



CURRICULUM VITAE

Date personale:

Nume, Prenume: Steff Norbert

Titlu academic: Asistent universitar doctorand

Departament: Științe și litere 2

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Domenii de interes (maximum 5 domenii, direcții): Știința sportului și educație fizică, Științele motricității, Fundamentele Științifice ale baschetului, Metode de cercetare în educație fizică

Activitate de cercetare:

1. Proiecte de cercetare (maximum 3 proiecte)

2. Lucrări publicate in extenso (maximum 5 lucrări)

2,1 Steff, N., Badau, D., & Badau, A. (2024). Improving Agility and Reactive Agility in Basketball Players U14 and U16 by Implementing Fitlight Technology in the Sports Training Process. *Applied Sciences*, 14(9), 3597., DOI: <https://doi.org/10.3390/app14093597>. <https://www.mdpi.com/2076-3417/14/9/3597>. WOS:001220671600001, IF (2023) = 2,5.

2,2 Steff, N., Badau, D., & Badau, A. (2024). Study on the Impact of Implementing an Exercise Program Using Fitlight Technology for the Development of Upper Limb Coordinative Abilities in Basketball Players. *Sensors*, 24(11), 3482. DOI: <https://doi.org/10.3390/s24113482>. <https://www.mdpi.com/1424-8220/24/11/3482>., WOS:001246974800001, IF (2023) = 3,4,



2,3 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>.

2,4 Steff, N., & Bădău, D. (2024). *Methods to improve balance at junior basketball players by means that use specific modern technologies.* *Bulletin of the Transilvania University of Brasov, Series IX: Sciences of Human Kinetics*, 17(66), no. 2

2,5 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.