



Universitatea
Transilvania
din Braşov

HABILITATION THESIS

SUMMARY

Title: INTERDISCIPLINARY DIMENSIONS OF MOTOR TRAINING,
SPORTS PERFORMANCE AND HEALTH PROMOTION IN THE
CONTEXT OF MODERN PHYSICAL EDUCATION

Domain: SPORTS AND PHYSICAL EDUCATION SCIENCE

Author: Assoc. Prof. Dr.Florentina NECHITA

University: TRANSYLVANIA OF BRAŞOV

BRASOV, 2026

The habilitation thesis entitled "Interdisciplinary dimensions of motor training, sports performance and health promotion in the context of modern physical education" contains the main milestones of the research activity, as well as the professional and academic activity since obtaining the doctoral degree in 2011 to the present. The thesis provides a synthesis of my academic, scientific and professional evolution, highlighting the trajectory of my career development and the main strategic directions aimed at consolidating and expanding its impact in the field of sports science and physical education.

The thesis is structured in three parts: A. Summary (in Romanian and English); B. Scientific and professional achievements and career development plans; Bibliography.

The second part of the thesis includes three chapters: Chapter 1. Research activity; Chapter 2. Academic and professional evolution and achievements; and Chapter 3. Perspectives and plans for career development.

The first chapter synthesizes the conceptual and methodological framework of the research, highlighting the interdisciplinary directions in physical education, sports training (athletics and gymnastics) and physiotherapy, presenting the integrative scientific approach as a tool for training, performance and health maintenance, as well as the recognition and impact of the scientific activity carried out.

The first subchapter of the first chapter highlights the values and principles that underpinned the research process based on main research directions, developed in depth over the last 14 years, since the doctoral thesis entitled: "Contributions to optimizing technical training in the 110-meter hurdles event by monitoring kinematic parameters". The topic addressed in the doctoral thesis had an important impact on the directions of scientific research addressed later.

The second subchapter presents the three main research directions, highlighting the objectives, methods and scientific contributions related to each:

- *modern physical education and active lifestyle in the digital age;*
- *integrated approaches to training and motor monitoring in athletics and gymnastics;*
- *integration of kinetoprophylaxis regarding education and prevention in sports performance.*

The research conducted during my academic career focuses on aspects that investigate the impact of physical education and healthy lifestyle on the prevention of sedentary lifestyle in young people, highlighting the role of digital technologies, motor intervention strategies and recommendations for their integration into modern educational programs. Another specific approach to the research undertaken is the one that investigates essential elements for optimizing the performance of athletes in athletics and gymnastics. I also focused on improving the motor and sports capacity of students in the pre-university school environment. These research directions aim to ensure the harmonious physical development of the individual through the systematic integration of exercises aimed at optimizing motor qualities and improving fundamental motor and sports skills. At the same

time, the proposed strategies support the maintenance of athletes' health and significantly reduce the risk of injuries.

The third subchapter integrates the specific research that supports the principles, approaches and theoretical and scientific directions of this habilitation thesis.

The second chapter presents the evolution of the academic and professional career in an interdisciplinary context, highlighting the visibility, recognition and impact of the teaching and scientific activity, as well as the involvement in managerial, administrative and academic leadership activities.

In my academic evolution, the teaching path began with the stage of undergraduate studies completed in 1999, during which I acquired the theoretical and methodological foundations of the field with a specialization in the sports branch of athletics. I was guided by professor-mentors who shaped both my working style and the research directions I follow today.

During my academic training, I completed a master's degree program, through which I deepened my specialized knowledge in sports training, developing advanced skills in analysis, applied research and integration of interdisciplinary perspectives, experiences that formed the solid basis for obtaining my doctoral degree in 2011.

In 2015, the postdoctoral training culminated in a master's degree program in physiotherapy, with a research focus on health recovery, contributing to the improvement of scientific skills, integration into specialized academic networks and the establishment of an academic direction focused on innovation, interdisciplinarity and the continuous development of research practices. This represented a moment of academic and professional maturation, marked by the development of one's own research profile.

Chapter 3 outlines future strategic directions for the development of research, academic career and professional skills, highlighting the orientation towards innovation, strengthening interdisciplinary collaborations and capitalizing on scientific results in practice, with an emphasis on real and measurable impact in the field of sports science and physical education.

The third part systematically and comprehensively brings together all the bibliographic sources that formed the basis of the process of documentation, argumentation and scientific substantiation of the habilitation thesis. At the same time, reference works from the specialized literature, recent empirical studies, articles published in prestigious journals and relevant methodological resources were included, carefully selected to reflect the evolution of contemporary concepts, trends and research directions, as well as the significant contributions of some authors.

Conf. dr. Florentina NECHITA

.