

Summary of the habilitation thesis

The habilitation thesis was developed in order to obtain the permission to coordinate the doctoral activity in the field of physical education and sport.

The thesis is organized into three parts. The first part that summarizes the main directions of research and scientific and professional achievements is structured in three chapters. In the second part there are presented the main directions of development and the professional trajectory, and in the third part, the references are listed.

Scientific activity and main directions and research issues have evolved in the current context of the resistance development in the football game to football players and referees. The chapter "*Developing the resistance of junior players of 15-16 years by means of specific athletics*" demonstrates the importance of "resistance" in all its forms of expression, contributing substantially to the achievement of game tasks.

The chapter "*Developing resilience to football referees by means of specific athletics*" sums up the results of the studies that continue, to a certain extent, the research done as a doctoral student. The growing interest shown by the referees on this subject and the obvious need to build-up a group of specialists have determined me to involve as trainer and assessor of the Referees Commission within the Romanian Football Federation. I have developed scientific training and testing programs, an essential step in the preparation towards promoting Romanian referees for national and international games and championships. Also in this context is presented the specific, wide-ranging theme, approached in the 150 bachelor's, dissertation and first-degree papers, which confirm, through research results, the contribution on athletic training.

The scientific activity after obtaining the PhD title has materialized in the publishing of 9 books by nationally recognized publishing houses, 2 articles in ISI indexing Web of Science, 19 articles published in indexed databases, 16 articles presented at international conferences and 5 articles at national conferences.

Recognizing the complexity of the research process and assuming the role of research in the field of sports in general and sports performance in particular, have led me to approach the following research directions in an integrated way:

The detailed professional path in chapter two of the first part is an essential element of personal development based on relevant and original contributions, carried out as a lecturer and member in various national societies The Central Committee of the Referees as lecturer

and scientific assessor for all categories of football divisional referees. I have participated in nine International Conferences as FIFA representative for the Romanian referees, as follows:

1. Didactic activity at UBB-Cluj-Napoca

1.1. Faculty of Physical Education and Sports, Department of Sports

Games Discipline: at Bachelor's degree level, Specialty - Master's degree

1.2. Faculty of Geography of Tourism within the UBB.

Course: Dynamics of the groups and communication with the practitioners of tourism-specific activities

Second part of the thesis presents my career development plan, based on a SWOT analysis of academic, didactic and research achievements but also short, medium and long-term strategies, considered to be very important for future professional development. Continuing professional training, scientific research and the qualitative increase of the didactic act are the main goals of career development; they are also related with new opportunities to support the research and development of the Faculty of Physical Education and Sport.

My career is based on an open plan of active experimentation, adapted to inevitable changes and future opportunities. In accordance with personal and institutional motivations, the plan was centered on continually improving the level of knowledge, skills, competencies, as well as promoting education techniques - teaching innovation in scientific realities and contemporary pedagogical developments.

My professional development plan is based on the didactic, scientific and social experiments specific to the academic environment and aimed to three directions of approach: didactic activity, scientific activity, relational activity in the academic environment.

An important concern will be the involvement of students and, in particular, PhD students in research activities by developing interdisciplinary teams.

Part three presents the references associated with the first two parts.