



**Universitatea *Transilvania* din Braşov**

## **HABILITATION THESIS**

### **SUMMARY**

**Title: MODERN VISIONS OF HEALTH IN  
PHYSICAL EDUCATION AND SPORT**

**Domain: Sport Science and Physical Education**

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## MODERN VISIONS OF HEALTH IN PHYSICAL EDUCATION AND SPORT

Through the academic and scientific research activity done post-graduate, I believe I have the academic and scientific package to elaborate the present enabling thesis. Based on the accomplishments so far, I am able to formulate the evolution and development plans of my own career, as well as their applicability measures in practice.

I am a university teacher, doctor in the fundamental domain *Arts, Physical Education and Sport* domain, employee of Transylvania University, Brasov, Physical Education and Mountainous Sports Faculty. I am member of the International Federation of Physical Education (Federation Internationale D'Education Physique) and graduate of both Physical Education and Sport and General Medicine Faculties – Transylvania University, Brasov, both in 2002. I have obtained the *swimming master coach* qualification in 2001 and I have been a *family physician* since 2007. With all of these competences I am able to deploy a vast research activity in the physical education and sport domain.

The enabling thesis entitled MODERN VISIONS OF HEALTH IN PHYSICAL EDUCATION AND SPORT crowns the academic and research activity 2007-present that is the post graduate period. This activity is grouped on two big directions: 1. the balance between performance swimming and its health implications and swimming as a mass sport and 2. Kinetophilaxy through formal and non formal education and kinetotherapy in recovering physical deficiencies, especially through kinetotherapy. This way, the I section of this thesis was structured on two main chapters.

The 35 articles published in prestigious magazines around the country and/or sustained at international and national conferences (16 published after gaining the academic title of doctor) as well as the article quoted ISI (post-graduate period, in the *Diabetes Obesity & Metabolism Monthly*, with impact factor of 3,415) have composed the general frame of my research.

The research conducted during the preparation of the doctoral thesis were subsequently disseminated to healthcare professionals specialized abroad in order to publicize the possible pathology of swimmers. I note the participation in the international conference EUROECHO, 8 to 11 December 2010, Copenhagen, Denmark with presentations of *Cardiovascular changes in professional swimmers*. and its publication in the European Journal of Echocardiography Abstracts Supplement (2010, 2.117 Impact Factor).

I have published 8 monographies as well (two of which in prestigious publishing houses abroad) and 8 lithograph courses or electronically in behalf of students and masters students.

With these articles and monographies courses I have managed the national and international dissemination of my own opinions, scientifically argued, regarding the aforementioned research directions. A notable impact have had the performance swimming studies (presented in chapter 1 of the present thesis), which determined the 2010 decision of the Central Coach College within the Romanian Swimming Federation to modify the swimming competition system, according to my own studies.

I trained groups of juniors and seniors, members of national teams and I won numerous medals in Junior N.C. (34 gold, 45 silver, 31 bronze), Seniors N.C. (24 gold, 18 silver, 7 bronze) University N.C. (3 gold, 2 silver) at Children N.C. More than that, to this it add the podium places in international competitions classified European Swimming League, Balkan Championships and other major international competitions. In 2011 I was qualified as a Master Coach.

Another direction, chapter 2, has been traced to the essential role of maintaining health and mediating movement in young generations. Furthermore, a considerable number of my publications addressed kinetotherapy, especially hydro kinetotherapy. The last publication is in this domain, being a vast monography which presents in detail the kinetotherapy means and methods. It is represented by a book *Health Therapy: Concepts and Methods*, recently appeared, in 2014, at prestigious international publishing house that is *Authour House*.

*Regarding the development plan of my academic career*, presented in section II, it refers precisely to my personal academic intentions. Keeping the two research directions, I propose, effectuating and implementing a very rigorous national selection system from the medical point of view that is the case of performance swimming. The system is described in section II and its purpose is to bring in the swimming pool only fully healthy individuals, who are able to cope with effort, both juniors and adults. Presently, there are many deaths among young performance swimmers due to the system. Concurrently, informing parents on losses generated by performance during primary selection, in the beginning of the road, is a moral thing to do.

The scientific research will be channeled on developing recovery strategies for CVA (cerebral vascular accident) patients, as a first step. With the help of a condition apparatus, named by me – KINETOSIM, one will effectuate the optimization process of recovery in kinetotherapy laboratories, initially for the neuromotor deficit patients. We talk about improving neuromuscular control through healthy segments and reeducating this control on affected segments. The apparatus manages to offer patients real time feedback. Through this, the brain “is served” with the necessary information, *at the right time*, with the purpose of reanalyzing, rearranging and reprogramming the initiated command quality. I have personally used this principle, this type of training, with a similar apparatus – ERGOSIM, on performance swimmers I have trained, some of them students of our faculty. The results were excellent and I am convinced that by building such an apparatus will be part of the kinetotherapy cabinet and will bring real benefits to the domain.

The studies done in this sense and the national and international publications that I am about to effectuate on the two exposed directions in the development plan, shall replenish the picture of my visions of the domain, such a domain where health is the main objective.