

LISTA DE LUCRĂRI
Conf.univ.dr.habil Nanu Marian Costin

a) lista celor maximum 10 lucrări considerate de candidat a fi cele mai relevante pentru realizările profesionale proprii, care sunt incluse în format electronic în dosar și care se pot regăsi și în celelalte categorii de lucrări prevăzute de prezentul articol;

1. Cosma, G., Chiracu, A., Stepan, R., Cosma, A., **Nanu, M.C.**, Păunescu, C. (2020). *Impact of coping strategies on sport performance*. Journal of Physical Education and Sport, 20(3), 1380 – 1385.
<https://efsupit.ro/images/stories/mai2020/Art%20190.pdf>
2. Cosma, G.-A., Chiracu, A., Stepan, A.R., Cosma, M.A., **Nanu, M.C.**, Voinea, F., Bibi, K.W., Păunescu, C., Haddad, M. (2021). COVID-19 Pandemic and Quality of Life among Romanian Athletes. *Int. J. Environ. Res. Public Health*, 18, 4065. <https://doi.org/10.3390/ijerph18084065>
3. Moanță, A.D., Pelin, F., Ciolcă, C., **Nanu, M.C.**, Mitrache, G., Badea, D., Ciuntea, L.M. (2023). The temperament of pre-teens at risk of educational and social exclusion. *Front. Psychol., Sec. Personality and Social Psychology Volume 14*. <https://doi.org/10.3389/fpsyg.2023.1173175>
4. Nanu, M.C., Brabiescu Călinescu, L., Stepan, R., Pascu, D., Cosma, A. (2023). Physical exercise as leisure activities in youth's lives. *Bulletin of the Transilvania University of Braşov , seria IX: Sciences of Human Kinetics*, vol 16 (65), nr. 2. doi: <https://doi.org/10.31926/but.shk.2023.16.65.2.15>
5. Brabiescu Călinescu, L., Forțan, C., Ciocănescu, D., Albină, C., **Nanu, M.C.** (2024). The Attitude of Sports Faculty Students related to a Skiing Internship, *Bulletin of the Transilvania University of Brasov, Series IX: Sciences of Human Kinetics*, vol 17(66), nr.2. doi: <https://doi.org/10.31926/but.shk.2024.17.66.2.14>
6. Buga, A , Albină, A.M. , Popescu, C , Albină, A. , **Nanu, M.C.** (2024). How stretching exercises improve the joint mobility and muscle flexibility of students from non-professional study programs. *Journal of Sport and kinetic Movement No. 43, Vol. I*. <https://www.jskm.ro/images/pdfs/43voll>
7. Barbu, D., **Nanu, M.C.**, Albină, C., Stoica, D. (2024). Improving playing speed - methodological guidelines for training 7-10-year-old football players. *10th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy – ICU 2024*.
https://cdn.prod.website-files.com/66c08a34f3cad496f1ff33fb/673f40fa4dfe93fc61df6dc7_ICU%202024%20-%20CONFERENCE%20PROGRAMME%20FINAL.pdf
8. Parseghian (Feraru), A., **Nanu, M.C.**, Barbu, D. (2025). Study on the impact of dance on the body of children aged 9 to 11 years. *Journal of Sport and kinetic Movement No. 45, Vol. I*.
<https://www.jskm.ro/images/pdfs/45voll>
9. Țărțăleanu, C., **Nanu, M.C.**, Mangra, G., Lică, L. (2025). The effects of plyometric training on explosive strength and start length in junior swimmers. *11th International Conference "Physical Exercise – A Modern and Complex Way to Promote Healthy Living"*. <https://efs.ucv.ro/conferinte/healthy-living/>
10. Shaao, M., **Nanu, M.C.**, Shaao, M. (2025). Balancing game integrity and player mobility: athletes' rights in the EU legal order. *11th International Conference "Physical Exercise – A Modern and Complex Way to Promote Healthy Living"*. <https://efs.ucv.ro/conferinte/healthy-living/>

b) teza sau tezele de doctorat;

“Contribuții la optimizarea procesului de formare a limbajului profesional în cadrul comunicării pedagogice la studenții facultății de educație fizică și sport”, Institutul Național de Educație Fizică și Sport, Chișinău, conducător științific: prof. univ. dr. Sergiu Danail, anul susținerii tezei 2006.

Diploma a fost echivalată și atestată de către Ministerul Educației, Cercetării și Tineretului, prin OM nr. 2389/15 octombrie 2007.

c) brevete de invenție și alte titluri de proprietate industrială;

d) cărți și capitole în cărți;

1. **Nanu, M.C.** (2022). *Gimnastica artistică*, Editura Universitaria, Craiova, 180 p, ISBN 978-606-14-1825-1
2. **Nanu, M.C.** Orănescu, D., Dumitru, R., Cosma, G., (2018). *Metodica predării gimnasticii în școală*, Editura Universitaria, Craiova, 285 p, ISBN 978-606-14-1323-2
3. Cosma, G., Barbu, D., Burcea, B., **Nanu, M.C.**, Cosma, A. (2018). *Pregătirea fizică în sportul de performanță*, Editura Universitaria, Craiova, 192 p, ISBN 978-606-14-1825-5
4. Orănescu, D., **Nanu, M.C.**, Popescu, S., Cosma, G. (2016). *Gimnastica în școală*, Editura Sitech, Craiova, 235 p, ISBN 978-606-11-5101-1
5. **Nanu, M.C.**, Cosma G. (2015). *Gimnastica de bază* Editura Sitech, ISBN 978-606-110-5083-0
6. **Nanu, M.C.**, Cosma G. (2015). *Metodica predării gimnasticii în școală*. Editura Sitech, ISBN 978-606-11-5084-7
7. Cosma, G., **Nanu, M.C.** (2015). *Căi și mijloace de predare a gimnasticii la clasele I-IV*, Editura Sitech, Craiova
8. Cosma, G., **Nanu, M.C.** (2014). *Dans*, Editura Sitech
9. **Nanu, M.C.**, Cosma, G. (2014). *Dans si gimnastică aerobică în curriculum la decizia școlii*, Editura Sitech, ISBN 978-606-11-4361-0
10. **Nanu, M.C.** (2009). *Particularitățile pregătirii fizice în sportul aerob*, Editura Sitech, Craiova, 214p, ISBN 978-606-530-491-8
11. **Nanu, M.C.** (2009). *Gimnastica de bază. Metodica predării structurilor gimnice specifice*, Editura Sitech, Craiova, 228p, ISBN 978-606-530-273-0
12. **Nanu, M.C.** (2009). *Gimnastica aerobică – mijloc de optimizare a condiției fizice*, Editura Universitaria, Craiova, 247p, ISBN 978-606-510-344-3
13. **Nanu, M.C.** (2008). *Mijloace atractive specifice gimnasticii de bază*, Editura Universitaria, Craiova, 230p, ISBN 978-606-510-269-9
14. Cosma, G., **Nanu, M.C.**, Vișlan, M. (2007). *Ghid metodologic de aplicare a dansului ca instrument pedagogic pentru persoanele cu dizabilități*, Editura MJM, Craiova, ISBN 978-973-680-165-5
15. Orănescu, D., **Nanu, M.C.**, Cosma, G. (2007). *Aerobic – Metodica predării*, Editura Universitaria, Craiova, 298p, ISBN 978-973-742-850-9
16. Orănescu, D., **Nanu, M.C.** (2002). *Gimnastica de bază – Dezvoltarea capacității motrice prin mijloace specifice*, Editura Universitaria, Craiova, 251p, ISBN 973-8043-129-9

17. Orănescu, D., Nanu, M.C. (2001). *Gimnastica de bază în învățământul superior de educație fizică și sport. Formarea studenților în vederea predării competente a conținutului*, Editura Universitaria, Craiova, 265p, ISBN 973-8043-16-0

e) articole/studii in extenso, publicate în reviste din fluxul științific internațional;

1. Nanu, M.C., Orănescu, D., Dumitru, R., Cosma, G., Forțan, C. (2019). *The Importance of Classical Ballet Elements in Teaching D Group-Specific Technical Elements in Aerobic Sport*. Journal of Sport and Kinetic Movement, 34(2), 91-95.

<https://www.jskm.ro/index.php/archive?id=18>

2. Cosma, G., Zavaleanu, M., Burileanu, A., Nanu, M. C., Cosma, A. (2019). *Methods for Identifying The Leisure Time Opportunities For Adults With Down Syndrome*, SWS International Scientific Conference on Social Sciences – ISCSSL, (3): 561-568

<https://sgemsocial.org/index.php/elibrary?view=publication&task=show&id=4258>

3. Cosma, G., Zăvăleanu, M., Nanu M.C., Cosma, A., Lică, E. (2018). *Importance of leisure time activities in the integration in active life for Down Syndrome person from Romania*, Sgem 2018 Conference Proceedings, Vol. 5, 299-307pp, Albena, Bulgaria

<https://www.proceedings.com/international-multidisciplinary-scientific-geoconferences-sgem/?page=4>

4. Cosma G., Dragomir M., Nanu M.C., Brabiescu Calinescu L., Cosma A. (2017). *The Influence Of The Dance For People With Down Syndrome*, Bulletin of the Transilvania University of Braşov Series IX: of Human Kinetics, Vol. 10 (59), pp.83-88,

https://webbut.unitbv.ro/index.php/Series_IX/article/view/3375

5. CosmaG., Rusu L., Burileanu A., Nanu M.C., Stăncescu C. (2016). *The Influence Of Physical Exercise On The Correction Of Deficient Attitudes – A Case Study*, Science, Movement and Health, Vol. XVI, ISSUE 2 Supplement, 2016 September 2016, 16 (2, Supplement): 377-381

<https://www.analefeffs.ro/anale-feffs/2016/i2s/pe-autori/16.pdf>

6. Cosma G., Rusu L., Ilinca I., Nanu M.C. (2015). *Improving the pupils' balance through rhythmic and movement games*, The European Proceedings of Social & Behaviour Sciences: XI: 320-325.

<https://www.europeanproceedings.com/article/10.15405/epsbs.2016.06.44>

7. Cosma, G., Dragomir M., Nanu M.C., Burileanu A., Enescu Bieru D. (2015). *Impact Of Postural Re-Education Exercise On Children With Scoliosis – A Case Study*, SGEM International Multidisciplinary Scientific Conference on Social Science and Arts, 1:575-582.

<https://sgemsocial.org/ssgemlib/spip.php?article1290>

8. Vasilescu, M., Neştianu, A., Bălşeanu, T.A., Nanu, M.C., Cosma, G., Ionescu, A., Bogdan, C. (2009). *The computerized analysis of muscle fatigue, using surface electromyography and synthetic indices in athletes*, Journal Of Sports Science & Medicine vol. 8 Supplementum 11, p.89

<https://www.jssm.org/suppls/11/Suppl.11.pdf>

9. Nanu, M.C. (2008). *Rolul managerului sportiv în activitatea profesională*, Analele Universității din Craiova, seria Științe Economice, Anul XXXVII, Nr. 36S, Vol. 7, ISSN 1223-365X

https://feaa.ucv.ro/annals/v7_2008.html

f) publicații în extenso, apărute în lucrări ale conferințelor internaționale de specialitate;

1. Simion, A., **Nanu, M.C.**, Mangra, G. (2024). A comprehensive model for value creation in the evolving global sports industry. *16th International Conference Competitiveness and Stability in the KnowledgeBased Economy*.
https://feaa.ucv.ro/conferinta/images/docs/iconec24/PROGRAM_CONFERINTA_2024_FINAL.pdf
2. Enescu-Bieru, D., **Nanu, M.C.**, Brăbiescu-Călinescu, L., Kese, A.M, Neamțu, O., Neamțu, C. (2017). *Electromyography patterns changes at different categories of professional sportsmen*, Journal of Sport and Kinetic Movement, 30(2): 28-32
<https://www.jskm.ro/index.php/archive?id=9>
3. Turcu, S., Orănescu, D., **Nanu, M.C.** (2016). *The investigation of the strenght development level of the lower limbs in junior basketball payers using the myotonometry method*, Journal of Sport and Kinetic Movement, 28(2): 153-158
<https://www.jskm.ro/index.php/archive?id=11>
4. Cosma, G., **Nanu, M.C.**, Păunescu, M., Forțan, C. (2016). *The impact of artistic training on the execution of some jumps in aerobics*, Journal of Sport and Kinetic Movement, 27(1): 40-44
<https://www.jskm.ro/index.php/archive?id=12>
5. **Nanu, M.C.**, Cosma, G. Forțan, C. (2015). *Developing the hinge push up element specific force in aerobics junior III athletes*, Journal of Sport and Kinetic Movement, 26(1): 175-179.
<https://www.jskm.ro/index.php/archive?id=13>
6. Cosma, G., Rusu, L., Păunescu, M., **Nanu, M.C.**, Nuțoaica Drăgolici, A. (2015). *Physical education and sport - psychosocial phenomenon*, Journal of Sport and Kinetic Movement, 26 (2): 90-93.,
<https://www.jskm.ro/index.php/archive?id=13>
7. Cosma, G., Rusu, L., Dragomir, M., Burileanu, A., Ilinca, I., **Nanu, M.C.** (2015). *Assessment of Postural Alignment in Adolescents*, ICPESH Scientific Report Physical Education and Sport, 19, 105-108
<https://www.efsupit.ro/index.php/archive>
8. Cosma, G., Ilinca, I., Rusu, L., **Nanu, M.C.**, Burileanu, A. (2015). *Physical exercise and its role in a corect postural alignment*. Discobolul – Physical Education, Sport and Kinetotherapy Journa,11(1), 58-65.,
http://www.unefs.ro/discobolulmagazine/extenso/2015/Discobolul_XI_1_39_2015_v1.pdf
9. Cosma, G., Dragomir, M., **Nanu, M.C.**, Albină, C., Ciuvăț, D. (2015). *Improving The Studets Postrure Through Interactive Technologies*, Ovidius Annals, Science, Movement and Health, Vol. XV, ISSUE 2 Supplement, 15 (2, Supplement): 300-305
<https://www.analefefs.ro/anale-fefs/2015/i2s/pe-autori/v2/11.pdf>
10. Cosma, G., Dragomir, M., **Nanu, M.C.**, Pasarin, D. (2014). *Aerobic gymnastics, a modality to improve the quality of life*, ICPESH Scientific Report Physical Education and Sport, 18 (1), 172-175
<https://www.efsupit.ro/index.php/archive>
11. Cosma, A., Ghețu, R., **Nanu, M.C.**, Stăncescu, C., Albină, A. (2014). *Psychological component, basic factor in basketball training*, revista Scientific Report Physical Education And Sport, nr 18, pag. 166
12. **Nanu, M.C.**, Cosma, G. (2014). *Artistic training and its role on development the flexibility in aerobic gymnastics*, Journal of Sport and Kinetic Movement, nr 23, pag. 10

13. Cosma, G., **Nanu, M.C.**, Lică, E., Ghețu, R., Forțan, C. (2014). *Rhythmic games and their role in the development of primary school children's coordinative capacities*, revista SGEM Conference on psychology and psychiatry, sociology and healthcare education, nr 1, pag. 771
<https://www.sgemworldpublishing.at/store/psychology-and-psychiatry-sociology-and-healthcare-education2>
14. **Nanu, M.C.**, Cosma, G., Nicu, L. (2014). *Artistic training and its role on development the flexibility in aerobic gymnastics*, Journal of Sport and Kinetic Movement, 24: 39-44.
<https://www.jskm.ro/images/pdfs/jskm24.pdf>
15. Turcu, S., **Nanu, M.C.**, Orănescu, D. (2014). *Study concerning the role of psysical training in achieving sports performances in basketball to junior level (U16)*, Journal of Sport and Kinetic Movement, 23 (2): 108-111
https://www.jskm.ro/images/pdfs/jskm23_2.pdf
16. **Nanu, M.C.**, Cosma, G., Chivu, D., Popescu, S. (2013). *The Impact of the Inclusion of Tae-bo Subject Matter within the Curriculum on School Decision on the Secondary School Female Students Motor Development*, ICPESH Scientific Report Physical Education and Sport, 17(2), 166
<https://efsupit.ro/index.php/archive>
17. Chivu, D., Orănescu, D., **Nanu, M.C.** (2013). *Study on the Developing of a Model Syllabus on Psyhical Education and Sports Within the Curriculum on School's Decision for Pre-University Education*, Journal of Sport and Kinetic Movement, 21 (1): 34-37
<https://www.jskm.ro/images/pdfs/jskm21.pdf>
18. Chivu, D., **Nanu, M.C.**, Cosma, G. (2013). *Sociological Study on Students' Favourit Sports*, Journal of Sport and Kinetic Movement, 21 (1): 38-40
<https://www.jskm.ro/images/pdfs/jskm21.pdf>
19. **Nanu, M.C.**, Cosma, G. (2013). *The Aerobics Course Effects on the Students of Physical Education and Sports Faculty of Craiova*, Journal of Sport and Kinetic Movement, 21(1), 91-93,
<https://www.jskm.ro/images/pdfs/jskm21.pdf>
20. Cosma, G., Popescu, S., **Nanu, M.C.** (2013). *Aerobic gymnastics and the impact on anthropometric parameters of female students*, ICPESH Scientific Report Physical Education and Sport, Vol.16 (2012), Part II, p.39
21. Cosma, G., Vasilescu, M., **Nanu, M.C.**, Dumitru, R. (2011). *Improving the physical condition through kangoo-jumps exercises on overweigh young female*, Journal of Romanian Sports Medicine Society, Supplement 4, pag.507
22. **Nanu, M.C.**, Orănescu, D., Cosma, G., Dumitru, R., Ciuvăț, D. (2011). *Dance impact on emotional intelligence manifestation*, Sport Medicine Journal, Journal of Romanian Sports Medicine Society, Supplement 4
23. Vasilescu, M., Cosma, G., Bălșeanu, A., **Nanu, M.C.**, Forțan, C. (2011). *The effect of a multiple session of maximal exercise on lipid profile and arterial stiffness evolution in obese and overweight young people*, Sport Medicine Journal, Journal of Romanian Sports Medicine Society, Supplement 4, pag.831
24. Orănescu, D., Cosma, G., **Nanu, M.C.** (2011). *Reliance of motor learning efficiency on its typical issues*, Sport Medicine Journal, Journal of Romanian Sports Medicine Society, Supplement 4, pag.688

25. Vasilescu, M., Bălșeanu, T.A., Rusu, L., Bălășoiu, M., Cosma, G., **Nanu, M.C.**, Treschin C. (2010). *The Effects Of Physical Exercises On Obesity And Metabolic Syndrome*, Sport Medicine Journal, supplement 3, pag. 594
26. Vasilescu, M., Balșeanu, T.A., Balașoiu, M., Rusu, L., Cosma, G., **Nanu, M.C.** (2010). *The effects of continuous versus intermittent aerobic exercises on lipid profile and anthropometrical parameters at young with Metabolic Syndrome*, Revista Medicină Sportivă, nr 21/2010, p.1430
27. Orțănescu, D., Cosma, G., **Nanu, M.C.** (2010). *The Role Of Emotional Intelligence On Improving Dance Performance*, Sport Medicine Journal, supplement 3, pg.396
28. Orțănescu, D., Cosma, G., **Nanu, M.C.** (2010). *Studiu cu privire la importanța acordată competențelor specifice profesiei de antrenor*, Buletin Științific - seria Educație Fizică și Sport, nr.14, Pitești, pag.68
29. Orțănescu, D., Cosma, G., **Nanu, M.C.**, Dumitru, R. (2010). *Dance and its role in the psychomotor development of children*, Buletin Științific - seria Educație Fizică și Sport, nr.14, Pitești, pag.235
30. **Nanu, M.C.**, Roșulescu, E., Zăvăleanu, M. (2009). *Influence of aerobic training on aerobic effort capacity*, 11th International Conference of Sport Kinetics: Current and Future Directions in Human Kinetics Research, Kallithea, Chalkidiki, Greece, ISBN 978-960-88403-2-4
31. Roșulescu, E., Ilinca, I., Zăvăleanu, M., **Nanu, M.C.** (2009). *Feeding, growth and nutrition disorders in cerebral palsy*, Citius, Altius, Fortius, nr.1 Pitești, ISSN 1582-8131, <http://www.efsupit.ro/>
32. Vasilescu, M., Rusu, L., **Nanu, M.C.**, Cosma, G. (2009). *Continuous aerobic exercise versus intermittent aerobic exercise in metabolic syndrome treatment*, Medicina Sportiva, Journal of Romanian Sports Medicine Society, nr.19
33. Vasilescu, M., Orțănescu, D., Cosma, G., **Nanu, M.C.** (2009). *The effect of physical exercise on inflammatory markers in metabolic syndrome*, Medicina Sportiva, Journal of Romanian Sports Medicine Society, nr.19
34. Vasilescu, M., Rusu, L., Dinca, M., Ortanescu, D., **Nanu, M.C.**, Cosma, G., Balseanu, T.A. (2009). *The influence of aerobic exercise and caloric restricted diet association at young patients with metabolic syndrome*, Journal Of Sports Science & Medicine, vol. 8, Supplementum 11, p.94
<http://www.jssm.org/suppls/11/Suppl.11.pdf>
35. **Nanu, M.C.** (2008). *Dezvoltarea calităților motrice la elevii de gimnaziu prin intermediul mijloacelor gimnasticii aerobice*, Revista Medicină Sportivă, supliment 1, Craiova, ISSN 1841-0162,
(<http://www.medical-bookmarks.org.uk/qt261.htm>)
36. **Nanu, M.C.** (2008). *Creșterea capacității de efort aerob prin implementarea programelor de gimnastică aerobică la elevii din ciclul liceal*, Gymnasium, nr. 14, Bacău, p 57-61
37. Orțănescu, D., Orțănescu, C., **Nanu, M.C.** (2005). *Developing the dynamic balance with variable execution of movements method*, Journal of Sports Science Exercise & Society, pag.260
38. Orțănescu, C., Orțănescu, D., **Nanu, M.C.** (2005). *Rising the performance capacity by using deep muscular relaxation tehnique*, Journal of Sports Science Exercise & Society, pag.258

g) alte lucrări și contribuții științifice sau, după caz, din domeniul creației artistice.

12.05.2026

