

LIST OF WORKS

Lecturer Ph. D Narcis Julien Herlo

a. The list of relevant work

1. Julien Herlo Narcis (2009) "A Proposal for objective evaluation for the competitive bodybuilders - the dial evaluation with multiple steps - ASPECTS EVALUATION PROCESS IN BODYBUILDING Concerning" - International Scientific Conference "Perspectives in sport for all", Brasov, ISBN 978-973-598-571-4, p. 65
2. Julien Herlo Narcis (2011) "Computerization bodybuilding fitness rooms with EFIT application", 1st International competition of research projects "Olympics PhD students", University of Pitesti, Faculty of Physical Education and Sports Research Centre for Human Performance, Pitesti,
3. Julien Herlo Narcis, Niculina Mihailescu Liliana, Virgil Alexandru Voicu (2011) "Fitness bodybuilding software EFIT computerization halls - concept and application", Studia Universitatis Babes-Bolyai Educatio Artis Gimnasticae, Cluj-Napoca, 4/2011, pg . 103
4. Julien Herlo Narcis (2011) "Bodybuilding, Fitness Informatisation Halls with EFIT Application" Ovidius University Annals, Series Physical Education and Sport / Science, movement and health, Vol. XI, Issue 2 Supplement, Romania, BDI, Ebsco, SPORTDiscus, Index Copernicus Journal Master List, Directory of Open Access Journals Doaj, Caby, Gale Cengage Learning, pg. 603
5. Julien Herlo Narcis (2013) "Computerizations Bodybuilding-Fitness Halls with EFIT Appliations" Maiorescu University, Education and Creativity for a Knowledge based Society - 7th edition, ISSN 2248-0064, BDI, SSRN - Social Science Research Network , p. 33
6. Julien Herlo Narcis (2013) "Bodybuilding hall's computerization applications - worldwide and national fitness" - Studia Universitatis "Vasile Goldis" series Physical Education and Physical Therapy, vol. 2, no. 1 (3) Arad, June 2013, ISSN 2284-7324, BDI Index Copernicus International, EBSCO Publishing, ProQuest and Scipio, pg. 30
7. Julien Herlo Narcis (2013) "Preliminary research - identifying and correcting errors Using the applicatons EFIT" Studia Universitatis "Vasile Goldis" Series Physical Education and Physical Therapy, vol. 2, no. 2 (4), December 2013 Vasile Goldis University Press, ISSN 2284-7324, BDI, EBSCO Publishing, ProQuest, Index Copernicus International and Scipio, pg. 41
8. Herlo Julien Narcis (2014) "Force and muscle development factors", Studia Universitatis "Vasile Goldis" Series Physical Education and Physical Therapy, vol. 3, no. 2 (6), December 2014, Vasile Goldis University Press, ISSN 2284-7324, BDI, EBSCO Publishing, ProQuest, Index Copernicus International and Scipio, pg. 36

b. Thesis

"INFORMATISATION bodybuilding, fitness halls APPLICATION EFIT" University of Pitesti, FEFS, Pitesti, 2012, the scientific coordinator Professor Ph.D Liliana Niculina Mihailescu.

c. Books and chapters in books

1. Julien Herlo Narcis (2005) "Bodybuilding - book methodically practical" "Vasile Goldis" University Press, 2005, ISBN 973-664-107-4
2. Julien Herlo Narcis (2010) "Theoretical and methodological type of combat sports" Eurostampa Publishing, ISBN 978-606-569-176-6
3. Ioan-Cosmin Boca, Monica Cojocaru, Corina Dulceanu, Herlo Julien Narcis, Daniela Marin, Marius Neculaes, Georgeta Piscoi, Emilian Tarcău (2012) "Research on Human Motricity science", pp. 139-164, Ed SITECH , Craiova, ISBN 978-606-11-3011-5;
4. Mirela Dan - coordinator (....) Herlo Narcis (2014) "Multiple choice - Physical Education and Sport, Physical Therapy and Special Motricity 2014", "Vasile Goldis" University Press, ISBN 978-973-664-697- three

d. Articles / studies extensively published in international scientific journals flow

1. Julien Herlo Narcis, Niculina Mihailescu Liliana, Virgil Alexandru Voicu (2011) "Fitness bodybuilding software EFIT computerization halls - concept and application", Studia Universitatis Babeş-Bolyai Educatio Artis Gymnasticae, Cluj-Napoca, 4/2011, pg . 103
2. Julien Herlo Narcis (2011) "Bodybuilding, Fitness Informatisation Halls with EFIT Application" Ovidius University Annals, Series Physical Education and Sport / Science, movement and health, Vol. XI, Issue 2 Supplement, Romania, BDI, Ebsco, SPORTDiscus, Index Copernicus Journal Master List, Directory of Open Access Journals Doaj, Caby, Gale Cengage Learning, pg. 603

e. Publications in extenso in the proceedings of the main international specialized conferences

1. Julien Herlo Narcis (2009) "A Proposal for objective evaluation for the competitive bodybuilders - the dial evaluation with multiple steps - ASPECTS EVALUATION PROCESS IN BODYBUILDING Concerning" - International Scientific Conference "Perspectives in sport for all", Brasov, ISBN 978-973-598-571-4, p. 65
2. Julien Herlo Narcis (2013) "Computerizations Bodybuilding-Fitness Halls with EFIT Appliations" Maiorescu University, Education and Creativity for a Knowledge based Society - 7th edition, ISSN 2248-0064, BDI, SSRN - Social Science Research Network , p. 33

f. Other works and scientific contributions

1. Julien Herlo Narcis (2001): "Skeletal muscle adaptation to exercise," Arad Academic Days eleventh edition, Arad
2. Julien Herlo Narcis (2001): "Development of force twelfth graders at School" Elena Ghiba Birta "through specific bodybuilding Arad Academic Days eleventh edition, Arad
3. Julien Herlo Narcis (2001): "Psychological Assistance in professional sports," Arad Academic Days eleventh edition Arad
4. Julien Herlo Narcis (2001): Article "FORCE - typology and conditioning factors" Magazine "Bodybuilding", No.7 / September 2001 Ed.Redis Co., Bucharest
5. Julien Herlo Narcis (2001): The article "Growth and physiological development, other than that under the influence of biological stimulus (exercise)" Magazine "Bodybuilding", No.10 / December 2001 Ed.Redis Co., Bucharest
6. Julien Herlo Narcis (2002): The article "Theories on fatigue" magazine "Flex" No.1 (56), volume 8 / March-April 2002 Ed. Palestra, Iași
7. Julien Herlo Narcis (2002): "Fitness website, motion synthesis capacity and its influences on the body," Arad Academic Days Twelfth Edition Arad
8. Herlo Julien Narcis (2002): "Social and professional reintegration of people with disabilities," Arad Academic Days Twelfth Edition Arad
9. Julien Herlo Narcis (2003): "The growth and physiological development, other than that under the influence of biological stimuli (specific training bodybuilding)" Arad Academic Days thirteenth edition of Arad
10. Herlo Julien Narcis (2003): "Stakeholders in the ontogenetic development of the individual," Arad Academic Days thirteenth edition of Arad
11. Julien Herlo Narcis (2003): Article "mental training" Hard Body Magazine, no. 2 (41)
12. Julien Herlo Narcis (2003): Article "risks of anabolic" Hard Body Magazine, no. 4 (43)
13. Herlo Julien Narcis (2003): Article "muscle hypertrophy" Hard Body Magazine, no. 5 (44)
14. Julien Herlo Narcis (2004): Article "muscle hypertrophy - Part II" Hard Body Magazine, no. 1 (45)
15. Herlo Julien Narcis (2004): Article "rest and recovery" Hard Body Magazine, no. 2 (46)
16. Herlo Julien Narcis (2004): Article "endogenous anabolic hormones" Hard Body Magazine, no. 3 (47)
17. Herlo Julien Narcis, Jacob Adrian (2005): "Evaluation of morpho-functional first year students following an aerobic exercise that anaerobic" - Arad Academic Days - 15 years of higher education Arad

18. Bogdan C-tin, Herlo Julien Narcis (2006): "Architecture, an annual training" - Arad Academic Days - Issue XVI, Arad
19. Julien Herlo Narcis (2008): "The role and implications of IT in specific bodybuilding exercises strengthen the III year students of the Faculty of Physical Education and Sport" - Arad Academic Days - XVIII, Arad, 2008
20. Herlo Julien Narcis (2012): "Weider TRAINING SYSTEM", Studia Universitatis "Vasile Goldis" series Physical Education and Physical Therapy, vol. 1, no. 1, Arad
21. Herlo Julien Narcis (2014): "Bodybuilding Workouts PsychoPedagogy" - The Academic Days of Arad - the XXIV th Edition, Arad