

# LISTĂ DE LUCRĂRI

## I. ÎNDRUMĂTOR DE LUCRĂRI PRACTICE

1. Moldovan Geanina, Tarcea Monica, Ruța Florina, Fazakas Zita, Rus Victoria, Martin Ștefan Adrian, Cotruță Smaranda, **Hadmaș Roxana Maria**, Conțiu Liana. Ghid Practic de Alimentație în Colectivități (Intervenții Nutriționale Comunitare), 178 pg, Editura University Press Tirgu Mureș.

## II. ARTICOLE PUBLICATE ÎN EXTENSO ÎN REVISTE COTATE ISI CU FI

### a. Articole publicate în extenso în reviste cotate ISI cu FI, co-autor

1. Martin ȘA, **Hadmaș RM**, Dobreanu D, Resting Metabolic Rate Changes Over 4 Months Of Elite General Cross Country Roller Skiing Training. Science & Sports. 2019. 34(4): 236-243. **IF: 0.684**. ISSN 0765-1597

## III. ARTICOLE PUBLICATE ÎN EXTENSO ÎN REVISTE ISI, FĂRĂ FI

### a. Articole publicate în extenso în reviste ISI, fără FI, autor principal

1. Martin ȘA, **Hadmaș RM**. Shooting Performance Under Training Load in Biathlon. Gazz Med Ital – Arch Sci Med, 2019. 178(10): 769-774. ISSN 0393-3660
2. Martin ȘA, **Hadmaș RM**. Individual Adaptation in Cross-Country Skiing Based on Tracking. Sports. 2019. 7(9): 211. ISSN 2075-4663

### b. Articole publicate în extenso în reviste ISI, fără FI, co-autor

1. Martin ȘA, **Hadmaș RM**, Graur C. Effect of Single L-Carnitine Dose Over Lactate Production During High Intensity - Short Volume Effort. Journal of Applied Exercise Physiology. 2019. 8(2): 1-7. ISSN 2322-3537

## IV. ARTICOLE PUBLICATE ÎN EXTENSO ÎN REVISTE B+ SAU BDI

### a. Articole publicate în extenso în reviste B+ sau BDI, autor principal

1. Graur C, Martin ȘA, **Hadmaș RM**. Warm-up routines: performance assessment following both an active and a combined method in basketball players. JHSRM. 2019. 20(3): 103-109. ISSN 2668-2303
2. **Hadmaș RM**, Tarcea M, Neghirlă A, Mărginean O, Martin A, Martin ȘA. Nutritional Value of Kindergartens Menus from Tirgu Mures / Romania, related to National and International Dietary Recommendations. Medicine in evolution. 2017. 23(3): 271-278. ISSN 2065-376X
3. **Hadmaș RM**, Neghirlă A, Martin ȘA. Children's nutrition specificity related to general sporting activities practiced in kindergartens. PM3. 2017. 18(4):196-200. pISSN 2601-2537

4. **Hadmaş RM**, Erdos MI. The Influence Of Prenatal Supplement Intake On Weight Gained During Pregnancy And Birth Weight. Acta Medica Transilvanica. 2016. 21(2): 15-18. ISSN 2285-7079
5. **Hadmaş RM**, Martin ŞA, Erdos MI. Do Kindergartens With Extended Schedule Cover the Caloric and Macronutrients Needs of the Preschoolers. Management in Health. 2016. 20(3): 37 – 40. ISSN 2067-7561
6. **Hadmaş RM**, Martin ŞA, Erdos MI. The influence of kindergartens with extended schedule budget on the amount of macronutrients consumption preschoolers. Medicine in Evolution. 2016. 22 (3): 310 – 315. ISSN 2065-376X
7. Martin ŞA, Tomescu V, **Hadmaş RM**. Can age influence the Energy Demands of the elite athlete during High Intensity Effort?. PM3. 2016. 17(3): 199 – 204. pISSN 2601-2537
8. Martin ŞA, Tomescu V, **Hadmaş RM**. The Amount Of Lipids Used During A Maximal Effort Will Indicate Aerobic Exerccyse Capacity. Medicine in Evolution. 2016. 22(3): 301 – 309. ISSN 2065-376X
9. Martin ŞA, Tomescu V, **Hadmaş RM**. Effects Of Menstrual Period On Daily Energy Demands In A Group Of Elite Female Rowers. JSMS (Medicina Sportiva). 2016. 12: 2709 – 2714. ISSN 1841-0162
10. **Hadmaş RM**, Neghirlă A, Martin ŞA. The Influence Of Physical Activity Upon Pregnancy Evolution And Newborn Body Weight. PM3. 2016. 17(1): 19 – 22. pISSN 2601-2537
11. **Hadmaş RM**, Tarcea M, Martin ŞA, Tomescu V. Composition And Structure Of The Menu For Top Level Young Handball Players. PM3. 2016. 17(2): 117 – 121. pISSN 2601-2537

b. Articole publicate în extenso în reviste B+ sau BDI, co-autor

1. Maftai A, **Hadmaş RM**, Martin ŞA. Urinary parameters' evolution during junior male water polo microcycle training. PM3. 2018. 19(1): 13 – 16. pISSN 2601-2537
2. Martin ŞA, **Hadmaş RM**, Dobreanu D. Non-specific maximal testing results, under certain training conditions, can be associated with roller skiing performances during a competitive 5K event. PM3. 2018. 19(3): 141 – 146. pISSN 2601-2537
3. Maftai A, **Hadmaş RM**, Martin ŞA. Menu structure for children and youth swimmers during micro-cycle training. PM3. 2018. 19(3): 176 – 180. pISSN 2601-2537

**V. ARTICOLE PUBLICATE ÎN REZUMAT**

a. Articole publicate în rezumat în reviste și volumele unor manifestări științifice cu ISBN sau ISSN, indexate ISI, prim-autor

1. **Hadmaş RM**, Martin ŞA, Tarcea M. Micronutrients ingestion in preschool children and blood pressure status. The18th international conference of life science for sustainable

development. 26-28 Semptember. Cluj Napoca. Bulletin of University of Agricultural Sciences and Veterinary Medicine Cluj Napoca – Food Science and Technology. 2019, 6: 273. ISSN 2344-2344

b. Articole publicate în rezumat în reviste și volumele unor manifestări științifice cu ISBN sau ISSN, indexate ISI, co-autor

1. Martin ȘA, Graur C, **Hadmaș RM**, Tarcea M. Comparative effect of one single dose of L-carnitine in high intensity physical effort: performance an recovery analysis. The18th international conference of life science for sustainable development. 26-28 Semptember. Cluj Napoca. Bulletin of University of Agricultural Sciences and Veterinary Medicine Cluj Napoca – Food Science and Technology. 2019, 6: 279. ISSN 2344-2344

c. Articole publicate în rezumat în reviste și volumele unor manifestări științifice cu ISBN sau ISSN, prim-autor

1. **Hadmaș RM**, Neghirlă A, Martin ȘA, Mărginean O. Food from kindergartens as a risk factor for high blood pressure in preschool children. Days of the University of Medicine and Pharmacy of Tîrgu Mureș. December 11th – 15th 2017. AMM. 2017. 63 (S4): 107. ISSN 2068-3324
2. **Hadmaș RM**, Neghirlă A. Nutritional Value's Of Kindergarten's Menus Related With Growth Parameters Of Preschoolers From Tîrgu Mures Town, Romania. Acta Medica Marisiensis. AMM. 2017. 63 (S 3): 13. ISSN 2068-3324
3. **Hadmaș RM**, Martin SA, Donțu MI, Tarcea M. Relationship Between Kindergarten Nutritional Plan And Child Growth. Marisiensis International Congress. Târgu Mureș. AMM. 2016. 62 (S 4): 68. ISSN 2068-3324
4. **Hadmaș RM**, Zecheru IL, Bătagă S. THE IMPACT OF NUTRITION IN THE TREATMENT AND THE PREVENTION OF GASTRITIS. Marisiensis International Congress. Târgu Mureș. AMM. 2014. 60 (S 3): 84. ISSN 2068-3324

d. Articole publicate în rezumat în reviste și volumele unor manifestări științifice cu ISBN sau ISSN, co-autor

1. Brașoveanu AD, **Hadmaș RM**, Tarcea M . Evaluation of childrens nutritional status during the educational program and influences on physical development. The 6th ntional conference on nutrition and dietetics with international participation. 9-11 May 2019. Târgu Mureș. AMM. 2019. 65 (S 3): 6. ISSN 2068-3324
2. Alice CA, **Hadmaș RM**, Tarcea M. Quantitative And Qualitative Menu Analysis Of Public Kindergartens From Reșița, Romania. The 6th ntional conference on nutrition and dietetics with international participation. 9-11 May 2019. Târgu Mureș. AMM. 2019. 65 (S 3): 8. ISSN 2068-3324

3. Martin ŞA, **Hadmaş RM**, Dobreanu D. Shooting accuracy under training load in biathlon. Days of the University of Medicine and Pharmacy of Tîrgu Mureş. December 11th – 15th 2017. AMM. 2017. 63 (S4): 99. ISSN 2068-3324
4. Martin Ştefan Adrian, Tomescu Valeriu, **Hadmaş Roxana Maria**, Martin Alexandra. Respiratory Parameters Influence Macronutrients Consumption During Rest Periods In Elite Athletes. Marisiensis International Congress. Târgu Mureş. AMM. 2016. 62 (S 4): 63. ISSN 2068-3324
5. Zecheru IL, Modroiu A, **Hadmaş RM**, Croitoru MF, Fülöp I. METHOD FOR SCREENING ORGANIC XENOESTROGENS IN BIOLOGICAL SAMPLES. Marisiensis International Congress. Târgu Mureş. AMM. 2014. 60(S 3): 85. ISSN 2068-3324