

Lista de lucrări publicate

Capitole publicate în edituri internaționale:

1. Holubiac, I. Ș. *Strength training program for postmenopausal women with osteoporosis*, (2022) in Biomedical Engineering Applications for People with Disabilities and the Elderly in the COVID-19 Pandemic and Beyond. Valentina Emilia Balas, Oana Geman, Elsevier, ISBN 978-0-323-85174-9, pp. 185 – 196;
2. Holubiac, I. Ș. The role of vitamin D and physical activity on osteopenia and osteoporosis (2022) in Biomedical Engineering Applications for People with Disabilities and the Elderly in the COVID-19 Pandemic and Beyond. Valentina Emilia Balas, Oana Geman, Elsevier, ISBN 978-0-323-85174-9, pp. 197 – 204;
3. Holubiac, I. Ș. *Osteoporosis: Evaluation and complications* (2022) in Biomedical Engineering Applications for People with Disabilities and the Elderly in the COVID-19 Pandemic and Beyond. Valentina Emilia Balas, Oana Geman, Elsevier, ISBN 978-0-323-85174-9, pp. 205 – 210;

Cărți publicate în edituri naționale:

1. Holubiac, I. Ș., 2019 – *Anatomie funcțională. Sistemul osteo-articular*. Editura Universității din Pitești. ISBN 978-606-560-631-9;
2. Holubiac, I. Ș., 2019 – *Anatomie funcțională. Sistemul muscular*. Editura Universității din Pitești, ISBN 978-606-560-632-6;
3. Holubiac, I. Ș., 2021 – *Anatomia și fiziologia omului. Sistemul nervos*. Editura Universității din Pitești, ISBN 978-606-560-695-1;
4. Holubiac, I. Ș., 2021 – *Anatomia și fiziologia omului. Sitemele tegumentar, osos, articular și muscular*. Editura Universității din Pitești, ISBN 978-606-560-696-8;
5. Holubiac, I. Ș., 2021 – *Anatomia și fiziologia omului. Sistemul endocrin și sângele*. Editura Universității din Pitești, ISBN 978-606-560-697-5;
6. Holubiac, I. Ș., 2021 – *Osteoporoza*. Editura Universității din Pitești, ISBN 978-606-560-706-4;
7. Holubiac, I. Ș., 2021 – *Prevenirea osteoporozei*. Editura Universității din Pitești, ISBN 978-606-560-707-1;



Articole științifice publicate în reviste cotate ISI (A) cu factor de impact:

1. Maria Daniela Craciun, Oana Geman, Florin Valentin Leuciuc, Iulian Stefan Holubiac, Daniela Gheorghita, Florin Filip (2022). Effectiveness of Physiotherapy in the Treatment of Temporomandibular Joint Dysfunction and the Relationship with Cervical Spine. *Biomedicines* 17, 10, 2962 (I.F. 5.22) [article link](#)
2. Holubiac Iulian Stefan, Leuciuc Valentin Florin, Craciun Daniela Maria, Dobrescu Tatiana. (2022). Effect of Strength Training Protocol on Bone Mineral Density for Postmenopausal Women with Osteopenia/Osteoporosis Assessed by Dual-Energy X-ray Absorptiometry (DEXA). *Sensors* 22, 5, 1904; (I.F. 3.735) [article link](#)
3. Florin Valentin Leuciuc, Maria Daniela Craciun, Iulian Stefan Holubiac, Mazin Abed Mohammed, Karrar Hameed Abdulkareem, & Gheorghe Pricop. (2021). Statistical Medical Pattern Recognition for Body Composition Data Using Bioelectrical Impedance Analyzer. *Computers, Materials & Continua*, vol. 67, no. 2, pp. 2601-2617. doi:10.32604/cmc.2021.014863; (I.F. 3.77) [article link](#)

Articole științifice publicate în reviste cotate BDI (B+):

4. Holubiac Iulian Stefan. (2021). POSTMENOPAUSAL OSTEOPOROSIS AND PHYSICAL CONDITION AFTER THE SARS-CoV-2 PANDEMIC. *THE ANNALS OF THE „STEFAN CEL MARE” UNIVERSITY*, XIV(1), 140-145; [article link](#)
5. Holubiac Iulian Stefan. (2021). QUALITY OF LIFE IN WOMEN WITH POSTMENOPAUSAL OSTEOPOROSIS DURING THE SARS-CoV-2 PANDEMIC. *THE ANNALS OF THE „STEFAN CEL MARE” UNIVERSITY*, XIV(1), 146-151; [article link](#)
6. Holubiac Iulian Stefan. (2020). Resistance training program on muscle strength in postmenopausal women with osteopenia/osteoporosis. *THE ANNALS OF THE „STEFAN CEL MARE” UNIVERSITY*, vol. 13, no. 1, pp. 160-166; [article link](#)
7. 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*, vol. 8, 74-95; [article link](#)
8. 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*, vol. 65, no. 1, pp. 55-64. doi:10.24193/subbeag.65(1).06; [article link](#)
9. Holubiac Iulian Stefan, & Grosu Vlad Teodor. (2019). POSTMENOPAUSAL OSTEOPOROSIS - AN EXPLORATIVE LITERATURE REVIEW. *THE ANNALS OF THE „STEFAN CEL MARE” UNIVERSITY*, vol 12, no. 2, pp. 106-119; [article link](#)
10. Holubiac Iulian Stefan, & Grosu Vlad Teodor. (2020). 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*, vol. 19, no. 2, pp. 50-72. doi:10.29081/gsjesh.2020.21.1.05; [article link](#)
11. 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*, vol. 13, no. 62, pp. 213-220. doi:10.31926/BUT.SHK.2020.13.62.1.28; [article link](#)
12. Holubiac, Ș. I. (2017). Kinetoprofilaxia în obezitate și în prevenirea sindromului de decondiționare. *Ludis Amphitheatrum*, vol. 2, pp. 20-28; [article link](#)
13. 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*, vol. 11, no. 2, pp. 32-39; [article link](#)
14. Holubiac, S. I. (2018). THE ROLE OF PHYSICAL THERAPY IN THE PREVENTION OF OBESITY. *THE ANNALS OF THE „STEFAN CEL MARE” UNIVERSITY*, vol. 11, no. 2, pp. 24-31; [article link](#)



15. 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*, vol. 12, no. 2, pp. 96-106; [article link](#)

Semnatura

A handwritten signature in black ink, appearing to be 'Julius', written over a large, stylized, scribbled-out mark.