

PERSONAL
INFORMATION**Ștefan Teriș**✉ stefan.teris@unitbv.roTHE JOB YOU ARE
APPLYING FOR**University Lecturer**

PROFESSIONAL EXPERIENCE

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- 10/2016–06/2018 **Football coach**
CS. Colțea 1920 Brașov, Brașov (Romania)
Specific training of children and junior groups within the club according to age-specific methodology
- 06/2012–09/2015 **Swimming coach**
AS Diasport, Comănești (Romania)
Learning, improving and strengthening swimming in children according to age-specific methodology
- 10/2020–10/2023 **University Assistant**
Henri Coandă Air Force Academy (Romania)
Faculty of Air Security Systems
- 10/2023–Present **University Lecturer**
Transilvania University of Brasov
Faculty of Physical Education and Mountain Sports (Romania)

EDUCATION AND TRAINING

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- 10/2018–07/2022 **Phd – Sport Science**
Transilvania University of Brasov, Brasov (Romania)
- 10/2017–06/2020 **Bachelor's Degree - Physical Education and Sports**
Vasile Alecsandri University of Bacau, Bacău (Romania)
- 10/2015–07/2017 **Master's Degree - Sports Performance and Management in Sport**
Transilvania University of Brasov, Faculty of Physical Education and Mountain Sports, Brasov (Romania)
- 10/2012–07/2015 **Bachelor's Degree - Sport and Motor performance**
Transilvania University of Brasov, Faculty of Physical Education and Mountain Sports, Brasov (Romania)
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PERSONAL COMPETENȚE

Mother language(s) Romania
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Foreign languages

	UNDERSTANDSGERE		SPEECH		WRITING
	AceWorship	Read	Participation in Conversation	Oral discourse	
English	C1	C1	C1	C1	C1
Spanish	A2	A2	A2	A2	A1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Experienced user Common
European Framework of Reference for Languages - Self-assessment grid

Communication skills

Good communication skills;
 Excellent relationship skills with children acquired from previous jobs;
 Excellent peer relationship skills acquired from previous jobs at sports clubs ;

Organizational/managerial competence

Good team leadership skills acquired as a football coach;

Skills acquired at the workplace work

Mentorship, being responsible for training and training athletes in accordance with the psychology of ages;

Digital skills

SELF ASSESSMENT				
Information processing	Communicate	Content creation	Security	Problem solving
Experienced user	Experienced user	Independent user	Independent user	Independent user

Digital skills - Self-assessment grid

MS Office - Advanced knowledge of working with programs included in the Microsoft suite

INFORMATION

Publications „The influence of body mass of water level on cardiovascular and urinary parameters at athlete students”, Revista de Chimie, Nr9/2019;
 "Developing coordination as a determinant factor of proprioception in football", Sport and Society, journal of physical education, sport and related sciences, No.1 / July 2019;
 "Experimental study on components of proprioception in football for children age 10 to 12", Science movement and health, volume XIX, Issue 2 - Supplement 2019, Ovidius University Press Constanța;
 „Study regarding proprioception în football between age 10 to 12 years old”, Bulletin of the Transilvania University of Brașov, Series IX: SCiences of Human Kinetics, Vol. 12(61), No. 1-2019;
 „Experimental study regarding development of speed, coordination and balance in football game for children age 10 – 12 years” Ovidius University Anals, Series Physical Education and Sport/Science, Movement and Health, Volume 21, Issue 2 – Supplement 2021, Ovidius University of Consanta, pp 512 – 519, ISSN 2285 – 777X, ISSN – L 2285 – 777X;
 "Biomechanical analysis regarding kicking the ball at the age between 10 and 12 years", "Transilvania" University Publishing House, Brasov 2022, ISBN 978 – 606 – 19 – 1507 – 1;
 "Specific means of correcting the biomechanics of kicking the ball at the age between 10 and 12 years" "Transilvania" University Publishing House, Brasov 2022, ISBN 978 – 606 – 19 – 1508 – 8;
 „Optimization of biomechanics in the game of fooball at the age of 10 to 12 years through computer technology

Distinctions Seventh Edition of the Scientific Conference of the Doctoral Schools of „Dunărea de Jos” University - Honorable Mention - Developing of coordination as a determinant of proprioception in football (2019)