

## Lista de lucrări publicate

### Cărți publicate în edituri naționale:

- Holubiac, I. Ș., 2019 – Anatomie funcțională. Sistemul osteo-articular. Editura Universității din Pitești, 131 pag. ISBN 978-606-560-631-9;
- Holubiac, I. Ș., 2019 – Anatomie funcțională. Sistemul muscular. Editura Universității din Pitești, 137 pag. ISBN 978-606-560-632-6;

### Articole științifice publicate:

- Holubiac Iulian Stefan. (2020). Resistance training program on muscle strength in postmenopausal women with osteopenia/osteoporosis. *THE ANNALS OF THE „STEFAN CEL MARE” UNIVERSITY*, 13(1), 160-166.
- Holubiac Iulian Stefan, & Grosu Vlad Teodor. (2020). Effect of resistance exercises on handgrip strength in postmenopausal women with osteopenia/osteoporosis. *Bulletin of the Transilvania University of Brasov*, 13(62), 213-220.
- Holubiac Iulian Stefan, & Grosu Vlad Teodor. (2019). AN EXPLORATIVE LITERATURE REVIEW OF THE INFLUENCE OF PHYSICAL EXERCISES ON BONE MINERAL DENSITY. *Arena Journal of Physical Activities*, 8, 74-95.
- Holubiac, S. I. (2019). THE EFFECT OF 3 MONTHS RESISTANCE TRAINING ON MUSCLE MASS AMONG MALE STUDENTS. *THE ANNALS OF THE „STEFAN CEL MARE,, UNIVERSITY*, XII(2), 96-106.
- Holubiac Iulian Stefan, & Grosu Vlad Teodor. (2019). EFFECT OF 12-MONTH RESISTANCE TRAINING ON PHYSICAL FUNCTION IN POSTMENOPAUSAL WOMEN WITH OSTEOPENIA OR OSTEOPOROSIS: A PILOT STUDY. *Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae*, 65(1), 55-64.
- Holubiac Iulian Stefan, & Grosu Vlad Teodor. (2019). EFFECT OF 12-MONTH RESISTANCE TRAINING ON QUALITY OF LIFE IN POSTMENOPAUSAL WOMEN WITH OSTEOPENIA OR OSTEOPOROSIS: A PILOT STUDY. *GYMNASIUM: Scientific Journal of Education, Sports, and Health*, XIX(2).
- Holubiac Iulian Stefan, & Grosu Vlad Teodor. (2019). POSTMENOPAUSAL OSTEOPOROSIS - AN EXPLORATIVE LITERATURE REVIEW. *THE ANNALS OF THE „STEFAN CEL MARE” UNIVERSITY*, XII(2), 106-119.
- Holubiac, S. I. (2018). THE EFFECTS OF A FOUR-MONTH PROGRAM TRAINING FOR STRENGTH DEVELOPMENT IN ADOLESCENTS. *THE ANNALS OF THE "STEFAN CEL MARE" UNIVERSITY*, XI(2), 32-39.
- Holubiac, S. I. (2018). THE ROLE OF PHYSICAL THERAPY IN THE PREVENTION OF OBESITY. *THE ANNALS OF THE "STEFAN CEL MARE" UNIVERSITY*, XI(2), 24-31.
- Holubiac, Ș. I. (2017). Kinetoprofilaxia în obezitate și în prevenirea sindromului de decondiționare. *Ludis Amphitheatrum*, 2, 20-28.

Semnatura

