

HABILITATION THESIS

SUMMARY

**Title: USE OF TEACHING TECHNOLOGIES AND
MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS**

Domain: PHYSICAL EDUCATION AND SPORT SCIENCE

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SUMMARY

The main purpose of this habilitation thesis has started from the idea that will represent a new opportunity for personal development which will open new perspective in interdisciplinary scientific research activities.

The piece of work consists of two parts according to the doctoral school formal standard instructions.

In the first part I have presented the professional and scientific accomplishments and, in the second part I have intended to highlight the present professional plan of personal evolution and development.

The first part comprises three chapters containing the research activity, the professional activity and the academic activity.

In the chapter “The Research Activity“ I have tried to point out the personal accomplishments after obtaining the Ph.D.

Thus, I have specified the main directions of the activity as follows: the impact and influence of the individually practiced physical exercise and its effects on the educational-instructive process; the applying of didactic technologies for the improvement of teaching methodology, the educational content in the physical education lessons and their effective development; the use of physical exercise as the means of health recovery and a healthy life style promotion; interdisciplinary aspects of the activity; management in the sports field, sports and academic activities.

For each of these research directions I have pointed out the most recent results which have been presented in international conferences in Romania and abroad.

In the subchapters of the first part, for each research direction I have detailed the content of a most significant research and I have listed other researches connected with the main direction of the research.

In the second chapter, established for the professional activity, I have presented the most important moments in the candidate’s professional evolution.

Just from its beginning, the activity was carried out at the “Dunarea de Jos “University, Individual Sports and Kinetoterapy Department of Physical Education and Sports Faculty.

All along the professional activity, the main concern was the subjects which develop future specialists in the field of physical and sport education and notions of school gymnastics.

Within the same chapter, I have presented the activity carried on after the completion of the Economical Science Study degree as well as the subjects I worked according to my qualifications in “ The Management In Sport and Physical education “ or “ The Management and Marketing in Sport and Physical Education “

The research activity, as a constituent part of the academic activity, consists in the publication of 4 books, specialized studies by unique author; 5 didactic publications for license and masters programs; 5 articles in-extenso published in the volume ‘ proceedings ‘ with Peer-Review of the conferences indexed ISI Thomson; 41 articles published in the magazines indexed BDI or in the volumes “ proceedings ‘ of the international conferences indexed BDI; 5 articles published in foreign journals or romanian with peer-reviewed and international editorial board; 11 articles published in BDI indexed journals or volumes "proceedings" of international conferences indexed BD; 12 articles in-extenso published in the volumes of other international conferences.

Besides the didactic activity, I have always been interested in my personal development within professional nationally and internationally recognized organizations such as World Scientific Economic and Association Society, Greece, Council of the Science of Sport, Romania; Scientific Society of the Human Excellency and Academic Sport, Romania; The International Federation of Physical Education (FIEP), Romania; The Federation ‘ Sport for Everyone ‘, Romania.

In the last part of the third chapter I have presented the activity which I carried out within the European Program Erasmus + for teacher and students.

Taking into account the consolidation of the cooperation with institutions from abroad, I have succeeded in establishing relationships with different foreign partners.

Being involved in Erasmus+ activities, I have managed to consolidate and develop my personal abilities of teaching and educating the students, taking part in six mobility sessions at foreign universities.

In the second part of the dissertation I have presented the evolution and development plans of my academic career. Taking this into account, I have listed the most essential objectives of this evolution.

The plan of my professional development is based on my didactic, scientific and social experiences and is organized on the different directions such as : didactic activity, scientific research activity, the activity of academic co-operation and the academic integration of the students.

The dissertation contains 28 tables, 9 figures and 120 pages.

The dissertation of empowerment ends with a bibliography containing 130 references.