
List of Scientific Publications

Mihaela ORAVIȚAN

I. List of relevant publications (10)

1. M. Oravițan – *Genunchiul posttraumatic: criterii diagnostice, terapeutice and de recuperare (Posttraumatic knee: diagnosis, treatment and rehabilitation criteria)*, Eurobit Publishing House, Timișoara, 2007, ISBN 978-973-620-267-4;
2. M. Oravițan, C. Avram - *The effectiveness of electromyographic biofeedback as part of a meniscal repair rehabilitation programme*, Journal of Sports Science and Medicine, 2013 September; vol.12, no.3, pp. 526–532, impact factor/2013: 0,9; influence relative score/2013:0, 6;
3. M. Oravițan, C. Avram. S. Iurciuc, B. Almăjan-Guță, P. Mergheș – *The influence of lifestyle on cardio-metabolic risk in students from Timișoara University Center*, Timisoara Physical Education and Rehabilitation Journal, ISSN: 2065-0574, vol. 6/2013, Issue 11, pag. 7-11, indexed în EBSCO, ProQuest, J-Gate, DOAJ, Ulrichs, Versita (De Gruyter Open), DOI: 10.2478/tperj-2013-0010.
4. M. Oravițan, C. Avram, L. Galoși - *Application of electromyographic biofeedback in rehabilitation after total knee arthroplasties*, presented at 16th European Congress of Physical Medicine and Rehabilitation, Brugge, Belgia, 3-6 June 2008; published in Proceedings of 16th European Congress of Physical Medicine and Rehabilitation, ISBN-13: 978-88-7711-616-1, pp. 240-242 și în Journal of Rehabilitation Medicine (abstract), volumul 40, supplement 47, p. 165.
5. M. Oravițan, C. Avram, A. M. Rusu, L. D. Hoble, B. Almăjan-Guță – *Optimizing the somatic and cardio-metabolic parameters at young obese by modifying the lifestyle and implementing an individualized physical training protocol*, Proceedings of the 6th World Congress of International Society of Physical and Rehabilitation Medicine, San Juan, Puerto Rico, 12-16 June 2011, ISBN: 978-88-7711-616-1, pp. 102-103;
6. M. Oravițan, C. Avram, A. Cismaș, C. Mușuroi, A. Vlad, E. Sîrbu - *Study regarding quality of life changes at young obesese after a physical training individualized programme and nutrition counselling*, publicat în revista Science, Movement and Health, vol.IX/2009, no. 2, pp. 438-440, ISSN: 1224-7359, indexed in EBSCO, ProQuest, DOAJ, Scipio, Cabi, Index Copernicus, Gale Cengage Learning;
7. M. Oravițan, Nicolae B. Negru Aman, C. Avram, E. Szabo, M. Bârzu, E. Bota - *Study regarding muscular parameters changes at young obesese after an individualized physical training program*, presented at 6th European Sports Medicine Congress, Antalya, 14-18 October 2009; published in Proceedings of the 6th European Sports Medicine Congress, indexed in Conference Proceedings Citation Index, pp. 247-251;
8. M. Oravițan, S. Oravițan, O. M. Gheorghită, C. Șomîcu - *The incidence of developmental disorders linked to stature and weight in the case of secondary school pupils*, Timisoara Physical Education and Rehabilitation Journal, ISSN: 2065-0574, vol.5, issue 9, pag. 28-35, indexed in EBSCO, ProQuest, Ulrichs, J-Gate, DOAJ, Versita (De Gruyter Open), DOI: 10.2478/v10325-012-0004-x;
9. M. Oravițan, E. Szabo, C. Avram, C. Mușuroi, C. Pantea, S. Voicu, M. Bârzu - *Study regarding the physical activity level at young obese students of West University from Timișoara*, presented at The 2nd International "Physical exercise – modern way to promote health" 22-25th October,

2009, Craiova; published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, suppl.2/october 2009, pag. 336-338, indexat în EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks și Index Copernicus.

- 10.D. Gaiță, M. Oravițan, C. Avram – *National study on the physical activity level as a means of preserving health*, *Timișoara Physical Education and Rehabilitation Journal*, ISSN: 2065-0574, vol.6, nr.11/2013, pag.16-21, indexed in EBSCO, ProQuest, Ulrichs, J-Gate, DOAJ, Versita (De Gruyter Open), DOI: 10.2478/tperj-2013-0011;

II. PhD Thesis

Title: *Considerations on the Importance of Physical Therapy in Traumatic Knee Injuries Rehabilitation*

Institution: "Victor Babes" Medicine and Pharmacy University from Timisoara;

Scientific coordinator: Professor PhD Pompiliu Petrescu

III. List of books and chapters in books

a) as first/unic author/coordinator

1. M. Oravițan – *Genunchiul posttraumatic: criterii diagnostice, terapeutice and de recuperare (Posttraumatic knee: diagnostic, treatment and rehabilitation)*, Eurobit Publishing House, Timișoara, 2007, ISBN 978-973-620-267-4;
2. M. Oravițan - *Ghid de anatomie: aparatul locomotor (Anatomy Guide – Locomotor Apparatus)*, Mirton Publishing House, Timișoara, 2003, ISBN: 973-661-081-0;
3. M. Oravițan – *Ghid de anatomie: organe, aparate and sisteme (Anatomy Guide: organs, apparatus and systems)*, Mirton Publishing House, Timișoara, 2007, ISBN: 978-973-52-0186-9.
4. M. Oravițan - *Noțiuni de kinetoprofilaxie (Kinetoprophyllaxy Concepts)*, Eurobit Publishing House, 2007, ISBN: 978-973-620-331-2;
5. M. Oravițan (coordinator and co-author), Martin Domokos, Dinu Vermeșan – *Principii ale aplicării primului ajutor (Principles of first aid application)*, Mirton Publishing House, 2007, ISBN: 978-973-52-0236-1.
6. M. Oravițan - *Teste specifice în reabilitarea ortopedico-traumatică a membrului superior (Specific tests in rehabilitation of upper limb's orthopaedic-traumatic pathologies rehabilitation)*, Editura de Vest Publishing House, Timișoara, 2013;
7. M. Oravițan – *Chestionare and fișe specifice în reabilitarea ortopedico-traumatică a membrului superior (Specific questionnaires and sheets in upper limb's orthopaedic-traumatic pathologies rehabilitation)*, Editura de Vest Publishing House, Timișoara, 2013; is first volume of the collection *Specific questionnaires and sheets used in rehabilitation*, Editura de Vest Publishing House, ISBN: 978-973-36-0595-9;
8. M. Tomescu, M. Oravițan, M. Toth-Tașcău (coordinators)– *Ghid practic de integrare pe piața muncii (Practical guide to labor market integration)*, ArtPress Publishing House, 2013.

b) as co-author

1. In: Radu Prejbeanu, Sorinel Voicu (coordinators) - *Noțiuni de politraumatologie (Politraumatology Concepts)* Co-authors: Horia Vermeșan, M. Oravițan et colab., West University of Timisoara, Publishing House, Timișoara, 2006; ISBN: (10) 973-7608-97-6; (13) 978-973-7608-97-0.

c) chapters in books

In: Doru Ciosici, Simona Petracovschi, Sorin Grădinaru, Sorinel Voicu (coordinators) - *Monografia Facultății de Educație Fizică and Sport – 50 de ani de istorie în educație, performanță and cercetare (Monography of the Physical Education and Sports Faculty – 50 years of history in education, performance and research)*, West University of Timisoara Publishing House, 2010, , ISBN: 978-973-125-319-0

- a. Chapter: *Cercetarea științifică în cadrul Facultății de Educație Fizică and Sport (Scientific Research in Physical Education and Sports Faculty)* (unic author), pp. 53-72;
- b. Chapter: *Masterele de Kinetoterapie (Physical Therapy Masteral Programmes)* (authors: M. Oravițan, C. Avram) pp.47-53;
- c. Chapter: *Perspective (Perspectives)*(unic author), pp. 137-141.

IV. List of articles/studies published in journals and proceedings volumes of Conferences ISI Thomson indexed/quoted

a) Articles published in ISI quoted journals with impact factor

1. M. Oravițan, C. Avram - *The effectiveness of electromyographic biofeedback as part of a meniscal repair rehabilitation programme*, Journal of Sports Science and Medicine, 2013 September; vol.12, no. 3, pp. 526-532; impact factor/2013: 0,9; relative score of influence/2013: 0,6;
2. C. Avram, M. Oravițan, D. Gaiță, C. A. Avram - *National survey on diet and eating behaviours for the prevention of cardiovascular diseases*, Experimental & Clinical Cardiology, 2014, vol.20, nr.10, pp.6542-6549.

b) Articles published in ISI Proceedings

1. M. Oravițan, C. Avram, L. Galoși - *Application of electromyographic biofeedback in rehabilitation after total knee arthroplasties*, presented at 16th European Congress of Physical Medicine and Rehabilitation, Brugge, Belgia, 3-6 June, 2008; Proceedings of 16th European Congress of Physical Medicine and Rehabilitation, ISBN-13: 978-88-7711-616-1, pp. 240-242, Journal of Rehabilitation Medicine (abstract), volumul 40, supplement 47, p.165 (indexed in Current Contents-Clinical Medicine, Science Citation Index Expanded, BIOSIS Previews, impact factor 1.983 în 2008);
2. C. Avram, M. Oravițan, A. Nagel, M. Iurciuc - *Rehabilitation of patients with metabolic syndrom by using physical activity monitors*, presented at 16th European Congress of Physical Medicine and Rehabilitation, Brugge, Belgia, 3-6 June, 2008; Proceedings of 16th European Congress of Physical Medicine and Rehabilitation ISBN: 978-88-7711-616-1 pp. 124-126, Journal of Rehabilitation Medicine (abstract), volume 40, supplement 47, p. 70 (indexat ISI Current Contents-Clinical Medicine, Science Citation Index Expanded, BIOSIS Previews, impact factor 1.983 in2008);
3. C. Avram, M. Oravițan, E. Sirbu, M. Domokos, M. Iurciuc - *The benefit of interval exercise training programme on patients with metabolic syndrome*, 16th European Congress of Physical Medicine and Rehabilitation, Brugge, Belgia, 3-6 June, 2008, Proceedings of 16th European Congress of Physical Medicine and Rehabilitation, 13: 978-88-7711-616-1, pp. 230-232, Journal of Rehabilitation Medicine (abstract), volumul 40, supplement 47, p. 165 (indexat ISI, Current Contents-Clinical Medicine, Science Citation Index Expanded, BIOSIS Previews, impact factor 1.983 în 2008);

4. C. Avram, M. Oravițan, S. Voicu, L.D. Hoble, E. Bota, A. M. Rusu, R.D. Drăgoi - *Endurance training and physical fitness in young metabolic syndrome patients*, presented at 17th Physical and Rehabilitation Medicine European Congress, Veneția, 23-27 May, 2010, Proceedings of the 17th European Congress of Physical and Rehabilitation Medicine, Edizioni Minerva Medica, 2010, ISBN-13: 978-88-7711-616-1, pp. 89-92;
5. C. Avram, M. Oravițan, S. Voicu, A. Nagel, M. Bârză, B. Almăjan-Guță, M. Iurciuc - *Individualized exercise training benefit on hemodynamic parameters in young metabolic syndrome patients*, presented at 17th Physical and Rehabilitation Medicine European Congress, Veneția, 23-27 May, 2010, Proceedings of the 17th European Congress of Physical and Rehabilitation Medicine, Edizioni Minerva Medica, pp. 122-125;
6. M. Oravițan, N. B. Negru Aman, C. Avram, E. Szabo, M. Bârză, E. Bota - *Study regarding muscular parameters changes at young obeses after an individualized physical training programme*, presented at 6th European Sports Medicine Congress, Antalya, 14-18 October 2009; Proceedings of the 6th European Sports Medicine Congress, indexed in Conference Proceedings Citation Index (indexat ISI) pp. 247-251; the abstract published in Journal of Sport Science and Medicine, suppl.11/2009;
7. C. Avram, M. Oravițan, L.D. Hoble, B. Almăjan-Guță, D. Gaiță, I.D. Branea - *Interval exercise training benefit on body composition and physical fitness in young obese women*, presented at 6th European Sports Medicine Congress, Antalya, 14-18 October, 2009; Proceedings of the 6th European Sports Medicine Congress, indexed in Conference Proceedings Citation Index, pp. 135-140;
8. M.M. Vasilescu, L. Rusu, M. Oravițan, A.M. Ionescu, C. Mușuroi - *Continuous versus two types of intermittent aerobic exercise in the treatment of obesity*, presented at 6th European Sports Medicine Congress, Antalya, 14-18 October 2009; Proceedings of the 6th European Sports Medicine Congress, indexed in Conference Proceedings Citation Index (ISI) pp. 351-354; the abstract published in Journal of Sport Science and Medicine, suppl.11/2009;
9. M. Oravițan, C. Avram, A.M. Rusu, L.D. Hoble, B. Almăjan-Guță - *Optimizing the somatic and cardio-metabolic parameters at young obese by modifying the lifestyle and implementing an individualized physical training protocol*, Proceedings of the 6th World Congress of International Society of Physical and Rehabilitation Medicine, San Juan, Puerto Rico, 12-16 June 2011, ISBN 978-88-7711-616-1, pp. 102-103;
10. B. Almăjan-Guță, C. Avram, A. M. Rusu, H. Filipescu, V. Almăjan-Guță, O. Cluci, L. Pop, M. Oravițan - *Incentive techniques and airway clearance therapy in teenagers with cystic fibrosis*, presented at 6th Congress of the International Society of Physical and Rehabilitation Medicine, 12-16 June 2011, Proceedings of the 6th Congress of the International Society of Physical and Rehabilitation Medicine, ISBN: 978-88-7711-616-1, Edizioni Minerva Medica, pp. 42-44;
11. C. Avram, M. Oravițan, B. Almăjan-Guță, L.D. Hoble, A.M. Rusu, R.G. Dragoi - *Interval exercise training effectiveness in sleep apnea patients with metabolic syndrome*, presented at 6th World Congress of the International Society of Physical and Rehabilitation Medicine, 12-16 June 2011, San Juan-Puerto Rico; Proceedings of the 6th World Congress of the International Society of Physical and Rehabilitation Medicine – ISPRM, pp. 20-22;
12. C. Avram, M. Oravițan, R. G. Drăgoi, B. Almăjan-Guță - *The benefit of individualized exercise training in patients with metabolic syndrome*, presented at 18th European Congress of

- Physical and Rehabilitation Medicine, Proceedings of the 18th European Congress of Physical and Rehabilitation Medicine, pp. 129-130;
13. B. Almăjan-Guță, S. Gheltofan, M. Oravițan - *Supervised and home based kinetic programs in children with Down syndrome*, presented at 18th European Congress of Physical and Rehabilitation Medicine, Proceedings of the 18th European Congress of Physical and Rehabilitation Medicine, pp. 34-36;
 14. M. Oravițan, D. Muranyi - *Study regarding the relation between physical activity level and depression in young students*, presented at International Symposium "Research and Applications in Psychology", accepted for publication in Symposium's Proceedings, indexed Thomson Reuters;
 15. M. Oravițan - *Psychological effects of immobilization on performance athletes*, presented at International Symposium "Research and Applications in Psychology", accepted for publication in Symposium's Proceedings, indexed Thomson Reuters;
 16. C. Avram, M. Oravițan, A.C. Nagel, B. Almăjan-Guță, R.G. Drăgoi – *Relation between obesity and arterial stiffness in young individuals*, presented at 7th World Congress of the International Society of Physical and Rehabilitation Medicine, 16-20 June 2013, Beijing, Proceedings of the 7th World Congress of the International Society of Physical and Rehabilitation Medicine, pp. 222-224;
 17. A.M. Rusu, B. Almăjan-Guță, C. Avram, M. Oravițan, A.C. Nagel – *Inspiratory muscle training and effort capacity in cystic fibrosis patients*, presented at 7th World Congress of the International Society of Physical and Rehabilitation Medicine, 16-20 June, 2013, Beijing, Proceedings of the 7th World Congress of the International Society of Physical and Rehabilitation Medicine, pp. 157-159;
 18. C. Avram, M. Oravițan, D. Gaiță - *Distribution and profile of alcohol consumers in Romania - a health related approach*, Journal of Food, Agriculture and Environment, Vol.11, no. 3&4 October-December 2013, pp. 72-74, Impact factor/2012: 0,44; Impact factor/2013: 0; relative score of influence /2013: 0,220;

IV. In extenso publications at international conferences

1. M. Oravițan - *Kinetoprofilaxia primară and secundară în perioada prenatală (Primary and secondary kinetoprophyllaxy in prenatal period)*, presented at The 2nd Balcanic Congress of Physical Therapy "European Standards in Balcan Physical Therapy", 10-14 mai, 2006, Oradea - Băile Felix, Revista Română de Kinetoterapie, ISSN: 1224-6220, No. 17/2006; pp. 104-116;
2. M. Oravițan, C. Avram, L. Galoși, A. Totok - *Study regarding electromyographic biofeedback effectiveness in gymnasts with chronic low back pain*, presented at 6th Interdisciplinary World Congress on Low Back and Pelvic Pain: Diagnosis and treatment - the Balance between Research and Clinic, Barcelona, 7-10 noiembrie 2007, published in Proceedings of the 6th Interdisciplinary World Congress on Low Back and Pelvic Pain, ISBN: 978-90-802551-5-9, pp. 594-598;
3. M. Oravițan, E. Szabo, C. Avram, C. Mușuroi, C. Pantea, S. Voicu, M. Bârză - *Study regarding the physical activity level at young obese students of West University from Timișoara*, presented at The 2nd International "Physical exercise – modern way to promote health" 22-25th October, 2009, Craiova; published in Medicina Sportiva - Journal of Romanian Sports Medicine Society, ISSN: 1841-0162, suppl.2/october 2009, pp. 336-338, indexed in EBSCO

SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus.

4. M. Oravițan, C. Avram, A. Ciobanu, A. Armeanca, L. Hoble, L. Galoși - *Changes of somatometric parameters and quality of life at young obese based on a physical training individualized program*, presented at 5th World Congress of the International Society of Physical and Rehabilitation Medicine, 13-17 June, 2009, Istanbul; Proceedings of the 5th World Congress of the International Society of Physical and Rehabilitation Medicine, pp. 92-94;
5. A. Nagel, C. Avram, M. Oravițan, M. Domokos, L. Galoși, L. D. Hoble - *The effect of resistance training on leg muscle mass, power output and strength in sedentary young males*, presented at 5th World Congress of the International Society of Physical and Rehabilitation Medicine, 13-17 June, 2009, Istanbul; Proceedings of the 5th World Congress of the International Society of Physical and Rehabilitation Medicine, pp: 86-87;
6. E. Sîrbu, C. Pantea, S. Ionescu, M. Oravițan - *The most important factors with impact on hemiplegic upper limb motricity index in cerebral ischemia*, presented at 5th World Congress of the International Society of Physical and Rehabilitation Medicine, 13-17 June, 2009, Istanbul; în Proceedings of the 5th World Congress of the International Society of Physical and Rehabilitation Medicine, pp. 115-118;
7. S. Oravițan, M. Oravițan - *Considerații privind postura corectă a elevilor la birou și la calculator (Considerations on proper posture of students at desk and at computer)*, presented at International Symposium „Educația în spirit creativ și modern” (“Education in a creative and modern spirit”), 4th Edition, 11th of May, 2013, published in Symposium's Proceedings Volume, ISBN: 978-973-132-056-4, pp. 37-43;
8. M. Oravițan, S. Oravițan - *Metode clasice și moderne de evaluare a posturii (Classical and modern methods for posture evaluation)*, presented at International Symposium „Școală și societate în Banat” (“School and Society in Banat”), Timișoara, 24th of January, 2014, pp. 354-363.

V. Other publications and scientific contributions

a. Articles published in journals indexed in international databases

1. M. Oravițan - *Rehabilitation particularities after total knee arthroplasties*, presented at International Conference “Physical Education and sports in Romania – perspectives and strategies post-accession” Iaand , 20-23th of September, 2007, published in *Sport and societate - Revista de educație fizică, sport and științe conexe*, no. 1/2007, pp. 37-42; ISSN 1582-2168; indexed in EBSCO SPORTSDiscus with Full Text, DOAJ, ProQuest, Ulrich's, Index Copernicus, Academic Journals Database, Google Scholar, Scipios;
2. C. Avram, M. Oravițan, E. Sîrbu, C. Negrea, A. Avram, M. Iurciuc, D. Gaiță, O. Fira- Mlădinescu, O. D. Muntean - *The trend of cardio-respiratory parameters in patients with metabolic syndrome included in an interval training exercise program*, presented at The 6th National Conference of Physiopathology “Trends in Modern Physiopathology” Timișoara, 4-6th of October, 2007, published in *Timișoara Medical Journal*, ISSN: 1583-526X, vol.57, supplement 3, Timișoara, 5-6 octombrie 2007, pp. 32-36, indexed in SIIC;

3. M. Oravițan, C. Avram, A. Cismaș, C. Mușuroi, A. Vlad, E. Sîrbu - *Study regarding quality of life changes at young obeses after a physical training individualized programme and nutrition counselling*, published in *Science, Movement and Health*, vol.IX/2009, no. 2, pp. 438-440, ISSN: 1224-7359, indexed in EBSCO, ProQuest, DOAJ, Scipio, Cabi, Index Copernicus, Gale Cengage Learning;
4. M. Oravițan - *Gene doping between fiction and reality*, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, no. 7/2006; pp. 409-422, <http://www.medicinasportiva.ro>; indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
5. M. Oravițan - *Studiul eficienței biofeedback-ului electromiografic în recuperarea leziunilor posttraumatice ale genunchiului (Study regarding the effectiveness of electromyographic biofeedback in posttraumatic lesions of the knee)*, presented at The 6th National Sports Medicine Conference București, 2006, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, no. 6/2006; pp. 357-375, ISSN: 1841-0162; indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus.
6. C. Avram, M. Oravițan, E. Sârbu, M. Iurciuc, S. Iurciuc, M. Domokos, D. Gaiță - *The effect of high intensity training at medium altitude on maximum performance capacity in alpine skiers*, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, no. 9/2007; pp. 520-527, indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
7. M. Iurciuc, C. Avram, S. Iurciuc, A. Avram, S. Ursoniu, M. Oravițan, S. Mancaș - *Exercise training and vascular compliance*, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, no. 10/2007; pp. 563-574, indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
8. M. Oravițan, C. Avram, E. Sîrbu, A. Nagel, E. Bota, S. Iurciuc - *Electromiographycal changes induced by medium altitude physical training at athletes*, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, no. 9/2007; pp. 510-519, indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
9. C. Negrea, E. Sîrbu, S. Ursoniu, C. Avram, M. Oravițan, P. Miron - *State of fitness and somatomerical parameters changes induced by physical andurance training*, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, no. 10/2007, pp. 575-586, indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
10. C. Avram, M. Oravițan, M. Iurciuc, S. Iurciuc, A. Nagel, D. Gaiță - *Increased benefit and compliance in patients with metabolic syndrome by using physical activity monitors*, presented at The 17th National Sports Medicine Conference, București, 9th of November, 2007, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, no. 11/2007; pp. 662-668, indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
11. M. Iurciuc, C. Avram, S. Iurciuc, S. Ursoniu, M. Oravițan, S. Mancaș - *Benefit of exercise training on risk factors in hypertensive patients with metabolic sindrome*, presented at The 17th National Sports Medicine Conference, București, 9 November 2007, published in *Medicina Sportiva -*

- Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, no. 12/2007; indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
12. M. Oravițan, C. Avram - *Management of somatometric and cardiometabolic parameteres at young obeses by modifying the lifestyle and implementation of individualized kinetoprophylactic programmes*, published in *Timișoara Physical Education and Rehabilitation Journal*, vol.1/2008, no. 1, pp. 33-39, indexed in EBSCO, ProQuest, J-Gate, DOAJ, Versita;
 13. C. Avram, M. Oravițan, A. Nagel, L. Hoble - *Cardiopulmonary exercise testing – the gold standard in physical performance assessment*, published in *Timișoara Physical Education and Rehabilitation Journal*, vol.1, no. 1, pp. 16-20, indexed in EBSCO, ProQuest, J-Gate, DOAJ, Versita (De Gruyter Open);
 14. C. Mușuroi, M. Oravițan - *Model of controlling the young woman's obesity through physical effort, diet and psychological assistance*, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, vol. V no. 1 (17)/2009, pp. 1059-1064, indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
 15. M. Oravițan - *To do or not to do physical education classes?* published in *Timișoara Physical Education and Rehabilitation Journal*, ISSN: 2065-0574, vol.1/2009, no. 2, pp. 7-9, indexed in EBSCO, ProQuest, J-Gate, DOAJ, Versita (De Gruyter Open);
 16. C. Avram, M. Oravițan, S. Voicu, E. Bota, A. Nagel, C. Pantea, L. Hoble, I.D. Branea - *Supervised lifestyle changing intervention benefit on young metabolic syndrome patients*, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, vol. V, nr 2 (18), pp. 1092-1097, indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
 17. A. Avram, S. Iurciuc, L. Craciun, C. Avram, L. Hoble, M. Oravițan, M. Iurciuc, D. Gaiță, S. Mancaș - *Comprehensive cardiac rehabilitation improve weight management in overweight and obese coronary patients following revascularisation*, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, vol. VI, nr 2 (22), pp. 1347-1353, indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
 18. L. Hoble, C. Avram, M. Oravițan, L. Meșină, A. Rusu - *The role of cardiopulmonary exercise test for individualized exercise training recommendation in young obese subjects*, published in *Timișoara Physical Education and Rehabilitation Journal*, ISSN: 2065-0574, Vol.2, no. 4/2010, pp. 41-47, indexed in EBSCO, ProQuest, J-Gate, DOAJ, Versita (De Gruyter Open);
 19. C. Avram, M. Oravițan, A. Nagel, B. Almăjan-Guță, L. Hoble, A.M. Rusu - *Testing and training the strenght, power, and complex reactions in rugby players*, published in *Palestrica Mileniului III – Civilizație and Sport*, ISSN: 1582-1943, vol.12, no. 3, July-September, 2011, pp. 236-239, indexată in EBSCO, Academic Search Complete USA, Scipio, Journals Master List Polonia;
 20. M. Oravițan – *Performance in sports and music – medical similarities*, published in *REVART – Revistă de teoria și critica artei*, ISSN 1481-1169 (print), 2069-0495 (on-line), 2/2011, pp. 5-17, indexed in EBSCO, CEEOL;
 21. C. Avram, L.D. Hoble, M. Oravițan, M. Domokos, B. Almăjan-Guță, C. Oancea - *Supervised lifestyle effectiveness in reducing cardiometabolic risk of patients with metabolic syndrome*,

- published in *Medicine in Evolution*, ISSN: 2247-6482, vol. XVII, no. 3, 2011, pp. 176-185, indexed in Index Copernicus;
22. C. Avram, M. Oravițan, L. D. Hoble, B. Almăjan-Guță - *Cardiopulmonary exercise testing - effective method for evaluation and recommendation of individualized exercise training in patients with metabolic syndrome*, published in *Timișoara Physical Education and Rehabilitation Journal*, ISSN: 2065-0574, vol.4/2011, no. 7, pp. 23-28, indexed in EBSCO, ProQuest, J-Gate, DOAJ, Versita (De Gruyter Open);
 23. M. Oravițan, C. Avram - *Considerations regarding the body composition parameters by applying individualized kinetoprophylactic programmes in young obese people*, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, vol. VII, nr 4 (28), pp. 1730-1735, indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
 24. M. Oravițan, S. Oravițan, O.M. Gheorghită, C. Șomîcu - *The incidence of developmental disorders linked to stature and weight in the case of secondary school pupils*, published in *Timisoara Physical Education and Rehabilitation Journal*, ISSN: 2065-0574, vol.5, issue 9, pp. 28-35, indexed in EBSCO, ProQuest, J-Gate, DOAJ, Verista (De Gruyter Open), DOI: 10.2478/v10325-012-0004-x;
 25. M. Oravițan, C. Avram, S. Iurciuc, A. Fehérné Kiss, M. Barnai - *Obesity and cardiometabolic risk management in students from Timișoara and Szeged University Centres*, published in *Timisoara Physical Education and Rehabilitation Journal*, ISSN: 2065-0574, pp. 42-52, vol. 4/2012, no. 8, indexed in EBSCO, ProQuest, J-Gate, DOAJ, Versita (De Gruyter Open);
 26. A.M. Rusu, C. Avram, M. Oravițan, B. Almajan-Guta, O.O. Cluci, D.I. Gaita - *Lifestyle intervention and quality of life in young obese patients*, published in *Timisoara Physical Education and Rehabilitation Journal*, ISSN: 2065-0574, vol. 4/2012, no. 8, pp. 57-63, indexed in EBSCO, ProQuest, J-Gate, DOAJ, Versita (De Gruyter Open);
 27. C. Avram, M. Oravițan - *Fruit, vegetables and fast food consumption among university students*, published in *Timisoara Physical Education and Rehabilitation Journal*, ISSN: 2065-0574, vol. 5/2013, Issue 10, pp. 54-60, indexed in EBSCO, ProQuest, J-Gate, Versita (De Gruyter Open);
 28. Gaiță, D., Oravițan, M., Avram, C. - *National study on the physical activity level as a means of preserving health*, published in *Timișoara Physical Education and Rehabilitation Journal*, vol. 6, issue 11, pp. 12-17; indexed in EBSCO, ProQuest, J-Gate, DOAJ, Versita (De Gruyter Open);
 29. M. Oravițan, C. Avram. S. Iurciuc, B. Almăjan-Guță, P. Mergheș – *The influence of lifestyle on cardio-metabolic risk in students from Timișoara University Center*, *Timisoara Physical Education and Rehabilitation Journal*, ISSN: 2065-0574, vol. 6/2013, Issue 11, pp. 7-11, indexed in EBSCO, ProQuest, J-Gate, DOAJ, Versita (De Gruyter Open).

b. Articles published in extenso in proceedings of national scientific manifestations

1. C. Pantea, M. Oravițan, I. Cărăbaș - *Rolul masajului în reducerea edemului limfatic apărut după tratamentul oncologic al cancerului de sân (The role of massage in reducing lymph edema occurred after breast cancer treatment)*, presented at National Symposium "Health and Movement – desires of modern man" organized by Faculty of Physical Education and Sport, West University of Timisoara, in 16-17 of November 2002; published in *Analele Universității de Vest, Facultatea de Educație Fizică și Sport, Timișoara*, noiembrie, vol. 4/2002, pp. 123-135;

2. C. Pantea, M. Oravițan, I. Cărăbaș - *Model de program utilizat în recuperarea pacienților cu leziuni de nerv radial (Model of a rehabilitation program used in patients with injuries of radial nerve)* presented at *National Symposium „Physical education and sports university – where?”*, organized by Faculty of Physical Education and Sport, West University of Timisoara, 16-17 of November, 2002; published in *Analele Universității de Vest, Facultatea de Educație Fizică și Sport, Timișoara, noiembrie, vol. 4/2002*, pp. 110-123;
3. C. Pantea, M. Oravițan, E. Miculaș - *Entorsele de gleznă - aspecte clinice și terapeutice (Ankle sprains - clinical and therapeutic aspects)*, presented at *National Conference “Physical Education, Sport and Physiotherapy – present and future”*, organized by the Faculty of Physical Education and Sports, West University of Timisoara, 14-16 of November, 2003; published in *Analele Universității de Vest din Timișoara, seria Facultății de Educație Fizică și Sport, Timișoara, ISSN: 1453-7699, Vol. 5/2003, fascicul 2*, pp.190-208;
4. M. Oravițan, A. Gulyas, C. Pantea - *Kinetoterapia în sechelele postfracturale ale cotului (Physical therapy in postfracturale sequelae of the elbow)*, presented at *National Congress with international participation “Physical Education, Sport and Physical Therapy – present and future”* organized by Faculty of Physical Education and Sport, West University of Timisoara, 14-16 of November, 2003; published in *Analele Universității de Vest, seria Facultății de Educație Fizică și Sport, ISSN: 1453-7699, Timișoara, Vol. 5/2003, fascicola 2*, pp.179-190;
5. M. Oravițan - *Principiile aplicării biofeedback-ului electromiografic în patologia afecțiunilor aparatului locomotor (Principles of electromyographic biofeedback application in musculoskeletal pathology)* presented at *National Congresses with international participation “Physical Education, Sport and Physical Therapy – present and future”* organized by Faculty of Physical Education and Sport, West University of Timisoara, 14-16 of November, 2003; published in *Analele Universității de Vest, seria Facultății de Educație Fizică și Sport, ISSN: 1453-7699, Timișoara, Vol. 5/2003, fascicola 2*, pp.218- 230;
6. C. Grădinaru, M. Oravițan - *Stadiul de dezvoltare somato-funcțională, factor determinant în obținerea performanțelor în jocul de baschet (Stage of somatosensory development - functional determinant in achieving performance in basketball)*, presented at *National Scientific Symposium of Physical Education and Sports Faculty „Mens sana in corpore sano. 2004 – Olympic year”*, 13th of November, 2004, published in *Analele Universității de Vest din Timișoara, seria Educație Fizică și Sport, ISSN: 1453-7699, Timișoara, Timișoara, nr.6/2004*; pp.1-10;
7. C. Pantea, M. Oravițan, I. Cărăbaș - *Studiu privind incidența rupturilor tendonului achilean la sportivii de performanță (Study on the incidence of achilean tendon ruptures in athletes)*, presented at *National Scientific Symposium of Physical Education and Sports Faculty “Mens sana in corpore sano. 2004 – Olympic year”*, 13th of November, 2004, published in *Analele Universității de Vest din Timișoara, seria Facultății de Educație Fizică și Sport, ISSN: 1453-7699, nr.6 /2004*, pp. 152-164;
8. M. Oravițan, C. Pantea, I. Högye - *Mâna posttraumatică - kinetoterapia în leziunile nervilor periferici (Traumatic hand - physical therapy in peripheral nerve injury)*, presented at *National Scientific Symposium of Physical Education and Sports Faculty “Mens sana in corpore sano. 2004 – Olympic year”*, 13th of November, 2004, al *Facultății de Educație Fizică și Sport, Universitatea de vest din Timișoara, 13 noiembrie 2004*, published in *Analele Universității de Vest din Timișoara, seria Facultății de Educație Fizică și Sport, ISSN: 1453-7699, nr.6 /2004*, pp. 220-225;

9. M. Oravițan - *Doping versus antidoping - încotro? (Doping versus anti-doping - where?)* presented at Scientific Symposium "Physical Culture and Health" organized by Faculty of Physical Education and Sports, West University of Timisoara, on 25-26 of November, 2006, published in *Analele Universității de Vest, Seria Educație Fizică și Sport*, ISSN: 1453-7699, No.8/2006, pp. 62-69;
10. M. Oravițan, R. Ștefan, C. Pantea - *Studiu privind eficiența kinetoterapiei în neoplasmul de col uterin operat (Study on the effectiveness of physical therapy in operated cervical cancer)* presented at Scientific Symposium "Physical Culture and Health" organized by Faculty of Physical Education and Sports, West University of Timisoara, on 25-26th of November, 2006, published in *Analele Universității de Vest, Seria Educație Fizică și Sport*, ISSN: 1453-7699, No.8/2006, pp. 220-230;
11. M. Oravițan - *Dispozitivele de mișcare pasivă continuă între lux și necesitate în reabilitarea posttraumatică (Continuous passive motion devices between luxury and necessity in traumatic rehabilitation)*, presented at National Congress "We know to live healthy?" organized by Faculty of Physical Education and Sports, West University of Timisoara, 16-18th of November, 2007, published in *Analele Universității de Vest din Timișoara, seria Facultății de Educație Fizică și Sport*, ISSN: 1453-7699, nr.9/2007, pp. 39-45;
12. M. Oravițan - *Fractura de stress la sportivii de performanță - elemente etiopatogenice, clinice și terapeutice (Stress fractures in athletes - etiopathogenic, clinical and therapeutic items)* presented at National Congress "We know to live healthy?" organized by Faculty of Physical Education and Sports, West University of Timisoara, 16-18th of November, 2007; published in *Analele Universității de Vest din Timișoara, seria Educație Fizică și Sport*, ISSN: 1453-7699, nr.9/2007, pp. 45-50;
13. M. Oravițan, C. Avram, L. Galoși, H. Cristian - *Studiu privind situația kinetoterapeuților absolvenți ai Facultății de Educație Fizică și Sport din cadrul Universității de Vest din Timișoara (Study on the situation of physical therapists graduates of the Faculty of Physical Education and Sports of the West University of Timisoara)* presented at Scientific Conference with international participation "Physical Education and Sport in actual european context" organized by University of Oradea, Faculty of Physical Education and Sports, 16-17th of May, 2008, Oradea, published in the conference volume and in volumul conferinței *Revista Română de Kinetoterapie*, ISSN: 1224-6220, nr.21/2008, pp. 150-161;
14. R. Benea-Cărpinișan, M. Oravițan - *Studiu privind implementarea metodelor kinetoprofilactice secundare în perioada prenatală în scolioze (Study on the implementation of kinetoprophyllactic methods in the prenatal period in scoliosis)* presented at National Congress with international participation "Actual trends in Physical Education, Performance Sports and Physical Therapy in Romania" organized by Faculty of Physical Education and Sports, West University of Timisoara, 7-9th of November, 2008, published in *Analele Universității de Vest din Timișoara, seria Educație Fizică și Sport*, ISSN: 1453-7699, nr.10/2008, pp.135-147;
15. J. Pătrașcu, G. Todea, M. Oravițan, M. Bârză - *Particularitățile recuperării în transplantul autolog de cartilaj la nivelul articulației genunchiului (Peculiarities of recovery in autologous cartilage transplant in the knee joint)*, presented at National Congress with international participation "Actual Trends in Physical Education, Performance Sports and Physical Therapy in Romania" organized by Faculty of Physical Education and Sport, West University of Timisoara, 7-9th of November, 2008, *Analele Universității de Vest din Timișoara, seria Educație Fizică și Sport*, ISSN: 1453-7699, nr.10/2008, pp.227-239.

16. C. Avram, M. Oravițan, A. Nagel, L. Galoși, L. Meșină - *Utilitatea ergospirometriei pentru individualizarea programelor de antrenament fizic și îmbunătățirea capacității aerobe de efort la sportivi (Ergospirometry utility for individualizing physical training programs and improving aerobic capacity in athletes)* presented at National Congress with international participation "Actual Trends in Physical Education, Performance Sports and Physical Therapy in Romania" organized by Faculty of Physical Education and Sport, West University of Timisoara, 7-9 of November, 2008, published in *Analele Universității de Vest din Timișoara, seria Educație Fizică și Sport*, ISSN: 1453-7699, nr.10/2008, pp. 122-130.
17. C. Avram, M. Oravițan, E. Bota, A. Nagel - *Eficiența intervenției asupra stilului de viață la pacienții tineri cu sindrom metabolic (Effectiveness of lifestyle intervention in young patients with metabolic syndrome)*, published in *Anuarul Științific -National Scientific Research Competition*, Anul I, No.1/2009, pp. 207-212;
18. L. D. Hoble, C. Avram, M. Oravițan, T. Szasz, L. Meșină, A. M. Rusu - *Evidențe ale optimizării condiției fizice la pacienții tineri cu sindrom metabolic (Records of optimizing fitness in young patients with metabolic syndrome)*, presented at The 33rd National Congress of Physical and Rehabilitation Medicine, Poiana Brașov, 20-23th of October, 2010, *Romanian Journal of Physical and Rehabilitation Medicine*, vol. 20, nr.2/2010, suppl.1, pp. 123-124;
19. M. Oravițan, E. Szabo, C. Avram, A. M. Rusu, L. D. Hoble, E. Bota - *Studiu privind starea de nutriție a studenților Universității de Vest din Timișoara (Study on the nutritional status of students of the University of West Timisoara)*, presented at the International Congress "50 Years of History in Education, Performance and Research" organized by Faculty of Physical Education and Sports, West University of Timisoara, 5-7th of November, 2010; published in *Analele Universității de Vest din Timișoara, seria Educație Fizică și Sport*, ISSN: 1453-7699, vol.12/2010, pp. 207-214.
20. A. M. Rusu, C. Avram, O. O. Cluci, M. Oravițan, L. D. Hoble, P. I. Miron, D. I. Gaita - *Consecințele metabolice ale schimbării stilului de viață la pacienții supraponderali și obezi (Metabolic consequences of changing lifestyles in overweight and obese patients)*, presented at the International Congress "50 Years of History in Education, Performance and Research" organized by Faculty of Physical Education and Sport, West University of Timisoara, 5-7th of November, 2010; published in *Analele Universității de Vest din Timișoara, seria Educație Fizică și Sport*, ISSN: 1453-7699, vol.12/2010, pp.169-177;

c. *Studies presented at international and national scientific manifestations and published as abstracts*

1. M. Oravițan, C. Avram - *Clinical and rehabilitation particularities in stress fracture at performance athletes*, presented at The 15th Balkan Sports Medicine, București, 1-4th of October 2008, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, no. 14/2008, p. 820, indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
2. M. Oravițan, M. Vasilescu, C. Avram, L. Galoși - *Clinical assessment of anterior thigh pain at athletes*, presented at Al XV-lea Congres Balcanic de Medicină Sportivă, București, 1-4 October 2008, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, no. 14/2008, pp. 838-839, indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;

3. M. Vasilescu, A.Ionescu, M. Oravițan, L. Rusu, M.Barbu - *Physical exercises – important factor for metabolic syndrome treatment*, presented at The 5th European Congress of EISCSA „*Optimization of Physical Activity: implications for sports, prevention and rehabilitation*”, Luxembourg, 16-18th of October, 2008; published as abstract in *Isokinetics and Exercise Science* (Science Citation Index Expanded, BIOSIS Previews, impact factor 0,76/2007), vol.16, no. 3/2008, p.197;
4. M. Vasilescu, A.Ionescu, M. Oravițan, L. Rusu, M.Barbu - *The conservator treatment to prevent surgery intervention in shoulder impingement syndrome*, presented at The 5th European Congress of EISCSA „*Optimization of Physical Activity: implications for sports, prevention and rehabilitation*”, Luxembourg, 16-18th of October, 2008, published as abstract in *Isokinetics and Exercise Science* (Science Citation Index Expanded, BIOSIS Previews, impact factor 0,76/2007), vol.16, no. 3/2008, p.197;205-206.
5. M. Oravițan, B. Pavlov - *Studiu privind eficiența kinetoterapiei în spondiloza lombară (Study regarding the kinetotherapy effectiveness in lumbar spondilosis)*, presented at National Conference with internal participation “Physical exercise – a complex and modern mean to promote health”, 6-8th of June 2008, published in the proceedings volume;
6. C. Avram, M. Oravițan, M. Iurciuc, A. Avram, D. Gaiță - *Heart rate monitors and pedometers, a simple, effective and safe way to improve the risk factors profile in metabolic syndrome*, *European Heart Journal*, vol. 29 Suppl. 1, p. 96;
7. C. Avram, M. Oravițan, M. Domokos - *Lower limbs muscular performance evaluation in skiers*, presented at The 15th Balkan Sports Medicine, București, 1-4th of October 2008, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, no. 14/2008, p. 874; indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
8. M. Vasilescu, A.M. Ionescu, L. Rusu, M. Oravițan, A. Apostol - *The effects of physical exercise in the prevention and treatment of metabolic syndrome*, presented at The 15th Balkan Sports Medicine, București, 1-4th of October 2008, published in *Medicina Sportiva - Journal of Romanian Sports Medicine Society*, ISSN: 1841-0162, no. 14/2008, p. 850, indexed in EBSCO SPORTDiscuss with Full Text, ProQuest, QT 261-Sports Medicine Bookmarks and Index Copernicus;
9. M. Iurciuc, D. Gaiță, S. Iurciuc, C. Avram, O. Fira-Mlădinescu – *The evolution of arterial stiffness and hemodynamic parameters following an rehabilitation program*, presented at 18th Scientific Meeting of European Society of Hypertension, 14-19 June, 2008, Berlin, publicat ca rezumat în *Journal of Hypertension*, vol.26, suppl. 1, p. S492, impact factor 5,132/2008;
10. M. Oravițan - *Spiritul olimpic and dopingul genetic (Olympic spirit and genetic doping)*, presented at „Săptămâna Olimpică pentru timișoreni” (Olympic week for people of Timișoara), 21-26th of May, 2007, organized by Olympic Romanina Academy (Timiș County Subsidiary), published in volume „Fair-play in sports and life”, *Cosmopolitan Art*, Timișoara, 2007, ISBN: 978-973-8903-28-9, pp. 33-35;
11. A. Nagel, M. Oravițan, E. Bota - *Jogging, jogging, jogging...*, presented for the project „Tendințe ale sportului universitar, de la hobby la necesitate” (Trends in university sport, from hobby to necessity) 29th of November, 2007, at Timișoara Hall, published in the volume *Trends in university sport, from hobby to necessity* Editura Augusta, 2008;
12. M. Iurciuc, D. Gaiță, S. Iurciuc, A. Avram, D. Duda-Seiman, M. Oravitan, I.F. Cobzariu, S. Mancaș - *Influence of exercise training on hemodynamics and ankle brachial index in hypertension*,

- presented at EuroPrevent 2009 – The European Meeting Place for Science in Preventive Cardiology, 6-9 May 2009, Stockholm, Suedia, published as abstract in *European Journal of Cardiovascular Prevention & Rehabilitation*, 6-9th of May, 2009, volume 16, supplement 1 – EuroPrevent 2009 Congress Abstracts, p. S49, impact factor 2,361/2008;
13. C. Avram, C. Popovici, L. Crăciun, M. Oravițan, D. Gaiță - *The influence of body composition on peak oxygen uptake in young obese woman*, presented at EuroPrevent 2009 – The European Meeting Place for Science in Preventive Cardiology, 6-9th of May, 2009, Stockholm, Suedia, published as abstract in *European Journal of Cardiovascular Prevention & Rehabilitation*, 6-9th of May, 2009, volume 16, supplement 1 – EuroPrevent 2009 Congress Abstracts, p. S68; impact factor 2,361/2008; doi:10.1177/17418267090160s107;
 14. M. Iurciuc, D. Gaiță, S. Iurciuc, C. Avram, G. Ciorica, M. Oravitan, F. Tirlea, S. Ursoniu - *The value of rehabilitation in hemodynamic parameter at hypertensive patients*, presented at 8th Congress of the European Federation of Internal Medicine, 27-30 mai 2009, Istanbul, Turcia; published in *Abstracts from 8th Congress of the European Federation of Internal Medicine – European Journal of Internal Medicine*, pp. 265-266, impact factor 1,045/2008;
 15. M. Iurciuc, D. Gaita, S. Iurciuc, C. Avram, D. Duda-Seiman, G. Ciorica, I.F. Cobzariu, M. Oravitan, S. Ursoniu - *The importance of arterial stiffness in a rehabilitation program at hypertensive person*, presented at 19th European Meeting on Hypertension, Milano, Italianam 12-16th of June 2009, published in rezumat în *Journal of Hypertension*, volume 27, pp. S287 - S288, impact factor 5,132/2008;
 16. M. Oravitan, C. Avram, A. Vlad, M.Barzu, M. Vasilescu, E. Bota, S. Iurciuc - *Individualized physical training programme benefit on body composition of young obese*, prezentată la The 3rd World Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension, 13-16th of May, 2010, Praga, published as abstract in the conference's volume, p. 63A;
 17. B. Almăjan-Guță, V. Almăjan-Guță, M. Oravițan, C. Avram – *Aerobics and airway clearance techniques in children with cystic fibrosis*, presented at European Human genetic Conference, 12-15th of June, 2010, Gothemburg, Sweden, published as abstract in *European Journal of Human Genetics*, vol.18, suppl.1, june, 2010, p. 363;
 18. Avram C., Iurciuc S., Avram A., Oravitan M., Rusu A.M., Iurciuc M., Gaita D. - *Cardiac rehabilitation programmes improve weight management in overweight and obese coronary patients following revascularisation*, presented at 18th European Congress of Obesity (ECO2011), Istanbul, Turcia, 25-28th of May, 2011, published as abstract in *Obesity Reviews*, p. 234, impact factor: 7.038/2010;
 19. M. Oravițan, C. Avram, M. Vasilescu, C. Mușuroi - *Study regarding the relationship between cardio-metabolic risk factors and somatometric parameters at young obese*, presented at 18th European Congress of Obesity, 25-28th of May, 2011, published as abstract în *Obesity Reviews*, p. 143, impact factor:7.038/2011);
 20. C. Avram, M. Oravitan, L.D. Hoble, A.M. Rusu, A. Cocaina, M. Barzu, S. Voicu - *Evidence for implementation of supervised lifestyle changing programmes in young patients with metabolic syndrome*, presented at 4th International Congress on Prediabetes and the Metabolic Syndrome, Madrid, Spania, 6–9th of April, 2011, published in *Journal of Diabetes*, vol.3, suppl.1, April 2011, p. 140;
 21. C. Avram, M. Oravițan, L.D. Hoble, A.M. Rusu, B. Almăjan-Guță, S. Voicu - *Interval exercise training benefit on fat oxidation and resting metabolic rate in young patients with metabolic syndrome*, presented at The 32nd Congress of European Society for Clinical Nutrition and

- Metabolism - ESPEN, 5-8 septembrie 2010, Nice, published in *Clinical Nutrition Supplements*, vol.5/2010, suppl.2, p. 179, impact factor: 3,072/2009;
22. C. Avram, M. Oravitan, B. Guta-Almajan, L.D. Hoble, A.M. Rusu, A. Cocaina, R.G. Dragoi - *Supervised exercise training and diet recommendation in young patients with metabolic syndrome*, presented at 16th International World Congress of Physical Therapists Congress, 20-23th of June, 2011, Amsterdam; published in *Physiotherapy*, vol.97, suppl.S1, S92;
 23. A.M. Rusu, C. Avram, B. Almajan-Guta, L.D. Hoble , M. Oravitan, O.O. Cluci, A. Cocaina - *Metabolic implications of weight loss management programs, in young obese patients*, presented at 16th International World Congress of Physical Therapists Congress, 20-23th of June 2011, Amsterdam; published in *Physiotherapy*, vol.97, suppl.S1, S1069;
 24. C. Avram, M. Oravițan, A.Nagel, E.Bota, M. Iurciuc, D. Gaiță - *Physical fitness and body composition improvement through exercise in young overweight women*, presented at Prevention in Women's Health – 3rd Meeting, 10-11 of November, Szeged;
 25. C. Avram, M. Oravitan, B. Almăjan-Guță, M. Marc, L. Hoble, M. Iurciuc, D. Gaita - *Exercise training effectiveness in young patients who associate obesity and sleep apnea*, presented at European Cardiology Congress, 27-31th of August, 2011, Paris, published as abstract *European Heart Journal (ISI)*, vol.32, suppl.1/2011, p. 715; doi: 10.1093/eurheartj/ehr324;
 26. O.O. Cluci, B. Almajan-Guta, C. Avram, A.M. Rusu, M. Oravitan, S. Sarandan - *Pre- and postsurgical physical therapy in athletes with knee injuries*, presented at 7th EFSMA – European Congress of Sports Medicine, 3rd Central European Congress of Physical Medicine and Rehabilitation, Salzburg, 26-29th of October, 2011, published in *Abstract Book*, Düsseldorf: German Medical Science GMS Publishing House; 2011. Doc11esm163., p.208, doi: 10.3205/11esm163;
 27. C. Avram, M. Oravițan, M. Domokos, M. Bârză, B. Almăjan-Guță, L.D. Hoble, A.M. Rusu - *Testing and training the strength, power and complex reaction in rugby players*, presented at 7th EFSMA – European Congress of Sports Medicine, 3rd Central European Congress of Physical Medicine and Rehabilitation, Salzburg, 26-29th of October, 2011, published in *Abstract Book*, Düsseldorf: German Medical Science GMS Publishing House; 2011. Doc11esm181., p.224, DOI: 10.3205/11esm181;
 28. Oravițan M., Avram C., Almajan-Guta B., Rusu A.M. - *The benefit of the individualised prophylactic programs on the somatometric parameters of obese young people*, presented at 7th EFSMA – European Congress of Sports Medicine, 3rd Central European Congress of Physical Medicine and Rehabilitation, Salzburg, 26-29th of October, 2011, published in *Abstract Book*, Düsseldorf: German Medical Science GMS Publishing House; 2011. Doc11esm201. p.251, DOI: 10.3205/11esm201;
 29. M. Oravițan, I. Bartha, A. Jurcă - *Recuperarea sportivilor prin kinetoterapie (Athletes' rehabilitation by physical therapy)* published in *Analele Universității de Vest, Seria Educație Fizică și Sport*, Timișoara, November, 1998, pp.167-168.
 30. M. Oravițan, C. Pantea, I. Cărăbaș - *Studiu privind deficiențele fizice ale coloanei vertebrale la pubertate (Study regarding physical defficiencies of the spine at puberty)* published in *Analele Universității de Vest, Seria Educație Fizică și Sport*, Timișoara, November, 1998, pp. 175-177.

d. Other publications

1. C. Pantea, M. Totok, M. Olaru - *Aspecte clinice, terapeutice și de recuperare în leziunile aparatului ligamentar al genunchiului (Clinical, treatment and rehabilitations aspects of knee ligament injuries)* published in *Analele Universității de Vest, Seria Educație Fizică și Sport, Timișoara, October, 1996, pag. 83-87.*
2. C. Grădinaru, S. Grădinaru, C. Pantea, M. Totok - *Modalități de refacere a organismului după efort (Post-effort recovery methods)* published in *Analele Universității de Vest, Seria Educație Fizică și Sport, Timișoara, November, 1997, pp. 214-216.*
3. M. Faur, B. Blaj, M. Bârză, M. Oravițan, C. Pantea, M. Solymosi - *Programe computerizate în predarea educației fizice (Computer programs in teaching physical education)* published in *Analele Universității de Vest, Seria Educație Fizică și Sport, Timișoara, November, 1997, pp. 214-216.*
4. C. Pantea, M. Oravițan, I. Cărăbaș - *Tratamentul modern al infarctului miocardic acut și particularitățile efortului fizic în perioada de recuperare - prezentare de caz (Modern treatment of acute myocardial infarction and peculiarities of exercises during rehabilitation - case report)* published in *Analele Universității de Vest, Seria Educație Fizică și Sport, Timișoara, November, 1998, pp. 223-227.*
5. I. Cărăbaș, C. Pantea, M. Oravițan - *Rolul kinetoterapiei în recuperarea leziunilor aparatului menisco-ligamentar al genunchiului - prezentare de caz (The role of physical therapy in rehabilitation of menisco-ligament apparatus injuries of the knee - a case report)* published in *Analele Universității de Vest, Seria Educație Fizică și Sport, Timișoara, noiembrie, 1998, pp. 229-235.*
6. C. Pantea, M. Oravițan, M. Bârză, I. Cărăbaș - *Medicația de efort – rolul biochimic al aminoacizilor (Effort medication – the biochemical role of aminoacids)* published in *Analele Universității de Vest, Seria Educație Fizică și Sport, Timișoara, November, 1999, pp.115-117.*
7. C. Pantea, M. Oravițan, I. Cărăbaș - *Date statistice privind incidența entorselor de gradul II ale genunchiului la sportivi pe o perioadă de 5 ani (Statistical data on the incidence of grade II knee sprains in athletes over a period of five years)* published in *Analele Universității de Vest din Timișoara, seria Educație Fizică și Sport, ISSN: 1453-7699, no.3, fasc. 2, 2001, pp. 82-90;*
8. M. Oravițan, M. Bârză, C. Pantea, I. Cărăbaș - *Considerații diagnostice și terapeutice privind hemartrozele posttraumatice ale genunchiului (Diagnostic and therapeutical considerations regarding the posttraumatic knee haemarthrosis),* published in *Analele Universității de Vest din Timișoara, seria Facultății de Educație Fizică și Sport, ISSN: 1453-7699, nr. 4/2002, pag. 4-11;*
9. M. Oravițan - *Biofeedback-ul electromiografic în reabilitarea după reconstrucția ligamentului încrucișat anterior (Electromyographical biofeedback after anterior cruciate ligament reconstruction),* publicat în *Revista Română de Kinetoterapie, ISSN: 1224-6220, Nr.15/2005, pag. 11-23;*
10. M. Oravițan, O. Cluci - *Kinetoterapia preoperatorie în platiile întârziate de ligament încrucișat anterior (Preoperative physical therapy in delayed platiies of anterior cruciate ligament),* published in *Revista Română de Kinetoterapie, ISSN: 1224-6220, Nr.15/2005; pp. 90-99;*
11. C. Pantea, S. Pantea, M. Oravițan, C. Avram - *Reabilitarea postoperatorie la pacienții ce au beneficiat de montarea gastric banding-ului pentru tratamentul obezității (Postoperative rehabilitation of patients who received gastric banding for the treatment of obesity),* published

- in Analele Universității de Vest, Seria Educație Fizică și Sport, ISSN: 1453-7699, nr.9/2007, pp. 343-350;
12. M. Oravițan - *Etiopathogenesis and complications of postural disorders*, Analele Universității de Vest din Timișoara, seria Educație Fizică and Sport, 11/2009, pp. 70-78;
 13. M. Oravițan - *Posturology – fundamental concepts and practical applications*, Analele Universității de Vest din Timișoara, seria Facultății de Educație Fizică and Sport, 11/2009, pp. 63-69;
 14. C. Avram, M. Oravițan, C. Pantea, L. Galoși - *Principiile aplicării kinetoprofilaxiei primare și secundare în obezitate (The principles of primary and secondary kinetoprophyllaxy in obesity)* published in Analele Universității de Vest, Seria Educație Fizică și Sport, ISSN: 1453-7699, nr.9/2007, pp. 275-278;
 15. M. Oravițan, F. Belea, S. Oravițan, C. Șomîcu, O. Gheorghită - *Prevalence and management of postural disorders at puberty – study on secondary and high schools from Timișoara*, Analele Universității de Vest din Timișoara, seria Educație Fizică și Sport, 15/2013, pp. 7-14.
 16. M. Belin, M. Oravițan – *Efectele benefice ale activității fizice în sarcină – implicații în prevenirea și managementul diabetului gestațional (The benefit of physical activity in pregnancy - implications for prevention and management of gestational diabetes)*, Analele Universității de Vest din Timișoara, seria Educație Fizică și Sport, vol.16/2014, pp. 72-77;
 17. C. Șomîcu, M. Oravițan, S. Oravițan - *Analiza posturii cu sistemul Posture Pro – studiu de caz (Posture analysis with Posture Pro System – case study)*, Analele Universității de Vest din Timișoara, seria Educație Fizică și Sport, vol.16/2014, pp. 65-72.

VI. Postgraduate courses, seminars and workshops

1. *Seminarii de pregătire pentru aplicarea și implementarea proiectelor POSDRU, FP7 și PNII (Seminars about the application and implementation of FP7, POSDRU and PNII projects)* organized by the Department for Accessing and Project Implementation from West University of Timișoara, 2012, 2013;
2. Continuous training "blended learning" type for academics, Module M1: Quality assurance in higher education during the M1.2: Quality assurance - standards, procedures in study programs level and institutions, in the project entitled Continuous training "blended learning" for academics, Contract POSDRU/57/1.3/S/26646, Priority 1 - "Education and training in support of growth and development of knowledge based society", Key Area of Intervention 1.3 Human resources development in education and training, partnership between the University of Bucharest, "Babes-Bolyai" University of Cluj-Napoca and West University of Timișoara;
3. *Workshop: Managementul proiectelor de cercetare (Research projects management)* (Lecturer Professor PhD Vasile Ostafe) organized by Physical Education and Sports Faculty, West University of Timișoara, 2008;
4. *Horizon 2020 Days - Opportunities for participation and partnerships in Horizon 2020*, organized by the Ministry of National Education and West University of Timișoara, November 27, 2013, Timișoara.

5. Workshop *Metode de creștere a flexibilității prin tehnici orientale de masaj (Methods increase flexibility by oriental massage techniques: Yumeiho Therapy, Zen Shiatsu and Thai)* (Lecturer Florian-Leontin NEDELCU), Congress FEFSTIM I entitled *Physical education, sports performance and physical therapy - Implications on the quality of life*, November 2014;
6. *Initiation in the transdisciplinary field of Posturology - theoretical and practical sessions* organized by NGO Healthy Orion, in the project entitled "Transdisciplinary innovative system for skills development for students", project co-financed by European Social Fund Operational Programme for Human Resources Development 2007-2013, priority 2 "Linking lifelong learning and labor market ", Area of Intervention 2.1 "Transition from school to active life", OIPOS DRU ID 82617, October 2012 - April 2013, Timișoara;
7. Course *Posture – occlusion, diagnosis* (lecturer dr. Giovanni Vanni, Italy), organized by NGO Orion Healthy, december, 2013.
8. Workshop *Therapeutical conduct in vertebral static disorders* (Lecturer Assoc. Prof. PhD Anna Kiss, University of Szeged), organized by the Faculty of Physical Education and Sports, University of Oradea, 2011);
9. Workshop *Functional Rehabilitation of Hemiparetic Patients* (Lecturer Assoc. Prof. PhD Anna Kiss, University of Szeged), organized by the Faculty of Physical Education and Sports, University of Oradea, 2011);
10. Workshop *Tehnici de facilitare neuro-proprioceptivă (PNF techniques)* (Lecturer Assoc. Prof. PhD Dorina Ianc) Congress FEFSTIM I entitled *Physical education, sports performance and physical therapy - Implications on the quality of life*, November 2014;
11. Workshop *Principles of rehabilitation of the upper limb neurological pathology* (Lecturer Diana Lăcraru, PT, Great Britain), Congress FEFSTIM I entitled *Physical education, sports performance and physical therapy - Implications on the quality of life*, November, 2014;
12. Workshop *Posibilități de facilitare în terapia neuro-motorie (Facilitation possibilities neuro-motor therapy)* (Lecturer Elisabeta Pasztai, Oradea) organized by Physical Education and Sports Faculty, West University of Timișoara, November 2010;
13. Seminar *Patient handling techniques* (Lecturer Diana Lacraru, PT, Great Britain), organized by Physical Education and Sports Faculty, West University of Timișoara, November, 2011;
14. Workshop *Theoretical and practical applications in knee rehabilitation* (Lecturer Diana Lacraru, PT, Great Britain), organized by Physical Education and Sports Faculty, West University of Timișoara, November, 2013;
15. Workshop *Injury prevention in the overhead athlete*, organized by Physical Education and Sports Faculty, University of Oradea, June, 2011;
16. Course *Proprioception – Balance Training, Injury Prevention, Functional Strength Training, Functional Sports Rehabilitation*, organized de International Olympic Committee – Medical Commission and European Interdisciplinary Society for Clinical and Sports Applications, Luxembourg, October, 2008;
17. Seminar *Mâna: importanța kinetoterapeutului în procesul de recuperare (The hand: the importance of physical therapist in the rehabilitation process)* (Lecturer Octavian D. Olariu, PT, Cluj-Napoca), International Scientific Conference entitled *Physical Education and Sports - benefit for health*, 40/XXIII Edition, October, 2014 organized by the Physical Education, Sports and Physical Therapy Department, Faculty of Geography, Tourism and Sports, University of Oradea;

18. Seminar *History and traditions in physical education and sports*, organized by the Physical Education and Sports Faculty, West University of Timișoara, November, 2010;
19. Workshop *Ergospirometria - noțiuni generale, aplicații în sport și kinetoprofilaxie (Ergospirometry - general notions, applications in sports and kinetoprophylyxy)* (Lecturer PhD C. Avram) organized by the Physical Education and Sports Faculty, West University of Timișoara, November, 2008;
20. Workshop *Testarea cardio-pulmonară la efort - de la concept la practică (Cardiopulmonary exercise testing - from concepts to practice)* (Lecturers PhD MD L. Noveanu, Assoc. Prof. PhD C. Avram, Assoc. Prof. PhD O. Fira-Mlădinescu), Congress FEFSTIM I entitled *Physical education, sports performance and physical therapy - Implications on the quality of life*, November, 2014
21. Workshop *Exercise evaluation via EMG-biofeedback training*, SPORTMEDICA 2008 Congress entitled *Optimization of Physical Activity - Implication for Sports, Prevention & Rehabilitation*, organized by European Interdisciplinary Society for Clinical and Sports Applications, Luxembourg, October, 2008;
22. Workshop *Rehabilitation after characterized chondrocyte impantation*, SPORTMEDICA 2008 Congress entitled *Optimization of Physical Activity - Implication for Sports, Prevention & Rehabilitation*, organized by European Interdisciplinary Society for Clinical and Sports Applications, Luxembourg, October, 2008;
23. Workshop *Particularitățile kinetoterapiei în pediatrie (Characteristics of physical therapy in pediatrics)* (Lecturer Assoc. Prof. PhD Zoltan Pasztai, Oradea) organized by the Physical Education and Sports Faculty, West University of Timișoara, November, 2008;
24. *Cursurile Departamentului pentru pregătirea personalului didactic (Teacher Training Department Courses)*, West University of Timișoara, 2006-2007;
25. Course *Cardiac Rehabilitation in Europe*, organized by "Victor Babeș" Medicine and Pharmacy University of Timișoara, the Cardio-vascular Disease Institute, Romanian Society of Cardiology and European Association for Cardiovascular Prevention and Rehabilitation la Timișoara, January, 2006;
26. *Curs de pregătire postuniversitară în acupunctură (Postgraduate training program in acupuncture)* (3 cycles of initiation and training) organized by the Ministry of Health of Romania, Institute of postgraduate training and continuing education of doctors and pharmacists (1994-1996).
27. Course *Cercetare științifică avansată (Advanced Scientific Research)*, in the project entitled UNIVERSITARIA - university teaching school and advanced scientific research "POS DRU/157/1.3/S/135590 (ongoing).

VII. Research/development projects

a. International Projects

1. "Obesity and cardio-metabolic risk management in students from Timisoara and Szeged University Centres" (as project manager), acronym RISKRED, code HURO/1001/116/2.4.2, financed by Hungary-Romania Cross-Border Co-operation Programme 2007-2013, value

- 198000 EUR; implementation period: 1st of February, 2012 – 31st of January, 2013; Lead Partner: West University of Timișoara, Partener: University din Szeged;
2. „Sistem inovativ transdisciplinar de dezvoltare a aptitudinilor de muncă pentru studenți/masteranzi” (“Transdisciplinary innovative system for development of work skills for students”) (as project coordinator for West University of Timișoara), financed by the European Social Fund, Major Domain of intervention: 2.1 Transition from school to active life, code OIPOS DRU ID 82617, project value: 1309054 lei (aprox. 290 000 EUR), implementation period: 1st of January, 2012 – 31st of December, 2013;
 3. “For a strong woman - health, movement, harmony - for the obesity combat for women aged 15-25 years” (as member), financed by Serbia-Romania Cross-Border Co-operation Programme 2004-2006, Priority 2, COD PERSEUS: RO/017-538.01.02.25, proiect value: 20000 EUR, implementation period: 1st of August – 31th of October, 2007;
 4. „Doctoratul în scoli de Excelență – Evaluarea calității cercetării în universități și creșterea vizibilității prin publicare științifică” (“Doctorate in excellence universities - Research evaluation in universities and visibility increase by scientific publication”)(as short-term expert), financed by European Social Fund, Sectoral Operational Programme for Human Resources Development 2007 - 2013, Priority Axis “Education and professional training for supporting the growth and development of a knowledge based society”, Major domain of intervention: 1.5 Doctoral and post-doctoral programs in support of research, code: POSDRU/5/1.5/S/2, Beneficiary - UEFISCDI.

b. National projects

1. „Optimizarea parametrilor somatici și cardio-metabolici la tinerii obezi prin modificarea stilului de viață și implementarea unui protocol individualizat de kinetoprofilaxie” (“Optimization of somatic and cardio-metabolic parameters in young obese through lifestyle changes and by implementing an individualized kinetoprophyllaxy protocol”) (as director) won in the competition of the Ideas Programme - Exploratory Research Projects, code 2330/2008, contract no. 909/2009; project value: 644 350 lei (approx. 175 000 EUR) implementation period: 1st of February, 2009-31th of December, 2011;
2. „Eficientizarea tratamentului recuperator prin elaborare și implementare de protocoale de kinetoterapie SOP și optimizarea strategiilor terapeutice de recuperare” (“Rehabilitation improvement by developing and implementing SOP treatment protocols and optimizing the physical therapeutic strategies”) (as project director for West University of Timișoara), a CNMP (National Centre of Programs Management) - PNCDI2 Project, Program 4 – Partnerships in priority areas - health, Lead Partner: Emergency County Hospital from Timisoara, Project partner 1 – West University of Timisoara, project code: 41028/2007, project value: 1 200 000 lei (approx. 300 000 EUR); implementing period: 2007-2010;
3. „Apa este prețioasă și mișcarea sănătoasă” (“Water is precious and exercise is healthy”) (as project coordinator for West University of Timișoara), no. .970/30.09.2011, micro-project won in a competition in the major project “VIATA” (“LIFE”), funded by the Norway Government through the Norwegian Cooperation Programme for Economic Growth and Sustainable Development in Romania and co-financed by the Romanian Ministry of Health (partnership between Ministry of Health, ANSVSA, Ministry of Education, Health Psychology Association, Youth for Youth Foundation, Norwegian Institute of Public Health); implementation period: 2011-2015;

4. „Elaborarea de terapii non-invazive de modelare a regenerării tisulare în leziunile cicatriceale posttraumatice ale mâinii” (*“Development of non-invasive therapies for modeling scar tissue regeneration in traumatic hand lesions”*) (as member), a CNMP (National Centre of Programs Management) - PNCDI2 Project, Program 4 – Partnerships in priority areas - health, Biotechnology Field, Project director: Lucian Galosi, Emergency County Hospital from Timisoara, code 1352/2008; project value: 2 000 000 lei (approx. 500 000 EUR), implementing period 2008-2011;
5. „Înființarea unei secții de kinetoterapie în cadrul Facultății de Educație Fizică și Sport a Universității de Vest din Timișoara” (*“The establishment of a department of physical therapy at the Faculty of Physical Education and Sport, West University of Timișoara”*) (as member), CNFIS Project No. 45136/ 18.12.2000 (preceded by the Project Initiation Program PIP no. 12831 / 09.28.1998, PIP value: 19 000 USD) project value: 41 476 USD, implemented in 2000.

c. Local projects

1. Editarea revistei Timișoara Physical Education and Rehabilitation Journal (*Editing “Timisoara Physical Education and Rehabilitation Journal”*) (as director) won in a competition and funded from the local budget of Timisoara, in the category Programs projects for cultural activities: publishing books and journals, implementation period: 1st of July-1st of October 2008, HCL 175/25.03.2008; project value: 8000 lei.
2. „Tendințe ale sportului liceal - de la necesitate la hobby” (*“Trends of sports in high schools form necessity to hobby”*) (as coordinator), 2 projects, no. 3466/26.11.2013 and 27151/05.12.2012, won in a competition and funded by Timiș County Council (partnership between West University of Timisoara and “Grigore Moisil” High School);
3. „Diferiți, egali, împreună” (*“Different, equals, together”*)(as member) project financed by Timis County Council, contract no. 409/18.05.2009, implementation period: 25.05.2009-30.05.2009, project value: 2000 lei (partnership between Romanian Olympic Academy, Timis Subsidiary, Special Olympics Romania, Timis County Council, Timis, County School Inspectorate, Physical Education and Sports faculty –West University of Timisoara, “Banatul” High School with sports program, Art and Culture Center of Timis County);
4. „Tendințe ale sportului universitar, de la hobby la necesitate”(*“Trends in university sports – form hobby to necessity*) (as member) funded by the Local Budget of Timisoara Hall for non-profit local interest activities, SC2007-009881/02.05.07.

Note: The items which have the original title in Romanian are written in Romanian and translated into English.

Professor PhD Mihaela ORAVIȚAN

