

Lista cu lucrări publicate

1. Miron, F., Ștefănescu, H., (2018). Optimizing the coordination skills of 12-year-old tennis players by using unconventional (adapted) training methods. *Studia UBB Educatio Artis Gymnasticae*. Issue no. 4 / 2018
http://www.studia.ubbcluj.ro/download/pdf/educatio/2018_4/07.pdf
2. Miron, F., Monea. D., Ștefănescu, H., (2023). The influence of physical exercises carried out in the aquatic environment on physiological parameters for 10–12 year tennis players. *Studia UBB Educatio Artis Gymnasticae*. Volume: 68 (LXVIII), Year: 2023, Issue no: 4.
3. Miron, F., Monea. D., Ștefănescu, H., (2023). Effort capacity and movement speed development using aquatic exercise in tennis players. *Annals of University of Oradea Department of Physical Education and Sports*.
http://www.fefsoradea.ro/Fascicula_Educatie_Fizica_si_Sport/index.html.
4. Miron, F., Monea. D., Ștefănescu, H., (2023). Muscle strength accumulation and its transfer to tennis game in children and juniors using an aquatic training program. *Annals of University of Oradea Department of Physical Education and Sports*.
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