

SUMMARY OF THE HABILITATION THESIS

The habilitation thesis has been drawn up in order to obtain permission to coordinate the doctoral activities in the field of Physical Education and Sport.

The thesis is developed at three levels: the first part contains three chapters which review the main directions of research, the scientific and professional achievements; the second part outlines the main directions for further development of professional trajectory and the third part presents the references.

The scientific activity was materialized by the publication of a number of 10 books at nationally prestigious publishing houses, 5 articles in proceedings indexed ISI Web of Knowledge, 19 articles published in journals indexed BDI, 22 articles at international, 2 article at national conferences and 12 abstracts in proceedings.

I coordinated for projects as a project manager (1 international grant and 3 national projects) and I was part of the management team in 6 projects (2 international grant and 4 national projects). I participated as a long term expert in a POSDRU project, being responsible for designing and implementing the occupational standard of sports counselor.

Recognition of the research process complexity, as well as the accountability of research major role in physical activity and sports as to increase the athletic performance and the quality of life, led me to approach in an integrative manner the following research directions:

- Laterality and ambidexterity - implications in psychomotor ability;
- Promoting sports for all;
- Promoting and motivating for an active lifestyle;
- Influences of aquatic recreational activities on motric, functional and psychological capacities.

The professional way detailed in chapter two of the first part is an essential element of my personal development being based on the relevant and original contributions I had as a professor and member of various national and international societies.

The teaching activity in the Faculty of Medicine, M2 Department - Motricity Sciences at the University of Medicine and Pharmacy of Tirgu Mures and the Faculty of Physical Education and Sports of "George Baritiu" University in Brasov was complemented with the participation in three European studies programs: in 2010 in Strasbourg, France, organized by the Council of Europe in 2011, 2012 in Madeira, Portugal, organized by Escola Cristovao Colombo.

It was also complemented with specific activities within the Romanian Federation Sports for all where I held the following positions: President (2013 up to present) and Vice President (2005-2013). In recent years I have been involved in international professional structures activities, such as: International Association of Sport Kinetics International Federation Sport for All, Balkan Association of Sports for all, TAFISA.

On national plan I am a member of numerous professional societies and structures: Science, Human Excellence and Sports University Society, Romanian Society for Physical Education and Sport, the Romanian Medical Society of Physical Education and Sport, Eurokinetica Association, Romanian Olympic Academy- Brasov branch, ARACIS.

Another recognition of my professional prestige is correlated with the activity I carried out in the scientific and editorial board of national and international journals indexed BDI: Sport Science Journal, The Online Journal of Recreation and Sport, International Journal of Sport Studies, International Journal of Science and Research, International Research Journal of management Sciences, Research Journal of Sports Sciences, Sportlogia, Acta Kinesiology, Discobolul and Annals of "Dunarea de Jos" University of Galati, Fascicle XV Physical Education and Sports Management.

In chapter three of the first part I focused on the academic development. My professionalism and dynamism led Romanian and international academic community members to co-opt me in the scientific committees of numerous scientific events held in: Sarajevo, Bosnia-Herzegovina; Antalya, Kemer and Ankara, Turkey; Belgrade, Serbia; Brasov, Galati.

The relevance and the scientific impact of my achievements as well as my professional and communication skills were considered the main assets for the invitation as a keynote speaker in a series of scientific events in: Antalya, Turkey; Belgrade, Serbia; Tirgu Mures, Pitesti.

In the second part of the thesis "career development plan" I described the trajectory and the future vision of my academic development. These further development directions were based on a SWOT analysis which allowed me to outline the strengths, weaknesses, threats and opportunities of my current and future development in order to realistically define the development of my academic career.

My career is built on an open active experimentation plan, adapted to inevitable changes in the future opportunities. In accordance with the institutional and personal reasons, the plan was focused on the permanent improvement of my level of knowledge, skills and competence, on promoting educational, innovative teaching techniques rooted in the scientific realities and the contemporary pedagogical developments.

My plan fundamentally lies on teaching, scientific and social experiences specific to academic environment and targeted a three-pronged approach: teaching, scientific and relational work in academia. A major concern will consist of involving students and especially doctoral students in research activities by developing interdisciplinary teams.

The third part presents the references associated with the first two parts.

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