

## **Abstract of Habilitation Thesis**

The thesis entitled "Social mechanisms that determine behavior in physical education and sport" includes the presentation of the work carried out at academic and research level since 2004, the year I obtained a doctoral degree as a result of supporting the thesis entitled "Leader-group relationship in the framework of sports activities. "".

The thesis is structured, as methodological indicated, in three chapters with related subsections, contains three tables and a sociogram.

The first chapter "Professional and academic achievements" explains the premise that, after twenty years of practical experience in sports performance and physical education have led me to follow the studies of the Faculty of Sociology at the Babes-Bolyai University. The goal was to return to practice in terms of expertise as regards social contexts.

Subchapters on experience and education display concern for understanding the mechanisms that influence human performance. Interest is structured to identify ways to intervene in the professional field or decision making.

Experiences diversify and questions field widens after volunteering in organizations: the Romanian-AOR Olympic Academy; Office for Students with Disabilities - BSD, from UBB; Paralympics for persons with motor disabilities.

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Study the causes of failures of sport and experiences of good practice revealed mechanisms with facilitating role in supporting the health and sports performance.

Subchapter "Promoting physical education and sport in the media" was an occasion to present, for two years, in the programs area of the "Somes TV" post, things concerning the characteristics of the systems in other countries, case studies from the world of sport high performance critical analysis compared with Romanian experiences, detachment from execution to concept to practice, social pressure and dynamic programming resources, etc. The professional advantage is that I received much unusual and nuanced information from a variety of topics.

Another form of information dissemination and reflections of sports, Olympism and symbolism is the book reviews and articles published in indexed journals.

Administrative activities and responsibilities within the institution express a wide range of professional implications over a decade.

The second chapter, concerning on scientific research justifies and highlights the academic level of the profession. Epistemic curiosity materialized in five single author books that discuss the topic of school volleyball, volleyball performance for juniors and high performance. The book "Knowledge and management of social groups - Applications in physical activities" somewhat prepares the emergence of the book "Leader - group relationship."

The contents of these books open the horizon to social mechanisms that determine attitudes, interests and motivations of those involved in sport as practitioners, experts, managers, leaders or volunteers. All these books have become citation sources for researchers, students, postgraduates and teachers.

The radiography of sports movement through specific paradigms of leadership, management and social sciences or social mechanisms materialized in research published in scientific journals level ISI or BDI of which I exemplify: Sports at School and University Level in Educational and Managerial Structures; Sport at School and University in Educational Level and Managerial Structures; Interest High School Students For Sport And University in Cluj Napoca; Psychomotor on Preschool Child Development Movement through games; Young sportsmen Between motivation and influence; The National School Sports Olympics for Between Desire and Reality; Improving football player's performance Using counseling for decreasing anxiety; University sport in USA – an interview with Cristina Pintilie.

The two years of doctoral studies in Physical Education and Sports have revealed a period of very special information and research in sports, defined as using "jumping mat MGM15". Using an apparatus of this kind allows the replacement of subjective assessments with accurate testing. The equipment allows interventions responsible for the control and individualization of effort. The reasonable effort dosage assures optimal health and safety of the performers. Significant scientific papers are as follows: "Individualization for sports performance training and prevention in Volleyball", "The optimization of the explosive force training in volleyball", "The control of explosive force training in volleyball Using MGM15 jumping mat".

The content of university courses taught in 2004 is apparent from their titles: Knowledge and management of sports groups, Theory and Practice of sports events, Sports sociology, Sports events management, Leadership, Sociology of physical education; Volleyball basic course, volleyball specialization, Beach volleyball - practical work, Methodology of volleyball in school.

As coordinator of the bachelor, master and teaching degree thesis I had a rich activity with hundreds of titles with specific themes.

Regarding the participation in doctoral training committees, I participated in seven events and six committees to support the thesis.

Chapter three refers to the academic career development plan. The subchapter that refers to activity with students summarizes: promoting education actively and reflectively through a bridge between theory and practice (acting to goal game; reflections on compliance with the rules of the game; the role game within the team, organization, seminars with thematic works); empowering students to own training as a physical education teacher or coach - practical lessons methodical probing mechanisms regulating behavior (use the evaluation sheet of the first lessons, role play); designing simple and challenging courses so that they gain information for a critical analysis of themes (equidistant positioning of things, addressing issues from positions paradigmatic); involvement of students in research work.

Personal development refers to maintaining a good physical condition, the exploitation of knowledge in research for curriculum and harmonization with European standards and the study of social mechanisms that determine behavior.

Activity in the doctoral school would focus on three areas: applied research on educational issues and socio-cultural aspects of sport performance and physical education teaching program content; effort and neuromuscular control training; Olympic movement.

## **Activity goals**

### **Didactic Activity in the Short Term**

1. Adapting the data that was taught in the spirit of the Reform in Education.
2. Focusing, in the frame of the didactic activity, on judgment analysis and the understanding of the values.
3. Involving the students that are interested in research at their level.

### **Didactic Activity in the Medium Term**

1. Adapting the didactic tools in an entrepreneurship spirit too.

2. Capitalizing the didactic matters by publishing and disseminating them.
3. Capitalizing the relationship between UBB, China and other countries through the Confucius Institute.

### **Didactic Activity in the Long Term**

1. External collaborations to capitalize lectures and books.
2. The study of the Chinese language as a means of improving the chances on the labor market.

### **Research Activity in the Short Term**

1. Obtaining the Certificate of Entitlement for PhD supervisors.
2. Studying the ways in which mechanisms that determine the behavior in Education and Sports for health and performance were accomplished.
3. Publishing works according to the demands of the Research Department.

### **Research Activity in the Medium Term**

1. Supervising PhDs in Sports, Paralympic Games, aged people oriented towards their social needs and demands.
2. Applying research projects about methods and means through which didactic and sportive targets are accomplished for various levels.

### **Research Activity in the Long Term**

1. Research as PhD studies for the use of the didactic and administrative community as well as for the political use in this field.
2. Taking advantage of the Research Center in the FEFS.
3. Capitalizing research subjects that were identified in the daily activity and that were professionally and socially representative.

### **Administrative Activity in the Short Term**

1. Providing data and solutions to the administrative and political decision makers based on the results of the research.

### **Administrative Activity in the Medium Term**

1. Involving the decision makers in the capitalization of experts' experiments

### **Administrative Activity in the Long Term**

1. Partnership with the civil society.
2. Partnership with Research Centers from home and from abroad based on the Erasmus experiments.