

Technical University of Cluj Napoca
Faculty Faculty of Road Vehicles, Mechatronics and Mechanics
Department of Mechatronics and Machine Dynamics
lecturer Dr. Vlad Teodor Grosu

LIST OF SCIENTIFIC WORKS

A- PHD Thesis

OPTIMIZATION OF PERFORMANCE IN ALPINE SKIING THROUGH MENTAL TRAINING,
IMAGERIE AND NEURO-LINGUISTIC PROGRAMMING
scientific supervisor: Univ. Prof. Dr. Monea Gheorghe
"Babeş-Bolyai" University
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A. Books and book chapters published in the last 10 years

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4. **Grosu Vlad Teodor, carte**, *Optimizing alpine skiing performance through mental training, imagerie and neuro-linguistic programming*. Editura PRESA UNIVERSITARĂ CLUJEANĂ 2021. ISBN ISBN 978-606-37-1168-8, P. 334
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