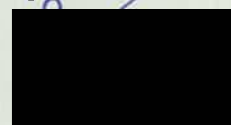


LISTA COMPLETĂ DE LUCRĂRI

Candidat: MUNTEAN RAUL IOAN
pentru ocuparea postului de Asistent Universitar, poziția 26
Domeniul: Educație Fizică și Sport

a) Lista celor maximum 10 lucrări considerate cele mai relevante pentru realizările profesionale proprii

- 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>
WOS:001166877200017
- Rosu, D., Enache, I. S., Muntean, R. I., & Stefanica, V. (2024). Effects of Kin Ball initiation: Pre-and post-pandemic impact on palmar muscle strength, endurance, and coordination in non-athlete participants. *Sports*, 12(6), 158.
<https://doi.org/10.3390/sports12060158> **WOS:001257106800001**
- Muntean, R. I., Stefanica, V., Rosu, D., Boncu, A., Stoian, I., & Oravitan, M. (2024). Examining the interplay between mental health indicators and quality of life measures among first-year law students: a cross-sectional study. *PeerJ*, 12, e18245.
<https://doi.org/10.7717/peerj.18245> **WOS:001356742000005**
- Deliceoğlu, G., Kabak, B., Çakır, V. O., Ceylan, H. İ., Raul-Ioan, M., Alexe, D. I., & Stefanica, V. (2024). Respiratory muscle strength as a predictor of VO2max and aerobic endurance in competitive athletes. *Applied Sciences*, 14(19), 8976.
<https://doi.org/10.3390/app14198976> **WOS:001332158000001**
- Stefanica, V., Joksimović, M., Ceylan, H. İ., & Raul Ioan, M. (2024). Navigating the path to management: insights into sport manager selection and diversity strategies in Romania. *Cogent Social Sciences*, 10(1), 2436550.
<https://doi.org/10.1080/23311886.2024.2436550> **WOS:001371118600001**
- Souaifi, M., Dhahbi, W., Jebabli, N., Ceylan, H. İ., Boujabli, M., Muntean, R. I., & Dergaa, I. (2025). Artificial Intelligence in Sports Biomechanics: A Scoping Review on Wearable Technology, Motion Analysis, and Injury Prevention. *Bioengineering*, 12(8), 887.
<https://doi.org/10.3390/bioengineering12080887> **WOS:001557857800001**
- Alecu, A., Stefanica, V., Muntean, R. I., Visan, P. F., Tataru, A. M., Hristache, D., & Cojanu, F. (2025). Individualized effort dynamics and monitoring-based training in sprint kayaking: a practical model for enhancing athlete performance. *Cogent Social Sciences*, 11(1), 2545574. <https://doi.org/10.1080/23311886.2025.2545574>
WOS:001549878200001
- Sağlam, A. F., Aydın, E. M., Koç, H., Muntean, R. I., Joksimovic, M., & Stefanica, V. (2025). Neuromuscular Activation and Symmetry in Isometric Squats: Comparing Stable and Unstable Surfaces. *Symmetry*, 17(8), 1317. <https://doi.org/10.3390/sym17081317>
WOS:001559984600001



- Süleymanoğulları, M., Tekin, A., Ceylan, H. İ., Bayraktar, G., Altuğ, T., Muntean, R. I., & Eyipinar, C. D. (2026). Effects of Regular Exercise on Peripheral Brain-Derived Neurotrophic Factor in Neurological and Non-Neurological Populations: A Meta-Analysis with Meta-Regression. *Brain Sciences*.
<https://doi.org/10.3390/brainsci16010039> WOS:001672281700001
- Alaya, W. B., Dhahbi, W., Souissi, M. A., Jebabli, N., Ceylan, H. İ., Ceylan, N. B., Muntean, R. I., & Souissi, N. (2026). Progressive Smartphone Restriction Combined with Psychoeducational Guidance and Pre-Sleep Autonomic Regulation Improves Sleep Efficiency and Time-of-Day Cognitive Performance in Physically Active Students with Nomophobia: A Randomized Controlled Trial. *Life*, 16(2), 212.
<https://doi.org/10.3390/life16020212> WOS:001701578700001

b) Teza sau tezele de doctorat

- Doctorat în cadrul Universității de Vest din Timișoara, domeniul Știința Sportului și Educației Fizice (2021–2025).
Titlul tezei de doctorat: Impactul Activității Fizice și Eficiența Acesteia Asupra Simptomelor de Depresie, Anxietate și Stres la Studenți.

c) Brevete de invenție și alte titluri de proprietate industrială

- Nu este cazul.

d) Cărți publicate și capitole în cărți

- Handbal Fundamente Teoretico – Stiintifice, Iulian Stoian , Raul Muntean, Risoprint ISBN: 978-973-53-3116-0
- Terapia prin atingere: Masaj si Tehnici Complementare, Muntean Raul Ioan, Culda Paul, Stefanica Valentina, Risoprint ISBN: 978-973-53-3357-7
- Isolated Bicipital Tendinitis Recovered with Physiotherapy Treatment and Therapeutic Massage in Handball and Polo Players (12-14 years) Peter Lang
<https://doi.org/10.3726/b22578>
- The preparation of a high school handball team after the COVID-19 pandemic, influenced or not? Peter Lang <https://doi.org/10.3726/b22578>

e) Articole/studii in extenso publicate în reviste din fluxul științific internațional principal

- Roșu, D., Cojanu, F., Vișan, P. F., Samarescu, N., Ene, M. A., Muntean, R. I., & Ursu, V. E. (2024). Structured program for developing the psychomotor skills of institutionalized children with special educational needs. *Children*, 11(1), 102.
<https://doi.org/10.3390/children11010102> WOS:001151861400001

- Gheorghe, C. D., & Muntean, R. I. (2024). Exploring Scientific Management in County Departments of Sports and Youth (CDSY) in Romania: Insights, Challenges, and Pathways Forward. *Revista Romaneasca pentru Educatie Multidimensionala*, 16(2), 300-324. <https://doi.org/10.18662/rrem/16.2/858> WOS:001318538200016
- Chrif, A., Stefanica, V., Ceylan, H. I., Hammami, R., Amar, I. B., Chortane, S. G., ... & Muntean, R. I. (2024). Disability Representation in French and Tunisian Media: A Comparative Analysis of Paralympic Games Coverage. *Revista Romaneasca pentru Educatie Multidimensionala*, 16(3), 168-192. <https://doi.org/10.18662/rrem/16.3/889> WOS:001318544200011
- Petkovic, J., Nokic, A., Goranovic, K., Joksimovic, M., & Muntean, R. I. (2025). Morphological Characteristics, Somatotype, and Body Composition in Soccer Players in Relation to Playing Position: A Narrative Review. *International Journal of Morphology*, 43(1). <http://dx.doi.org/10.4067/S0717-95022025000100148> WOS:001450583300021
- Chouk, K., Triki, R., Dergaa, I., Ceylan, H. I., Bougrine, H., Raul-Ioan, M., & Ben Abderrahman, A. (2025). Effects of combined diet and physical activity on glycemic control and body composition in male recreational athletes with type 2 diabetes mellitus. *Frontiers in Endocrinology*, 16, 1525559. <https://doi.org/10.3389/fendo.2025.1525559> WOS:001511720100001
- Hammami, N., Karoui, S., Khezami, M. A., Ceylan, H. I., Dhahbi, W., Bahlouli, E., ... & Dziri, C. (2025). Adapted Physical Activity Protocol Improves Health-Related Quality of Life and Psychological Outcomes in Long COVID: A Prospective Longitudinal Study. *Journal of Multidisciplinary Healthcare*, 6445-6457. <https://doi.org/10.2147/JMDH.S530582> WOS:001590461000001
- Konca, E., Yilmaz, C., Bayrakdaroglu, S., Ceylan, H. I., Arslan, A., Ocak, H., Karakulak, I., Sari, R., Uzun, R. N., Soylu, H. H., Ceylan, L., & Muntean, R. I. (2026). Short-Term Inspiratory Muscle Training Enhances Functional and Metabolic Health in Older Adults. *Healthcare (Basel, Switzerland)*, 14(2), 249. <https://doi.org/10.3390/healthcare14020249> WOS:001670512900001
- Bchini, S., Abdellaoui, S., Dergaa, I., Ceylan, H. I., Triki, R., Farhani, Z., Moussaoui, D., Muntean, R. I., & Abderrahman, A. B. (2026). Sex-specific influence of maturity status on jumping performance in adolescents: a cross-sectional study. *Scientific reports*, 10.1038/s41598-026-41094-1. Advance online publication. <https://doi.org/10.1038/s41598-026-41094-1> WOS:001735315000021
- Belgacem, Ahlem MSc,a,b; Salem, Atef PhDc; Yildiz, Mevlüt PhDd; Ceylan, Halil İbrahim PhD; Ben Hassen, Said PhDf; Negra, Yassine PhDg; Muntean, Raul Ioan PhDh,*; Jarraya, Mohamed PhDa,b. Impact of competitive anxiety on mood, sleep, and physical activity levels in young Tunisian karate athletes: A multidimensional prospective observational study. *Medicine* 105(18):p e48435, May 01, 2026. | DOI: <https://doi.org/10.1097/MD.00000000000048435>
- Khiari, H., Henchiri, S., Dergaa, I., Ceylan, H. I., Stefanica, V., Sakhri, S., Zarraa, S., Ben Mansour, H., Zenzri, Y., Dziri, H., Mansour, N. B., Mahjoub, N., Muntean, R. I., & Hsairi, M. (2026). Sex-Specific Trends in Thyroid Cancer Incidence and Histological Patterns in

Northern Tunisia: A Population-Based Study with Implications for Cancer Control and Prevention. *Cancers*, 18(9), 1472. <https://doi.org/10.3390/cancers18091472>

f) Publicații in extenso apărute în volume ale principalelor conferințe internaționale

- Nu este cazul.

g) Alte lucrări și contribuții științifice

- Ioan, M. R. (2021). HANDBALL PLAYER'S RECOVERY AFTER THE INJURY OF THE ANTERIOR CRUCIATE LIGAMENT. *Sport & Society/Sport si Societate*, (2). <https://doi.org/10.36836/2021/2/35>
- Ioan, M. R. (2022). Systematic review of the impact of physical activity on depression and anxiety symptoms. *Journal of Physical Education and Human Movement*, 4(2), 61-68. <https://doi.org/10.24310/IPEHMjpehmjpehm.v4i215703>
- Catanescu, A. C., & Muntean, R. L. (2024). Enhancing social inclusion through adapted football: exploring effective teaching strategies for children with special educational needs in institutionalized settings. *Timisoara Physical Education and Rehabilitation Journal*, 17(32), 1-9. <https://doi.org/10.2478/tperj-2024-0004>
- Azim, A., Hossain, J., Ceylan, H. I., Muntean, R. I., & Haque, M. M. (2025). Unlocking the Fast Track: Exploring the Interplay between Body Composition and Athletes' Performance in the 100 m Sprint. *Motricidade*, 21, e40642-e40642. <https://doi.org/10.6063/motricidade.40642>

Data: 18.05.2026

Semnătura: 