

Listă de lucrări

NUMELE: Șandra

PRENUMELE: Mihai

Departamentul: Educație fizică, Sport și Kinetoterapie

Facultatea: Geografie, Turism și Sport

A. Listă lucrări reprezentative

1. Bulz, A.M., Șandra, M., Sabău, A.M., Grosu, E.F., & Bulz, G.C. (2024). Enhancing motor skills and coordination in middle schoolers through innovative physical education programs. *Geosport for Society*, 21(1), 115-125. <https://doi.org/10.30892/gss.2104-112>
2. Herman, G.V., Șandra, M., Pop, A., Ille, M., Cristea, D., Filimon, L., Filimon, C., Bulz, G.C., Martins, R., Caciara, T., & Sabău, A.M. (2024). Varadinum Summer School: Between perception and motivation. *Geosport for Society*, 20(1), 1-10. <https://doi.org/10.30892/gss.2001-104>
3. Herman, G.V., Deac, L.A., Șandra, M., Bulz, C., Herman, M.L., Caciara, T., & Oanț, C.I. (2024). ANALYSIS OF THE DEGREE OF KNOWLEDGE AND PERCEPTION REGARDING THE DEVELOPMENT OF TOURIST ROUTES IN LUNCASPRIE DESTINATION, ROMANIA. *Geojournal of Tourism and Geosites*, 55(3), 997-1004. <https://doi.org/10.30892/gtg.55301-1273>
4. Șandra, M., Abodi, C.N., Bulz, G.C., Caciara, T., & Marinău, M.A. (2023). Development of speed, agility and strength in middle school students. *Geosport for Society*, 19(2), 111-119. <https://doi.org/10.30892/gss.1907-101>
5. Savescu, D.V., & Sandra, M. (2021). Aspects regarding the development of basic motor skills in 10-12 year old children in football. Perspectives of the coach. *Geosport for Society*, 18(1), 1-8. <https://doi.org/10.30892/gss.1801-092>
6. Bulz, A.M., Sandra, M., Ille, M., Stance, L., Sabau, A., Sturzu, B., Savescu, D., & Bulz, G.C. (2023). Study on the use of new trends, materials and exercises for the development of coordination in 5th grade students (10-11 years old). *Geosport for Society*, 18(1), 30-40. <https://doi.org/10.30892/gss.1803-094>
7. Șandra, M., Savescu, D.V., Bulz, G.C., & Marinau, M.A. (2023b). Development of speed and strength in young football players aged 10-12 years. *Analele Universității din Oradea. Fascicula Educație Fizică și Sport*, 33(1), 3-12. https://feffs.utoradea.ro/Fascicula_Educatie_Fizica_si_Sport/2023/1.FEFS_2023_Sandra.pdf
8. Șandra, M., Bulz, G.C., & Marinău, M.A. (2022). The development of speed, agility and coordination in young football players of the U12 category. *Geosport for Society*, 17(2), 75-88. <https://doi.org/10.30892/gss.1702-085>

Asistent Univ. Drd. Șandra Mihai