



**Curriculum
vitae
Europass**



**Personal
Information**

Name / Surname GROSU E. EMILIA FLORINA

Address CLUJ NAPOCA, Romania

Nationality Romanian

Date of birth and
place

Sex Female

**Place of work /
occupational aria** BABEŞ-BOLYAI University, Cluj- Napoca, Romania
Faculty of Physical education and Sport faculty,
Department of Individual Sports

**Professional
experience**

Function	Professor	Associate Professor	Lector univ.
Period	2003- present	2000- 2003	1994 - 2000
Institution	Babes-Bolyai University FEFS	Babes-Bolyai. University FEFS	Babes-Bolyai. University FEFS
Place	CLUJ- NAPOCA	CLUJ- NAPOCA	CLUJ- NAPOCA
Function	Asist univ.	Prof. grad II	Prof. definitiv
Period	1992-1994	1987 - 1992	1984 - 1987
Institution	Babes-Bolyai. University FEFS	Casa Pionerilor – DB (1987-1990) and School no. 2 Targoviste DB (1990- 1992)	School „Ana Ipatescu” (1984- 1985) Casa Pionerilor – Targovişte 1985- 1987)
Place	CLUJ- NAPOCA	Targoviste - DB	Gherla – CJ şi Targoviste - DB

Function and place	<p>PhD Prof Faculty of Physical Education and Sport Faculty Conductor PhD in Physical Education and Sport with Decision nr 5268 / 05.09.2011 Ministry of Education, Research, Youth and Sports IOSUD Babes – Bolyai University, Cluj – Napoca, Romania</p> <p>Member in "Registrul național de evaluatori al ARACIS din domeniul Educație fizică și sport" http://pfe.aracis.ro/inscriere/registru/lista_c_d/7/37/</p> <p>Registru de Experți Evaluatori ARACIS - Conducători de doctorat https://www.aracis.ro/registru-national-al-evaluatorilor/ https://cloud.aracis.ro/owncloud/index.php/s/hjwVbhGoVvHoZoA</p> <p>Member of the specialized commission of the National Council for Attestation of University Degrees, Diplomas and Certificates (CNATDCU): Commission of Psychology, Educational Sciences, Physical Education and Sports (in the mandate 2016-2020, in accordance with the Order of the Minister of National Education and Scientific Research No. 4106 / 10.06.2016 regarding the nominal composition of the National Council for Attestation of University Degrees, Diplomas and Certificates)</p>
Activity and principal responsibility	<p>Member in professional and scientific association: Member of the specialized commission of the National Council for Attestation of University Degrees, Diplomas and Certificates (CNATDCU): Commission of Psychology, Educational Sciences, Physical Education and Sports:</p> <ul style="list-style-type: none"> - Member CNATDCU – Ministry of Education from 2014 - 2020 - In the mandate 2016-2020 (in accordance with the Order of the Minister of National Education and Scientific Research no. 4106 / 10.06.2016 regarding the nominal composition of the National Council for Attestation of University Degrees, Diplomas and Certificates) (https://lege5.ro/Gratuit/gezdcnjrgeyq/ordinul-nr-4106-2016-privind-componenta-nominala-a-consiliului-national-de-atestare-a-titlurilor-diplomelor-si-certificatelor-universitare) - In the mandate 2020-2024 (in accordance with the Order of the Minister of Education and Research no. 4621 / 23.06.2020 for the approval of the Regulation on the organization and functioning of the National Council for Attestation of University Degrees, Diplomas and Certificates) (https://www.edu.ro/aprobarea-regulamentului-de-organizare-%C8%99i-func%C8%9Bionare-%C8%99i-componen%C8%9Ba-nominal%C4%83-consiliului-na%C8%9Bional-de) - Member in FEPSAC – European Federation of Sport Psychology, from 2007 - Member ARACIS, from 2011. - Member in Council of ISD from Univ. „Babeș – Bolyai” Cluj – Napoca, from 2012 - 2020. - Director of Doctoral School in Faculty of Physical Education and Sport Faculty from 2012 till now 2021.
Name of Employer	Babeș-Bolyai University, Cluj - Napoca, Faculty of Physical Education and Sport – Department of Individual Sports.
Type of activity and aria	Didactic and research in Physical Education and Sport

Qualification and / diploma obtained	<p>Doctor in Physical Education and Sport Faculty, ANEFS Bucharest, 1999, with specialisation Sport Psychology.</p> <p>Institute of Physical Education and Sport Faculty Bucharest, 1992, License I.E.F.S. Bucharest</p> <p>Institute of Physical Education and Sport Faculty Bucharest, 1984, diploma absolvent, I.E.F.S. Bucharest, head of promotion with mark 9.86 out of 10.</p>																																								
Principal Discipline study / Professional Competence Acquired	<p>Mental training,</p> <p>Specialization in artistic gymnastics preparation and sportive dance</p> <p>Technical and methodology of teaching basic gymnastics</p> <p>Psychomotricity, Motor development</p> <p>Motor Learning</p> <p>Fitness</p> <p>Neuro-linguistic programming (NLP)</p> <p>Sport Anthropology</p>																																								
Name of Institution of Education and Type of Study	<p>License: Institute of Physical Education and Sport Faculty Bucharest, 1981- 1984</p> <p>Master: National Academy of Physical Education and Sport Faculty Bucharest, 1992 - 1994</p> <p>PhD: National University of Physical Education and Sport Faculty Bucharest 1999</p> <p>Master: degree between 2016-2018 in University in Agricultural Sciences and Veterinary Medicine, USAMV Cluj – Napoca, in Horticultural Faculty, Specialization, PAISV.</p>																																								
International and national classification level	<p>Artistic Gymnastics Specialization – FRG 1984, categ. III</p> <p>International Referee in artistic gymnastics– 1994, FRG, Bucharest</p> <p>Specialization in sportive dance – FRDS 2008, categ. III</p>																																								
Personal skills and competences	<p>Gymnastics trainer 1994-1996 la Sharjah Women’s Club – UAE</p> <p>Teacher in School 2002 – School „Clementina Perone” – Rome, Italy</p>																																								
Mother tongue	Romanian																																								
Foreign Language	Italian, English, French, Spanish																																								
Self-assessment	<table border="1"> <thead> <tr> <th></th><th colspan="2">Understanding</th><th colspan="2">Speaking</th><th>Writing</th></tr> <tr> <th></th><th>Listening</th><th>Writing</th><th>Participation in conversation</th><th>Oral spelling</th><th>Writing</th></tr> </thead> <tbody> <tr> <td>Italian language</td><td>C2</td><td>C2</td><td>C2</td><td>C2</td><td>C1</td></tr> <tr> <td>English language</td><td>C2</td><td>C1</td><td>C2</td><td>C1</td><td>B2</td></tr> <tr> <td>French language</td><td>C1</td><td>B2</td><td>B2</td><td>B1</td><td>A2</td></tr> <tr> <td>Spanish language</td><td>C1</td><td>C1</td><td>B1</td><td>B1</td><td>B2</td></tr> </tbody> </table>						Understanding		Speaking		Writing		Listening	Writing	Participation in conversation	Oral spelling	Writing	Italian language	C2	C2	C2	C2	C1	English language	C2	C1	C2	C1	B2	French language	C1	B2	B2	B1	A2	Spanish language	C1	C1	B1	B1	B2
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Italian language	C2	C2	C2	C2	C1																																				
English language	C2	C1	C2	C1	B2																																				
French language	C1	B2	B2	B1	A2																																				
Spanish language	C1	C1	B1	B1	B2																																				
Competence and social ability	<p>Team spirit and manager: professional experience in didactic, in research in sportive performance at national level in gymnastics and dance</p> <p>Supervisor in License and Master.</p> <p>Reviewer in superior committee for PhD Thesis in Physical Education and Sport field.</p> <p>Supervisor in PhD from 2011 until now 2020.</p>																																								

Competence and organizational ability	<p>Managerial experience:</p> <p>1997 Management Courses –Windesheim University – Callo Department, from Zwolle – Holland</p> <p>1997 -2003; from 2010 – 2012 Resp. International Relation - Faculty of Physical Education and Sport Faculty, University Babes-Bolyai, Cluj- Napoca</p> <p>1997 till now, Member in Professional and Scientific Association: Member FEPSAC – European Federation of Sport Psychology</p> <p>Member in Scientific Board – Journal Palestrica B+, Publisher UMF Cluj - Napoca</p> <p>Member in Psychology Commission of National Council of Sport Science – National Institute of Research for Sport - Bucharest, 1999-2010.</p> <p>Coordinator of Dance and gymnastics Group „Companion” – with FEFS students.</p> <p>From 2011 till now – Supervisor PhD in Physical Education and Sport in Faculty of profile, in Babes – Bolyai University.</p> <p>From 2011 till now 2020– expert member ARACIS</p> <p>From 2014 till now 2020– member in commission in CNATDCU at Ministry of Education and Research, in the Psychology Committee, Educational Science and Physical education and Sport.</p> <p>Member FIEF (European Federation of Physical Education), from 2016 till now 2020.</p>
Competences and technical abilities	<p>Driver’s licence B, since 1992.</p> <p>High level of teaching theoretical and practical subjects in gymnastics, dance, sport psychology, psychomotricity, mental training techniques and Neuro-linguistic programming (NLP).</p> <p>Physical coach for the National Dance Team in Reghin, since 2008 till 2016- organised by FRDS – Romanian Federation of Sportive Dance.</p> <p>Master’s degree between 2016-2018 in University in Agricultural Sciences and Veterinary Medicine, USAMV Cluj – Napoca, Horticultural Faculty, Specialization, Landscape - PAISV.</p>
Competence and abilities in using computer	<p>SOROS Foundation Certification EM103N / Informatics Department, Instruction– Autumn Session 1996 with qualifying “Very Good”.</p>
Competences and artistic abilities	<p>Organization of sportive and artistic competitions at local, national and international level.</p> <ul style="list-style-type: none"> - National Student Dance Festival The 2 nd Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a V-a, 1993, organized by Student Culture Home from Cluj-Napoca și Târgu-Mureș – Romania. - National Student Dance Festival The 2 nd Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XII-a 2007, organized by Student Culture Home from Sibiu –Romania (contemporan dance section). - National Student Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XII-a 2007 organized by Student Culture Home from Sibiu –Romania (creativity section – Reabon dance) - International Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XXIII-a 2007 organized by Asociazione OK Club, Scuola dello Sport, Casa Montagna Valnure – Ferriere (PC), Italy. (www.vivasworld.org sts-gestione@libero.it) - National Student Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XIII -a 2008 organized by Student Culture Home from Sibiu –Romania (inedit dance section). - National Student Dance Festival The 2 nd Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XIII-a 2008 show revue organized by Student Culture Home from Sibiu –Romania (show revue dance section). - European Ballet Schools festival “Grand Assemble”, 27-30 of October 2016, 2017, 2018, Cluj – Napoca. Romania

	<p>- International Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XXIV a 2008 organized by Asociazione OK Club, Scuola Sport, Casa Montagna Valnure – Ferriere (PC), Italy. (www.vivasworld.org sts-gestione@libero.it)</p> <p>- International Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XXV a 2009 organized by Asociazione OK Club, Scuola Sport, Casa Montagna Valnure – Ferriere (PC), Italy. (folkloric dance) (www.vivasworld.org sts-gestione@libero.it)</p> <p>- „Politehnica” University of Bucharest, Departament of Physical Education and Sport – Kinetotherapy, prize I - Artistic Composition, University of „Bogdan – Vodă”, in Festivalul Polidansfest „Gineta Stoenescu”, Edition V, 11-12 May, 2012, Bucharest.</p>
Participation in Projects	<p>1. Professor coordinator Summer Camps Programmes „Vivas World” Ferriere, Piacenza, Berceto, Parma, prof. Carlo Devoti, (www.vivasworld.org sts-gestione@libero.it) Italy 1997- 2003 – 2014, 2015, 2016, - Piacenza, Italy Italy 2017, 2018, 2019 – Berceto, Parma, Italy</p> <p>2. Title: "Diabetic runners and cyclists for more sport for all in Europe", "Sport give a chance" SPORTGIVECHANCE” n° 590518-EPP-1-2017-1-IT-SPO-SNCESE, Spoleto, Terni, Italy, 2018. For this reason, the partners agree that:</p> <ul style="list-style-type: none"> •The event programme takes place in Italy - Spoleto, starting on the 29.08. and ending on 03. 09. 2018; •The group was formed by the following 14 Participants + 4 Experts.
Other competences and abilities	<p>Participation in other didactics activity in Teaching Staff Mobility in Erasmus Program (up 19):</p> <ul style="list-style-type: none"> - Courses FRG; FRDS. - Organizer of national and International competitions in gymnastics and dance, European Men's and Women's Artistic Gymnastics in Cluj – Napoca, Romania 2017. - Participation in International Congress, upper 23 conference and congress in period from 1997 until now.

Published Articles

From 1992 until now I wrote 19 books. Out of those, one is International coordinate (Technical elements of body movements (collab. Carmen Padilla – Univ. Cadiz, Spain), multiple articles BDI, 6 articles ISI, all of them from Sport Science area.

Books in International publisher

1. **Grosu Emilia-Florina, Georgescu Luminita**, chapter, *Contemporary Trends in Health Promotion Through Physical Education a Romanian Model*, Physical Education and Health, Global Perspectives and Best Practice, SAGAMORE PUBLISHING LLC, ISBN print edition 978-1-57167-703-7 Library of Congress Control Number 201493090303, Urbana, IL 61801, Editor: SAGAMORE PUBLISHING, 2014, P. 383-394

1 book Interantional coordonator (Technical Elements Component, colab. Carmen Padilla – Univ. Cadiz, Spania)

8 books unic author

- Aplicații ale antrenamentului mental în sport -vol 3, Publisher GMI, Cluj - Napoca
- Învățarea motorie și performanța în sport -vol. 2, Publisher GMI; Cluj - Napoca
- Gimnastica aerobică -Programe de stilare corporala, Publisher GMI; Cluj - Napoca
- Psihomotricitate și gimnastica educativă -vol 1, Publisher GMI, Cluj - Napoca
- Paralele inegale din gimnastica artistică feminină (vol I) from Colection "Gimnastică"
- Biomecanica, metodica și tehnica elementelor acrobatice la sol și bărnă (Vol II) from colection "Gimnastică", Publisher GMI, Cluj - Napoca
- Psihomotricitate, Publisher GMI, Cluj - Napoca
- Săriturile în gimnastica competițională feminină, Publisher GMI, Cluj - Napoca

10 books in collaboration

- Sportul - Fenomen social - vol. I in Collection " Știința Sportului",
- "Optimizarea antrenamentului sportiv" in Collection "Știința Sportului" vol IV,
- "Conceptele fundamentale ale Științei Sportului "in Collection " Știința Sportului"- vol II,
- "Pregătirea psihologică și antrenamentul invizibil în activitatea sportivă" , vol III., in Collection " Știința Sportului",
- Sportul - Fenomen social - vol. I in Collectiona " Știința Sportului", vol I, Publisher GMI.
- Locul și roul fitness-ului în știința sportului, Publisher GMI, Cluj - Napoca
- Spiritualitatea în sport, Publisher GMI, Cluj - Napoca
- Complexe de exerciții pentru influențarea selectivă a aparatului locomotor - Complex physical exercises for the development of locomotory system, Ediția a 2 a, Gimnastica, Editura GMI, Cluj -Napoca
- Gimnastica educativă, acrobatică și sărituri la aparate, multiply UBB.
- Grosu Emilia Florina, Gogean Groza Gina, *Gimnastica acrobatică și săriturile cu sprijin la aparate în școală*, Editura Risoprint 2019, 110 pagini

Published Article ISI – impact factor

1. Crăciun Marius Traian, Petrehus Denisa-Elena, Grosu **Emilia-Florina**, Dobosi Serban-Andrei, *Ethical principles in sport performance enhancement / Principii etice in cresterea performantei sportive*, *Science_ Citation_Expanded*, REVISTA ROMANA DE BIOETICA, Vol. 9, Nr. 3, Jul/Sep 2011, P.41 – 52

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[nformation.ro/results/authorNamesList.uri?origin=searchauthorlookup](https://www-scopus-com.am.e-information.ro/results/authorNamesList.uri?origin=searchauthorlookup)

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Date: 15. 05. 2022

Emilia Florina Grosu