Nuț, R.A.**, (2006). *Gimnastica educativă, acrobatică și sărituri la aparate*. Editura G.M.I., P. 312, ISBN 973-85692-5-7
6. Zamfir Ghe., Baciuc M.A., Batali F.C., Chihaița O.N., Dobosi S.A., Gombos L., Manasses I., Monea D., Muresan A., Negru I.N., **Nuț R.A.**, Ormenisan V.S, Pop H., Pop I.N., Santa-Moldovan I.C., Voicu A.V., Pop A.C., Prodea C.C.I., Roman Ghe., (2004). *EDUCAȚIE FIZICĂ ȘI SPORT – profil universitar*, Editura NAPOCA STAR , Cluj-Napoca, P. 200, ISBN 973-647-286-8
7. Grosu, E.F. (coordonator), **Nuț, R.A.**, Isac, C.A., Mureșan, D.V., Geleriu, C.I. (2002). *Gimnastica aerobica prin programe de inițiere*. Universitatea Creștină Dimitrie Cantemir, Facultatea de Științe Economice, Cluj-Napoca, Cluj-Napoca, P. 159, Editura G.M.I, Cluj-Napoca. <https://edituragmi.ro/product/gimnastica-aerobica-programe-de-initiere/>

## D. Lucrări indexate ISI/BDI publicate

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  6. Mogoș, M.L., Bartha, V.S., Văidăhăzan, R., **Nuț, R.A.**, (2025). Management of classroom-based physical education lessons. *Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae*, 70(Special Issue 1), 239–252.  
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  7. Văidăhăzan, R., Julean, I., Bartha, V.S, **Nuț R.A.** (2025). Role of the Educational Manager in High Schools in Cluj-Napoca as Centres of Excellence in the Local Community. *Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae*, 70(2), 73–84.  
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  9. Apostu, A.P., \***Nuț, R.A.**, Manasses, I., Gherțoiu, D., Baciu, M.A. (2024). Study on Competitive Anxiety in Table Tennis Athletes. *Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae*, 69(3), 93–104.  
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  10. Nicoară, R., **Nuț, R.A.**, Monea, D.,(2024). Development of respiratory function through swimming and apnea exercises in the pool. *Health, Sports & Rehabilitation Medicine*, vol.25, nr. 3, 132–137. doi.org/10.26659/pm3.2024.25.3.132  
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  14. Apostu, A.P, **Nuț, R.A.**, Baciu, A., (2018). Multi ball training method, *Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae*, volume 63, (LXIII), 2, 35-42, DOI:10.24193/subbeag.63(2).12,  
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17. **Nuț, R.A.**, Grosu, E.F., (2014). Study of Adaptation Psychometric Instruments that Measure Anxiety, Self-Efficacy and Motivation for Sports Performance, *Studia Universitatis Babes-Bolyai Educatio Artis Gymnasticae*, volume 59 (LIX), 1, 23-36.  
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18. **Nuț, R.A.**, (2013). Opinion Study of Romanian Coach the Emotional Intelligence in gymnastics Training and Competition, *Studia Universitatis Babes-Bolyai Educatio Artis Gymnasticae*, volume 58 (LVIII), 4, 37-46.  
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#### **E. Lucrări publicate în reviste și volume de conferințe cu referenți(neindexate)**

##### **- Reviste**

1. Neamțu-Popescu, A., **Nuț, R.A.**, Grosu, E.F., Grosu, V.T., Popovici, C., (2024). The influence of physical exercises on the quality of walking in kineto-prophylaxis of coxarthrosis. *10th International Conference of the Universitaria Consortium in Physical Education Sport and Physiotherapy, Universitatea "Alexandru Ioan Cuza", Iași.*  
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2. Pop, S., Pop, I.N., **Nuț, R.A.**, (2024). The Study on the Improvement of Technical-Tactical elements in the Offensive Phase in the Game of Rugby in 7. *10th International Conference of the Universitaria Consortium in Physical Education Sport and Physiotherapy, Universitatea "Alexandru Ioan Cuza", Iași.*  
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3. Zbanca, A.D., Grosu, E.F., **Nuț, R.A.**, Boncut, M., Matei, L., (2024). A LITERATURE REVIEW OF BURNOUT IN THE POST PANDEMIC ERA AMONG TEACHERS (2020 - 2023). *International Scientific Conference "Youth in the Perspective of the Olympic Movement" Universitatea Transilvania din Brașov*, Volume of abstracts ISSN 2359-8859. Editura Transilvania University of Brașov. [https://sport.unitbv.ro/images/YPOM/YPOM\\_2024/YPOM\\_2024\\_arhiva.pdf](https://sport.unitbv.ro/images/YPOM/YPOM_2024/YPOM_2024_arhiva.pdf)
4. Hăisan P.L., Monea D., Bulduș C.F., Grosu E.F., **Nuț, R.A.**, (2023). Functional Mobility, Quality of Life, and Fall Risk in Parkinson's Patients: A Longitudinal Study of the LSVT Big Program through Continuous Monitoring. *"9th International Conference of Universitaria Consortium - FEFSTIM: Physical Education, Sports and Kinesiotherapy – Active People for a Healthy Future"*, organized 19-21 October, Timișoara, Romania, P. 154-160, Filodiritto Editore – Proceedings, ISBN 979-12-80225-75-7, DOI 10.26352/HX19-FEFSTIM2023 [https://fefstim.uvt.ro/wp-content/uploads/2023/10/Booklet-FEFSTIM-2023\\_19-oct.pdf](https://fefstim.uvt.ro/wp-content/uploads/2023/10/Booklet-FEFSTIM-2023_19-oct.pdf)
5. **Nuț, R.A.**, (2019). The importance of emotional in the sports performance of gymnasts, *The 5th International Conference of the Universitaria Consortium "Education for Health and Performance"* organized 11-12 October, Cluj-Napoca, Romania, P. 267-274, Editura Editografica, Bologna, Italy, ISBN 978-88-87729-62-7 <http://sport.ubbcluj.ro/conferinte-fefs/>
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9. **Nuț, R.A.**, (2010). *Dezvoltarea mobilității utilizând mijloace din gimnastica de bază și aerobică*, *The 5th. International Conference from Interdisciplinary in Transdisciplinary in Physical Education and Sport*, Cluj-Napoca, Risoprint, P. ISBN 93-97, 978-973-53-0917-6.
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