

**ABSTRACT HABILITATION THESIS WITH THE TITLE,
ASPECTS AND CHARACTERISTICS OF THE GAME OF HANDBALL AS AN
INNOVATIVE DIMENSION IN OPTIMIZING HUMAN PERFORMANCE: FROM
SELECTION TO RECOVERY AND ADAPTATION**

The key objective of this habilitation thesis is presenting and highlighting the characteristics of motile activities which lead to a better quality of life and to the improvement of human performances. The structure of the thesis is simple and concise, approaching the formative background, the studies and the research aspect in the different individual or collaborative efforts, as well as the evolution and development plans of my career.

As a result, the beginning of the paper proposes a summary of my PhD thesis in which the most important aspects of the selection process in the game of handball are being displayed within the frame of improving and developing the human performances. The first direction of the thesis is focused on the scientific and academic accomplishments along with the studies and research undergone in the my professional career, summing up three main parts, as follows: handball, recovery and disability. The last direction of the paper is represented by the evolution and development plans that are about to be effectuated in my professional actions and initiatives. While the purpose of this thesis is to bring forward the benefits of motile activities as a way of improving the qualities of life and performance as a whole, the latter are included, researched and experienced within the sport of handball as a performance sport. Hence, i have tried to emphasize that the importance of this sport is closely related to the the process of recovery, all of them being strongly connected.

The first part of the thesis also brings forward two novelty aspects that tend to become quintessential in future researches. The first one is related to the recruitment factor by lowering the selection process to ages between 6-8 years old, whereas the second new aspect is related to the recovery process by introducing the wheelchair game of handball, hence performance sport for people with disabilities.

Being first of all a professional handball player with a sporting activity of over 27 years and 15 years of coaching, this has given me the opportunity to learn considerably about

performance sport. the various specialized information applicable to sport, along with the scientific and technological input, all have defined performance sport as a defining branch of sports that maximizes the motile activities and increases the quality of life. All of these aspects have been constantly highlighted during my scientific build-up, but even more so after the finalization of my PhD at the National University of Physical Education and Sport, in Bucharest, that culminated with the paper "Strategies regarding the orientation of the selection and training process in private clubs - Handball", under the supervision of university professor dr. Ioan Negulescu, in 2010.

I have written and published books in the Romanian specialized scientific and academic environment. The content of these books range from general and specific characteristics applicable to the game of handball - the game, the players, the regulation, the track record and the competitions and going up to increasing the effort capacity or recovery by using the therapeutic massage as an efficient way of rehabilitation.

The next step, an intertwined step, is the scientific contribution of articles and papers to different scientific magazines or websites affiliated with the domain of physical education and sports. Thus, a number of more than 20 articles have been published in the specialized literature, either as a collaborative effort with other authors, either as a single contribution. It is important here to say that all these articles are related to the physical education and sport, not only through the somatic aspect, but also through the psychological side of it or through the communicative aspect of it. Thereby, articles related to the non-verbal communication between the athlete and the coach, the satisfaction of the students or pupils in doing performance sports, all of these are equally as important.

The articles have had a solid scientific research, some of these examining life aspects of children from the per-university cycle. it is important for this to be mentioned for these pupils represent the main reason for improving the quality of life with the help of any type of motile activities, precisely by involving them in practicing a sport from an early age. As a teacher, the disciplines that I have taught can be summed up to a general view on the history of physical education and sport, on the general bases of handball, on the rehabilitation/recovery within performance sport, on doping in sport and on training with people with disabilities, here introducing the wheelchair game of handball as a performance sport. Concerning disabilities, the project 2019 DECIDE Capacity building in the field of higher education - developing services for

individuals with disabilities, project where I am coordinator, aims to include the people with disabilities in today's society by actively creating and developing the means for social integration and nondiscrimination in every aspect of life.

Having been involved in all of the projects and having been part of collaborative contributions to different specialized magazines or affiliated websites, all of these have also opened the door for to a stage or professional development from the academic, scientific and research point of view, through the accumulated experiences and the upcoming ones.

Hence, all the new plans will further highlight the most essential aspects, such as improving the way we see and live life through the help of motile activities, by engaging in a sport or even a performance sport, implementing even from an early age the notion that movement is the best tool of recovery and involving people with disabilities in all societal aspects without any form of discrimination. In the end of this paper is the bibliography that has set the basis of this habilitation thesis.

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Semnătura

