

LISTA

lucrărilor științifice în domeniul disciplinelor din postul didactic

A. Lista celor max. 10 lucrări relevante pentru domeniul disciplinelor postului pentru care cadidează:

1. Badau, D., **Steff, N.**, Badau, A., & Stoica, M., Enhancing Lower-Limb Simple and Choice Reaction Time and Spatial Orientation in Junior Basketball Players by Implementing Fitlight Technology in Sports Training. *Perceptual and Motor Skills*, 2025, Volum 132, Issue 6, pg. 1392-1417, DOI:<https://doi.org/10.1177/00315125251347793>, ISSN: 0031-5125, IF=1.8, Q3, <https://journals.sagepub.com/doi/abs/10.1177/00315125251347793> WOS:001499519900001 , Jurnal fără APC
2. **Steff, N.**, Badau, D., & Badau, A. Study on the Impact of Implementing an Exercise Program Using Fitlight Technology for the Development of Upper Limb Coordinative Abilities in Basketball Players, *Sensors*, (2024), 24(11), 3482., DOI: <https://doi.org/10.3390/s24113482> , <https://www.mdpi.com/1424-8220/24/11/3482> , eISSN: 1424-8220, FI:3,5; Q2, WOS:001246974800001,
3. **Steff, N.**, Badau, D., & Badau, A.. Improving Agility and Reactive Agility in Basketball Players U14 and U16 by Implementing Fitlight Technology in the Sports Training Process., *Applied Sciences*, (2024), 14(9), 3597., DOI: <https://doi.org/10.3390/app14093597>., eISSN: 2076-3417, FI:2,5, Q2, <https://www.mdpi.com/2076-3417/14/9/3597>. WOS:001220671600001.
4. **Steff N.**, Bădău D., Teste și exerciții pentru dezvoltarea capacităților coordinative la jucătorii de baschet juniori prin utilizarea tehnologiei FitLight, Editura:Risoprint, 2026, pg. 172., ISBN 978-973-53-3555-7, Categoria A2
5. **Steff N.**, Radu A., Hulpus A., Fundamentele științifice ale jocului de baschet, Editura: Risoprint, 2025, pg. 190., ISBN 978-973-53-3551-9, Categoria A2
6. Graur C., **Steff N.**, Bădău A., Lecții Online De Educație Fizică Pentru Studenții De La Neprofil, Editura: Risoprint, 2024, pg. 126., ISBN 978-973-53-3205-1, Categoria A2
7. **Steff, N.**, Bădău, D. (2024). A pilot study regarding the development of reaction time through the implementation of Fitlight technology in the training of basketball players aged 13-14 years. *Health, Sports & Rehabilitation Medicine*, 25(1). DOI: <https://doi.org/10.26659/pm3.2024.25.1.17>. <https://jhsrm.org/magazine/021/03-steff17-22.pdf>.
8. **Steff, N.**, Cengiz, S.S., Bădău, D. (2024) The Impact Of Modern Technologies On The Balance Of Basketball Players With Ages Between 13-14. *Bulletin of the Transilvania University of Brasov, Series IX: Sciences of Human Kinetics*, 17(66), no. 2 DOI: <https://doi.org/10.31926/but.shk.2024.17.66.2.11>, Link: https://webbut.unitbv.ro/index.php/Series_IX/article/view/8426
9. Graur C, **Steff N**, Puni Ra, Papp Eg, Ciulea Le. Assessment Of Explosive Strength In Shotokan Practitioners At Csu Medicine Târgu Mureș. *Sport & Society/Sport Si Societate*. 2024 Jan 1;24(1). DOI: <https://doi.org/10.36836/2024/01/05>, link: <https://www.sportsisocietate.ro/articol/666>

10. **Steff, N., & Făgăraș, P. S. (2021).** *Study Regarding The Interest Of Physical Education Students For College During The Pandemic. Discobolul-Physical Education, Sport & Kinetotherapy Journal*, 60. DOI: <https://doi.org/10.35189/dpeskj.2021.60.s9> , Link: <https://discobolulunefs.ro/media/S2021.9.pdf>

B. Teza de doctorat

Universitatea: Universitatea Transilvania din Brașov

Titlul Tezei: Îmbunătățirea Capacităților Coordinative La Jucătorii De Baschet Juniori Prin Experimentarea Unor Programe De Exerciții Specifice Care Utilizează Tehnologia Fitlight

Conducător Științific: Prof. Univ. Dr. Dana Bădău

Data susținerii: 23.09.2024

Calificativ: Magna cum laude

Titlul științific: Doctor în știința sportului și educației fizice

C. Cărți si capitole în cărți publicate în ultimii 10 ani

1. **Steff N., Bădău D.,** Teste și exerciții pentru dezvoltarea capacităților coordinative la jucătorii de baschet juniori prin utilizarea tehnologiei FitLight, Editura:Risoprint, 2026, pg. 172., ISBN 978-973-53-3555-7, Categoria A2

2. **Steff N., Radu A., Hulpus A.,** Fundamentele științifice ale jocului de baschet, Editura: Risoprint, 2025, pg. 190., ISBN 978-973-53-3551-9, Categoria A2

Cărți de la ultimul concurs pe post

3. Graur C., **Steff N., Bădău A.,** Lecții Online De Educație Fizică Pentru Studenții De La Neprofil, Editura: Risoprint, 2024, pg. 126., ISBN 978-973-53-3205-1, Categoria A2

D. Lucrări indexate ISI/BDI publicate în ultimii 10 ani

Articole publicate și indexate in WoS:

1. *Badau, D., **Steff, N.,** Badau, A., & Stoica, M., Enhancing Lower-Limb Simple and Choice Reaction Time and Spatial Orientation in Junior Basketball Players by Implementing Fitlight Technology in Sports Training. Perceptual and Motor Skills, 2025, Volum 132, Issue 6, pg. 1392-1417, DOI:<https://doi.org/10.1177/00315125251347793>, ISSN: 0031-5125, IF=1.8, Q3, <https://journals.sagepub.com/doi/abs/10.1177/00315125251347793> WOS:001499519900001 , Jurnal fără APC*

Articole de la ultimul concurs pe post

2. **Steff, N., Badau, D., & Badau, A.** Study on the Impact of Implementing an Exercise Program Using Fitlight Technology for the Development of Upper Limb Coordinative Abilities in Basketball Players, *Sensors*, (2024), 24(11), 3482.,DOI: <https://doi.org/10.3390/s24113482> , <https://www.mdpi.com/1424-8220/24/11/3482> , eISSN: 1424-8220, FI:3,5; Q2, WOS:001246974800001,
3. **Steff, N., Badau, D., & Badau, A..** Improving Agility and Reactive Agility in Basketball Players U14 and U16 by Implementing Fitlight Technology in the Sports Training Process., *Applied Sciences*, (2024), 14(9), 3597., DOI: <https://doi.org/10.3390/app14093597>., eISSN: 2076-3417, FI:2,5, Q2, <https://www.mdpi.com/2076-3417/14/9/3597>. WOS:001220671600001.

Articole publicate si indexate BDI:

1. **Steff, N.,** Bădău, D. (2024). A pilot study regarding the development of reaction time through the implementation of Fitlight technology in the training of basketball players aged 13-14 years. *Health, Sports & Rehabilitation Medicine*, 25(1). DOI: <https://doi.org/10.26659/pm3.2024.25.1.17>. <https://jhsrm.org/magazine/021/03-steff17-22.pdf>.

Index copernicus:

<https://journals.indexcopernicus.com/search/details?jmlId=1929&org=Palestrica%20Mileniului%20III%20-%20Civilizatie%20si%20Sport,p1929,3.html>

2. **Steff, N.,** Cengiz, S.S., Bădău, D. (2024) The Impact Of Modern Technologies On The Balance Of Basketball Players With Ages Between 13-14. *Bulletin of the Transilvania University of Brasov, Series IX: Sciences of Human Kinetics*, 17(66), no. 2 DOI: <https://doi.org/10.31926/but.shk.2024.17.66.2.11>, Link: https://webbut.unitbv.ro/index.php/Series_IX/article/view/8426

DOAJ: [Link Doaj](#)

ERIH+: <https://erihplus.hkdir.no/journal?id=491442>

3. Graur C, **Steff N,** Puni Ra, Papp Eg, Ciulea Le. Assessment Of Explosive Strength In Shotokan Practitioners At Csu Medicine Târgu Mureş. *Sport & Society/Sport Si Societate*. 2024 Jan 1;24(1). DOI: <https://doi.org/10.36836/2024/01/05>, link: <https://www.sportsisocietate.ro/articol/666>

Doaj: <https://doaj.org/article/6b7c7f1cae624a45b9b9e2375036d1d0>

ERIH+: <https://erihplus.hkdir.no/journal?id=502510>

4. **Steff, N.,** & Făgăraş, P. S. (2021). Study Regarding The Interest Of Physical Education Students For College During The Pandemic. *Discobolul-Physical Education, Sport & Kinetotherapy Journal*, 60. DOI: <https://doi.org/10.35189/dpeskj.2021.60.s9>, Link: <https://discobolulunefs.ro/media/S2021.9.pdf>

Erih+: <https://erihplus.hkdir.no/journal?id=485968>

Index copernicus: <https://journals.indexcopernicus.com/search/details?id=43674>

E. Lucrări publicate în ultimii 10 anii în reviste şi volume de conferinţe cu referenţi (neindexate)

F. Brevete obţinute în întreaga activitate

Data:

Semnătura:

13.01.2026