

Lista de lucrări

Prof. univ. dr. SANDOR IOSIF

Criteriul C1

I 1 Articole in-extenso publicate în reviste cotate ISI cu factor de impact (Fi >0)

1. Soos Istvan, Simonek Jaromir, Karsai Istvan, Hamar Pal, Biddle S, **Sandor Iosif**, *Physical activity and sedentary behaviours in youth: Data from three Central-Eastern European countries*, Science_Citation_Expanded, European Journal Of Sport Science, DOI: 10.1080/17461390902829234, 9 (5), 2009, P.295 – 301
2. Soos Istvan, Boros-Balint Iuliana, Biddle S, Hamar Pal, Simonek Jaromir, **Sandor Iosif**, Szabo Peter-Zsolt, *Prevalence of sedentary behaviour in young people in Romania and Slovakia*, Science_Citation_Expanded, European Physical Education Review, DOI: 10.1177/1356336X1143065918 (1), 2012, P.19 – 46
3. Simonek Jaromir, Hamar Pal, Ling J, Biddle S, Soos Istvan, Boros-Balint Iuliana, **Sandor Iosif**, Szabo Peter-Zsolt, *Physical activity, sedentary behaviour, use of electronic media and snacking among youth: an international study*, Science_Citation_Expanded, Kinesiology, UDC: 613.71:796.012.83-053.6, 46 (2), 2014, P.155 - 163

I 3 Articole publicate în reviste indexate BDI sau în volumele „proceedings” ale conferințelor internaționale indexate BDI, minim 3 baze de date internaționale

1. **Sandor Iosif**, Ganea Ioan Virgil, Emanuele Isidori, Pascan Adrian, Rusu Gabriela Virginia, *Study of the body values in the context of the new Master Programs. A comparative analysis of the students from the three Master Programs of Physical Education and Sport Faculty Cluj-Napoca*, BDI, http://www.studia.ubbcluj.ro/serii/educatio/index_en.html, Studia Universitatis Babeş-Bolyai Educatio Artis Gymnasticae., LX, 1, 2015, pp. 5 – 12
2. **Sandor Iosif**, Biddle S, Soos Istvan, *The Relation Physical Activity -Rural Space Concerning Romanian 13-18 Age Youth*, Ebsco Host, <http://search.ebscohost.com/>, Journal Of Settlements And Spatial Planning, 2010, P.18-21
3. Soos Istvan, Biddle S, **Sandor Iosif**, *Determinants of sedentary behavior of young people in Romania*, Studiauniversitatis Babes-Bolyai Educatio Artis Gymnasticae*, Categ CNCSIS B+, 3, 2010, P.35 – 38
4. Rusu Gabriela Virginia, Nicolae Bogdan, **Sandor Iosif**, *Study about the relationship between physical activity and quality of life in different Romanian region*, Studiauniversitatis Babes-Bolyai Educatio Artis Gymnasticae, Categ CNCSIS B+, 4, 2010, P.41 – 44
5. Pascan Ioan, Pascan Adrian-Claudiu, **Sandor Iosif**, *Acrobatic Gymnastics in Schools - Methodological Aspects*, Studia Universitatis Babes-Bolyai Educatio Artis Gymnasticae, Categ CNCSIS B+, 2/2008, 2008, P.85 – 92
6. Hamar Pal, Soos Istvan, Biddle Stuart, **Sandor Iosif**, Boros-Balint Iuliana, Szabo Peter Zs., *A comparative study on Hungarian students' sedentary behaviours and physical activity by using a free-*

- time diary*, Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae, Categ CNCISIS B+, 3/2008, P.13 – 19
7. Istvan Soos, Stuart Biddle, Pal Hamar, Iosif Sandor, Jaromir Simonek, & Istvan Karsai, *Who is more sedentary in East Europe?*, 12th European Congress of Sport Psychology; Sport & Exercise Psychology Bridges between disciplines and cultures, Halkidiki, Greece, 4-9.09.2007, ISBN , FEPSAC, Editor: Yannis Theodorakis&Marios Goudas&Athanasios Papaioannou, 978-960-89923-0-6, BDI, 2007, P. 199-199
 8. **Sandor Iosif**, Abele Agita, Maulini Claudia, Taddei Francesco, Migliorati Mascia, Isidori Emanuele, *Philosophical Paradigms and Pedagogical Orientations of Italian Youth Football Coaches: A Pilot Study*, conferinta ISI, International Scientific Conference "Society, Integration, Education", Rezeknes Augstskola, 978-9984-44-064-4, http://www.ru.lv/sys/research/konf/files/konf_27-28_05_2011_invitation.docx, 2011, P. 611-619
 9. **Sandor I.**, Isidori E, Yuktasir B., Rusu G. B., Kaya S., Lukacs L (2012). *Study regarding the main Alpine Skiing Resorts Potential from Romania and Ukraine: Case Study Poiana Brasov and Bukovel*. In: Rural Mountain Areas. Experience, Preservation, Trends and Future Challenges. Cluj-Napoca- Sighetu Marmatiei, 18-22 July, 2012, ISSN-L 2285-3766.
 10. Emanuele Isidori, Agita Abele, **Iosif Sandor**, Ioan Virgil Ganea, Francesco Taddei, Claudia Maulini, *Analyzing Body Values in the Context of Postmodern Youth Education. A Comparative Study Between Italy, Latvia and Romania*, Physical culture and sport. Studies and research, 2010 Volume XLIX, DOI: 10.2478/v10141-010-0017-x, ISSN 2081-221, pag. 65-71
 11. Li S, Ling J, Simonek Jaromir, Karsai Istvan, Hamar Pal, Biddle S, Soos Istvan, **Sandor Iosif**, *Electronic Media-Free Zone in the Bedroom! A Global Strategy Needed for Improving Health-Related Behaviours*, conferinta ISI, 17th Annual Congress of the European College of Sport Science, Vrije Universiteit Brussel & Universite Libre de Bruxelles, Editor: Meeusen, R., Duchateau, J., Roelands, B., Klass, M., DeGeus, B., Baudry, S., Tzolakidis, E., 978-90902686-8-2, <http://www.ecss-congress.eu/2012/>, 2012, P. 565-565
 12. Biddle S, Rusu Gabriela Virginia, Soos Istvan, Simonek Jaromir, Ling J, Karsai Istvan, Hamar Pal, **Sandor Iosif**, Boros-Balint Iuliana, Szabo Peter-Zsolt, *Physical activity and sedentary behaviour in youth, in the context of different geographical environments*, conferinta ISI, V Congreso mundial del deporte escolar, education fisica y psicomotricidad, Sportis.Formacion Deportiva, Editor: Victor Arufe Giraldez, 978-84-943477-2-6, www.sportis.es, 2015, P. 1-15
 13. **Sandor Iosif**, *Determinants factors for sportive selection in the Romanian environment*, BDI, <http://www.ebscohost.com/titleLists/e5h-coverage.htm>, <http://ulrichsweb.serialssolutions.com/>, <http://jml2012.indexcopernicus.com/masterlist.php?q=1453-4223>, Studia Universitatis Babeș-Bolyai, Educatio Artis Gymnasticae, 2005, P.163-169

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1. Soos Istvan, Simonek Jaromir, Karsai Istvan, Hamar Pal, Biddle S, Sandor Iosif, **Physical activity and sedentary behaviours in youth: Data from three Central-Eastern European countries**, *Science_Citation_Expanded, European Journal Of Sport Science*, DOI: 10.1080/17461390902829234, 9 (5), 2009, P.295 – 301

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2. **Soos Istvan, Boros-Balint Iuliana, Biddle S, Hamar Pal, Simonek Jaromir, Sandor Iosif, Szabo Peter-Zsolt, Prevalence of sedentary behaviour in young people in Romania and Slovakia, Science_Citation_Expanded, European Physical Education Review, DOI: 10.1177/1356336X1143065918 (1) , 2012, P.19 – 46**

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3. **Simonek Jaromir, Hamar Pal, Ling J, Biddle S, Soos Istvan, Boros-Balint Iuliana, Sandor Iosif, Szabo Peter-Zsolt, Physical activity, sedentary behaviour, use of electronic media and snacking among youth: an international study, Science_Citation_Expanded, Kinesiology, UDC: 613.71:796.012.83-053.6, 46 (2) , 2014, P.155 - 163**

Czepiel D, Nowak P F, Sedentary Behaviour and Life Satisfaction in High School Students, BRITISH JOURNAL OF MEDICINE AND MEDICAL RESEARCH (ISSN: 2231-0614) 10: (3) pp. 1-8. (2015), Link(ek): DOI

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Criteria C2

I 8 Articole publicate in reviste indexate BDI sau in volumele „proceedings” ale conferințelor internaționale indexate BDI

1. **Sandor Iosif**, • *Rolul profesorului de educație fizică, antrenorului și instructorului sportiv în motivarea tinerilor pentru practicarea sportului*, Studia Universitatis Babes-Bolyai Educatio Artis Gymnasticae, Categ. CNCSIS B+, 1, 1999, P.55 – 61
2. **Sandor Iosif**, • *Mediul de viață – factor hotărâtor în selecția și afirmarea sportivilor români*, Studia Universitatis Babes-Bolyai Educatio Artis Gymnasticae, Categ. CNCSIS B+, 1, 2001, P.37 – 43
3. **Sandor Iosif**, • *Studiu asupra selecției sportivilor de performanță din România*, Palestrica Mileniului Iii- Civilizatie Si Sport, Categ. CNCSIS B+, 2, 2002, P.43 – 47
4. **Sandor Iosif**, • *Mediul rural – factor determinant al performanței sportivilor români*, Palestrica Mileniului Iii- Civilizatie Si Sport, Categ. CNCSIS B+, 3, 2002, P.50 – 53
5. **Sandor Iosif**, • *The rural geographical environment, as a factor for the sportive performance*, Studia Universitatis Babes-Bolyai Educatio Artis Gymnasticae, Categ. CNCSIS B+, 1, 2003, P.115 – 118
6. **Sandor Iosif**, • *Study about the areas from which the Romanian performers medalled at the Olympic Games come*, Studia Universitatis Babes-Bolyai Educatio Artis Gymnasticae, Categ. CNCSIS B+, 1, 2003, P.119 – 120
7. **Sandor Iosif**, • *Relația între talia și greutatea tinerilor din mediul rural din cadrul diverselor unități geografice cu parametrii modelului cerut sportivilor de la caiac-canoe*, Palestrica Mileniului Iii- Civilizatie Si Sport, Categ. CNCSIS B+, 2, 2004, P.78 – 85
8. **Sandor Iosif**, • *Premise de practicare a activităților de schi-turism în zona Munților Apuseni*, Studia Universitatis Babes Bolyai. Geographia, Categ. CNCSIS B+, 2, 2006, P.193 – 198
9. **Șandor, I.**, Rusu, Virginia, Gabriela, Szabo, P., *Determinants Factors for Sportive Selection in the Romanian Environment*, BDI, Studia Universitatis Babes Bolyai. Geographia, Categ. CNCSIS B+, 2005, P.163-169
10. Nica-Badea Delia, **Sandor Iosif**, Monea Gheorghe, *The research of sportsmen level of information, involvement, motivation involving doping phenomenon*, The International Congress of Physical Education, Sports and Kinetotherapy 1st Edition, www.indexcopernicus.com, Editura Discobolul, Editor: UNEFS București, ISBN 978-606-8294-37-7, BDI, 2011, P. 25-31
11. Bica Ioan, Stefanescu Constantin Leoni, **Sandor Iosif**, Ciocoi-Pop Dumitru-Rares, *Delimitarea rolului rafting-ului in contextul dezvoltării turismului activ (Sistemul hidrografic Lacul Colibita-Raul Bistrita Ardeleana)*, Index Copernicus Journals Master-List, www.indexcopernicus.com, DISCOBOLUL, Nr,31, UNEFS, Bucuresti, 2013, P.20-26
12. Soos Istvan, Hamar Pal, Biddle S, **Sandor Iosif**, *An Investigation into Physical Activity and Sedentary behaviors in Transylvanian Students: an Ecological Momentary Assessment*, BDI, Magyar Sporttudományi Szemle, 2008, P.45-55
13. **Sandor Iosif**, Roman Gheorghe, Rusu Flavia Ileana, Boros-Balint Iuliana, *Studiu privind sedentarismul și participarea tinerilor din Transilvania la activități fizice*, Sport Si Societate, Iași Categ. CNCSIS B+, 2/2007, P.10 – 14

Criteriul C3**I 12 Cărți – tratate, monografiile lucrări de specialitate cu autor unic**

1. **Sandor Iosif**, *Antrenamentul la altitudine*, Risoprint, Cluj-Napoca, 2005, P. 178
2. **Sandor Iosif**, *Mediul rural din România și performanța sportivă*, Risoprint, Cluj-Napoca, 2005, P. 148
3. **Sandor Iosif**, *Sísport mindenkinek*, Risoprint, Cluj-Napoca, 2013, P. 114
4. **Sandor Iosif**, *Testnevelés és sport. Elmélet és didaktika*, Risoprint, Cluj-Napoca, 2013, P. 191
5. **Sandor Iosif**, *Comportamentul motric într-o societate în continuă schimbare*, Risoprint, Cluj-Napoca, 2014, P. 136

I 13 Cărți publicate în calitate de coautor

1. Rusu Flavia Ileana, Baciú Marius-Alin, Santa-Moldovan Ioan-Cristian, Câmpeanu Melania, **Sandor Iosif**, Vădan Anca Lucia, carte, *Activitățile fizice la vârsta adultă*, Editura Napoca Star , Cluj-Napoca, 2008, P. 234
2. Boros-Balint Iuliana, Manasses Ildiko, Vizi Sandor, Baloga Istvan, Bogdan Vasile, Pascan Ioan, Szabo Peter-Zsolt, Andras Almos, **Sandor Iosif**, Ugron Agnes, carte, *Magyar-roman szakkifejezes gyujtemeny I. Testnevelés es sport, gyogytorna. Culegere de terminologii maghiar-roman I. Educație fizică și sport, kinetoterapie*, Mido Print, Cluj-Napoca, Editor: Boroș-Balint Iuliana, 2011, P. 96

I 14 Capitole în volume colective

1. **Sandor Iosif**, capitol, *Romanian Rural Sport Geography in the Context of High Olympic Performances. Regions of Interest in the Sportsmen Selection* , Geografia E Sport Prospettive di ricerca e esperienze. Settecittà, Viterbo, Italia, Editor: Rosario De Iulio, 2012, P. 148-158

Criteriul C 4**I 17 Lucrări in-extenso publicate în volumele unor conferințe internaționale (neindexate ISI sau BDI)**

1. **Sandor Iosif**, *The selection in sport in different rural geographical environments, as a factor for the sportive performance* , II Congreso Mundial de Ciencias de la Actividad Fisica y del Deporte: Deporte Y Calidad de la Vida”, Granada, Spain, Impreso en Graficas Alhambra – Granada – Espana, Deposito Legal: GR- 1600-03, 84-688-3736 – 9, BDI, 2003, P. 130-133
2. **Sandor Iosif**, *A falusi földrajzi környezet – a sportbeli teljesítmény egyik alapvető tényezője*, Minősegi igények és módszertani követelmények a felsőoktatásban, Ed. Presa Universitară Clujeană, 973-610-300-5, BDI, 2004, P. 59-66
3. **Sandor Iosif**, *Metode de predare a schiului alpin*, Mișcarea – punte de legătură între gândire și acțiune, Risoprint, 973-656-763-x, BDI, 2004, P. 238-242
4. **Sandor Iosif**, • *Mediul geografic rural factor al performanței sportive*, Perspective ale Educației Fizice și Sportului la început de mileniu, Risoprint, 2002, P. 452-461

5. **Sandor Iosif**, *The Romanian Carpathians and their premises to practicing skiing and tourism activities*, Rural Space and Local Development, Presa Universitara Clujana, Editor: Vasile Surd si Vasile Zotic, 2007, P. 463-466
6. **Sandor Iosif, Baciuc Marius-Alin**, *Tenisul de camp - de la afirmarea valorilor din mediul urban la selectia din mediul rural*, Contemporary Paradigms of Sport science, Risoprint, 978-973-751-926-9, BDI, 2008, P. 448-453
7. **Zotic Vasile, Sandor Iosif**, *The Altitudinal Variations of the Main Climatic Elements in Romania and their Pretability for Performances. Case Study: the Southern Carpathians*, Rural Space and Regional Development, Studia, Editor: Surd Vasile, Zotic Vasile, 2003, P. 240-250
8. **Şandor, I.** Andras A., Andras A. (2004), *Factorii ce influenţează activitatea sportivă extraşcolară a elevilor*, „Mişcarea – punte de legătură între gândire şi acţiune”, Ed. Risoprint, Cluj-Napoca, 2004, ISBN 973-656-763-x, pag. 391-396.
9. **Şandor, I.**, Dragomir P., Karácsony P., (2004) *Importanţa reconstruirii bazinului de înot din parcul „Iuliu Haţieganu”*, „Mişcarea – punte de legătură între gândire şi acţiune”, Ed. Risoprint, Cluj-Napoca, 2004, ISBN 973-656-763-x, pag. 458-463.
10. **Şandor, I.**, Szabo P., (2004) *Alimentaţia oamenilor în vârstă*, „Mişcarea – punte de legătură între gândire şi acţiune”, Ed. Risoprint, Cluj-Napoca, 2004, ISBN 973-656-763-x, pag. 464-472.
11. **Şandor, I.**, Vanyo, Katalin, (2004) *Există antrenor perfect?*, „Mişcarea – punte de legătură între gândire şi acţiune”, Ed. Risoprint, Cluj-Napoca, 2004, ISBN 973-656-763-x, pag. 473-479.
12. **Sandor Iosif, Surd Vasile**, *Physical and infrastructure framework - premises for high altitude training in the Romania s Carpathians*. , Rural Space and Regional development, Studia, Editor: Zotic Vasile, Surd Vasile, 2003, P. 179-186
13. **Sandor Iosif, Surd Vasile**, *The specificity of rural space of Romanian with regarding physical effort of population*, Rural Space and Regional development, Studia, Editor: Zotic Vasile, Surd Vasile, 2003, P. 225-229

14. **Sandor Iosif, Pascan Ioan**, *The training ashore – important factor in alpine skiing activities*, , 10th International Sport Sciences Congress, Bolu – Turkey, Abbant Izzet Baysal University&Sport Sciences Association, 2008, P. 958-960
15. **Rusu Flavia Ileana, Roman Gheorghe, Sandor Iosif**, *The Relations Between The Physical Activity And The Life Quality Parameters To Menopausal Women*, Movement and Health 2007 Conference, University Palackeho Olomouc - Slovakia, 2007, 978-345-7889-56-8, HEPA, 2007, P. 67-73
16. **Pascan Ioan, Pascan Adrian-Claudiu, Sandor Iosif**, *Investigation regarding the methodology of acrobatic gymnastics in schools*, Vedcka Konferencia s medzinarodnou ucastou, Sport A Zdravie, Editor: PaedDr. Jaroslav Brodani, PhD, 978-80-8094-374-5, 18-19 septembra 2008, Nitra - Slovenska republika, 2008, P. 36-40
17. Roman Gheorghe, Rusu Flavia Ileana, **Sandor Iosif**, *Physical Activity Determinants and Inactive Behaviour in Three Countries*, The 3-rd World Congress of Sciences of Physical Activity and Sport , Risoprint, Editor: Mircea Dragan, 2006, P. 19-20
18. **Sandor Iosif**, Baciú Marius-Alin, Monea Dan, Pascan Ioan, *The rural environment and the free time activities of the young students*, , International Conference, Sport and Quality of Life , Brno, 978-80-210-4716-7, BDI, 2008, P. 140-141
19. Paşcan Ioan, **Şandor Iosif**, Baciú Alin, Paşcan Adrian, *The needful skills appropriate the acrobatic exercises and the importance of those give it by the 5th-8th class students*, International Conference, Sport and Quality of Life 2008, Brno, 6th – 7th, November, ISBN 978-80-210-4716-7, pag.114. 2008
20. Baciú Marius-Alin, Monea Dan, **Sandor Iosif**, Madotto Roberto Gabriel, *Studiul asupra relatiei dintre dintre profesia parintilor si alegerea sportului practicat de copii*, Contemporary paradigms of Sport Science, Risoprint, 978-973-751-926-9, -, 2008, P. 68-72
21. Baciú Marius-Alin, Monea Dan, Pascan Ioan, **Sandor Iosif**, Deak Gratiela-Flavia, *The Opinions on Sport, in General Tennis,in Particular,of Primary School Children :a Romania - France Comparison*, The 6 th year of the international scientific conference Sport And Quaity of Life, Brno - Cehia , Masarykova univerzita, Editor: doc. Paed Dr. Marie Blahutkova, Ph.D., 978-80-210-4716-7, -, 2008, P. 11-17

22. Biddle S, Hamar Pal, Soos Istvan, **Sandor Iosif**, Szabo Peter-Zsolt, Boros-Balint Iuliana, *An ecological momentary assessment (EMA) in Transylvania students' physical activity and sedentary behaviors*, International Conference „Contemporary Paradigms of Sport science”, Risoprint, 978-973-751-926-9, BDI, 2008, P. 37-41
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25. Alexei Mircea, Muresan Alexandru, Bogdan Vasile, Ganea Ioan-Virgil, Pop Horea, **Sandor Iosif**, *Cartografierea traseelor turistice montane pentru orientare cu GPS*, Contemporary Paradigms of Sport Science, Risoprint Cluj-Napoca 2008, 2008, P. 55-63
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Criteriaul C6

I 45 Publicații de cursuri, manuale universitare noi sau actualizate (minimum 25% elemente noi):

I 45.1– pentru programele de licență

1. *Bevezetés a Sport és Testnevelésméletbe*, GMI , Cluj - Napoca, 2008, P. 120
2. *Az iskolai testnevelés és sport oktatásának módszertana (Metodica Educației Fizice și Sportive Școlare)*, Curs, 103 pagini, 2005.
3. *Az iskolai testnevelés és sport oktatásának módszertana (Metodica Educației Fizice și Sportive Școlare)*, Curs, 144 pagini, 2009.
4. *Bazele generale ale teoriei educației fizice și sportului*, suport de curs, uz intern, Cluj-Napoca, 153 pagini, 2008.
5. *Teoria educației fizice și sportului* suport de curs, IFR, uz intern, Cluj-Napoca, 85 pagini, 2011.

I 45.2 – pentru programele de master

1. *Proiectare curriculară*, suport de curs, uz intern, FEFS, Cluj-Napoca, 75 pagini, 2010
2. *Ontogeneza mișcării*, suport de curs, uz intern, FEFS, Cluj-Napoca, 80 pagini, 2010
3. *Educație și sănătate* suport de curs, uz intern, FEFS, Cluj-Napoca, 53 pagini, 2011
4. *Caracteristicile efortului și metodologiile de optimizare a acestuia în funcție de condițiile de mediu*, suport de curs, uz intern, Master: Turismul sportiv și agrementul din perspectiva ecodenzvoltării, UBB, Facultatea de Geografie, Extensia Bistrița, 65 pagini, 2011
5. *Nutriție și Fitness*, – suport de curs, uz intern, Cluj-Napoca, Master: Științele Nutriției, UBB, Facultatea de Biologie și Geologie, 153 pagini, 2011

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