

I. Teză doctorat

Contribuții privind optimizarea pregătirii în atletism - proba de alergare montană- prin influența antrenamentului la altitudine, Universitatea Babeș- Bolyai Cluj-Napoca, 2015

II. Cărți publicate

Prim autor

1. Dragoș O, Man CM(2023) *Nutriția sportivilor de performanță*, Editura Risoprint, Cluj-Napoca, ISBN978-973-53-3143-6
2. Cristina Maria Man.(2022) *Pregătirea la altitudine, factor favorizant creșterii performanței în alergare montană*. Editura Risoprint, Cluj-Napoca, ISBN 978-973-53-2832-0
3. Ilie M, Dan I Alexe, C I Alexe, C Man, T M Ionescu,(2020) *Simulare de condiții, captarea mișcării și analiza datelor în cercetarea sportului*, Editura Risoprint, Cluj-Napoca, ISBN978-973-53-2492-6

III. Capitole în cărți publicate în calitate de autor principal în edituri clasificate A1

1. Muntean, R. I., Ardelean, V. P., Man, C. M., Fleacu, J. L., Ștefănică, V., Groza-Gogean, G., ... & Ursu, V. E. (2025). Isolated bicipital tendinitis recovered with physiotherapy treatment and therapeutic massage in handball and polo players (12–14 years). In D. Rad, T. Dughi, R. Maier, F. Golu, D. Birle, O. Toderici, & V. Ardelean (Eds.), *A behavioral sciences perspective on digital well-being* (pp. 458). Peter Lang. <https://doi.org/10.3726/b22578>
2. Muntean, R. I., Ardelean, V. P., Man, C. M., Fleacu, J. L., Ștefănică, V., Groza-Gogean, G., ... & Ursu, V. E. (2025). The preparation of a high school handball team after the COVID-19 pandemic, influenced or not? In D. Rad, T. Dughi, R. Maier, F. Golu, D. Birle, O. Toderici, & V. Ardelean (Eds.), *A behavioral sciences perspective on digital well-being* (pp. 458). Peter Lang. <https://doi.org/10.3726/b22578>

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IV. Articole publicate în calitate de autor principal în jurnale indexate Web of Science (WOS)

1. Mor, A., Acar, K., Alexe, D. I., Mor, H., Abdioglu, M., Man, M. C., ... & Alexe, C. I. (2024) Moderate-Dose Caffeine Enhances Anaerobic Performance Without Altering Hydration Status. *Frontiers in Nutrition*, 11, 1359999. <https://doi.org/10.3389/fnut.2024.1359999>
2. Mavritsakis, N., Muntean, R. I., Ursu, V. E., Susan, R., Susan, M., Groza-Gogean, G., ... & Ionescu, E. (2024). Prolactinomas: Clinical and Epidemiological Aspects. *BRAIN. Broad Research in Artificial Intelligence and Neuroscience*, 15(2), 210-224. <https://doi.org/10.18662/brain/15.2/573>
3. Muntean, R. I., Ștefănică, V., Ursu, V. E., Rusu, R. G., Man, C. M., Tomuș, A. M., ... & Roșu, D. (2023). The Impact of HVLA Manipulations and Therapeutic Massage in Increasing the Mobility of the Lateral Flexion of the Neck. *BRAIN. Broad Research in Artificial Intelligence and Neuroscience*, 14(4), 266-291. <https://doi.org/10.18662/brain/14.4/505>
4. Man, M. C., Ganera, C., Bărbuleț, G. D., Krzysztofik, M., Panaet, A. E., Cucui, A. I. Alexe, D. I. (2021). The Modifications of Haemoglobin, Erythropoietin Values and Running Performance While Training at Mountain vs. Hilltop vs. Seaside. *International Journal of Environmental Research and Public Health*, 18(18), 9486. <https://doi.org/10.3390/ijerph18189486>

V. V. Articole publicate în calitate de coautor principal în jurnale indexate Web of Science (WOS)

1. Waer, F. B., Sahli, S., Alexe, C. I., Man, M. C., Alexe, D. I., & Burchel, L. O. (2023). The Effects of Listening to Music on Postural Balance in Middle-Aged Women. *Sensors*, 24(1), 202. <https://doi.org/10.3390/s24010202>
2. Canli, U., Aldhahi, M. I., Sendil, A. M., Dogan, Z., Alupeii, D., Man, M. C., ... & Arslanoglu, C. (2025). The effect of body composition and lifestyle habits on functional movement capacity in inactive overweight adults males. *Journal of Men's Health*, 21(1), 73-80. [DOI:10.22514/jomh.2025.007](https://doi.org/10.22514/jomh.2025.007)

VI. Articole publicate în calitate de autor principal în jurnale indexate în cel puțin trei baze de date internaționale

1. Talpaș, P. M., Muntean, R. I., Mavritsakis, N., & Man, M. C. (2024). The impact of the COVID-19 pandemic on the preparation of a high school handball team: Adaptation and challenges. *Baltica Journal*, 38. <https://doi.org/10.59879/58jU7>
2. Ștefănică, V., Mateescu, A., Popescu, C., Man, M. C., Dragoș, O., Cojanu, F., ... & Vișan, P. (2024). Who deserves the seat? Examining the struggle for diversity and equity in sports management selection in Romania. *Baltica Journal*, 38. <https://doi.org/10.59879/j1VJs>
3. Groza, G. G., Ștefănică, V., Dragoș, O., Ceylan, H. İ., Pîrvu, D., & Man, M. C. (2024). Plyometric training to enhance agility, speed, and social interaction in children aged 10–12 with mild intellectual disability: Findings from a Special Olympics based study. *Baltica Journal*, 37. <https://doi.org/10.59879/ON4b5>
4. Cristina, M. M., & Cătălin, G. (2018). Study on changing hematocrit values after a 21 day stage of training (athletics) on sand of Black Sea seaside (Constanța Romania) *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, 18(2 S1), 325-330.
5. Man, M. C., & Ganera, C. (2016). A study on athletes' heart rate changing while performing a 21 days training course at an altitude of 2000m. *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, 16(2 SI), 537-548.
6. Man, M. C., & Ganera, C. (2016). Study on changing arterial oxygen saturation level of athletes while performing a 21 days training course at an altitude of 2000 meters. *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, 16(2), 198-209.
7. Cristina, M. M., & Catalin, G. A. (2015). Study on the influence of training at altitude (2000m) on the maximum aerobic velocity in athletics (Mountain race). *Science, Movement and Health*, 15(2), 135-146.

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8. Cristina, M. M., & Cătălin, G. (2015). A study on the influence of training at altitude (2000m) on the blood hemoglobin and erythropoietin values in athletics (aerobic resistance). *Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health*, 15(2 S1), 409-419.

VII. Articole publicate în calitate de coautor principal în jurnale indexate în cel puțin trei baze de date internaționale

1. Panaet, E. A., Grigore, V., Cristina, M., Dolinschi, C. M., & Alexe, D. I. (2021) Effect of pediatric flat foot on the sagittal alignment of the pelvis and spine, *Discobolul – Physical Education, Sport and Kinetotherapy Journal*, Volume 60, Issue 4, 475-484.
<https://doi.org/10.35189/dpeskj.2021.60.4.10>
2. Panaet, A. E., Alexe, C. I., Marchis, C., Man, C. M., & Grigore, V. (2021). Essay regarding the Need for a Standard Framework of Assessment and Measurement of Flat Feet in Children. *Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics*, 235-246.
<https://doi.org/10.31926/but.shk.2021.14.6.1.30>

VIII. Articole publicate în calitate de autor principal în volumele unor conferințe internaționale cu ISSN/ISBN

1. Man MC, Ganera C, Ovidiu D, The modifications of erythropoietin values while training at mountain vs seaside favoring the increase of sports performance, *The International Conference „Sports, education, culture-Interdisciplinary Approaches in scientific research”* Galați 2022
2. Man MC, Ganera C, Study on the change of erythropoietin levels in performance athletes following a training session on the seaside of Black sea, *International Scientific Conference „Perspectives in physical education and sport”* Constanța 2019
3. Man MC, Ganera C., Study on changing hematocrit values after 21 days training course on the beach, *International Scientific Conference „Perspectives in physical education and sport”* Constanța 2018,
4. Man MC, Ganera C. Study of changing arterial oxygen saturation level of athletes while performing a 21 days training course at an altitude of 2000 meters, *International Scientific Conference „Perspectives in physical education and sport”* Constanta 2016,

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5. Man MC, Ganera C. A study on athletes heart rate changing while performing a 21 days training course at an altitude of 2000m ,*International Scientific Conference „Perspectives in physicale education and sport”*Constanța 2016,
6. Man MC, Ganera C. A study regarding the influence ao 2000m altitude training on the values of blood hemoglobin and eritropoietina in athletics(aerobic resistance),*International Scientific Conference „Perspectives in physicale education and sport”*Constanța 2015,
7. Man MC, Ganera C. A Study regarding the influence of 2000m altitude training on the maximum aerobic speed in athletics-practicing mountain running, ,*International Scientific Conference „Perspectives in physicale education and sport”*Constanța 2015
8. Talaghir L.G.,Man C., Study on learning jumps in school gymnastics at class VI, *The 5th International Scientific Conference Achievements and prospects in the field of physical education and sports within the interdisciplinary European education system* Bacău, 2015, ISBN,2069-2269

IX. Articole publicate în calitate de coautor principal în volumele unor conferințe internaționale

1. E A Panaet, G Rață, M C Man, C I Alexe, Distribution of plantar pressures under staticconditions, in various areas of the pediatric flatfoot, *International Congress o Education, Health and Human Movement,ICEHHM Human Movement: New Paradigms in a Changing World,Bucharest 2022*