

MINISTRY OF EDUCATION
BABEŞ-BOLYAI UNIVERSITY
DOMAIN SPORT SCIENCE AND PHYSICAL EDUCATION

ABSTRACT OF HABILITATION THESIS

CANDIDATE:

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The habilitation thesis entitled *Contributions regarding the role and the importance of motor activities for fitness improving* represents didactic, scientific, academic and professional approaches in the field of Sports Science and Physical Education.

The habilitation thesis is structured on three sections: academic, scientific and professional achievements; career development plan; bibliographical references.

The first section presents the achievements accomplished distinctly: professional training, teaching, scientific activity, professional recognition and investigative approaches in terms of the role and importance of physical activities in order to improve physical fitness and life quality of young people.

I amde my doctoral studies in the field of Physical Education and Sports at the University of Pitești, graduating with public presentation. The doctoral title being confirmed by the Order of the Minister of Education, Research and Youth no. 3439 of 12.03.2008.

In the didactic plan, I elaborated practical-methodical guides and courses at disciplines included in the didactic activity. With the promotion to higher degrees, the teaching activity focused on two major directions: physical condition (fitness), leisure activities. Furthermore, I also carried out activities in the disciplines Methodology of Handball in high school and Stage of specialized practice in the master's degree program. During this period, I conducted over 200 bachelor's theses, over 100 dissertation papers and over 30 methodological-scientific papers for obtaining the first teaching degree.

The scientific achievements presented in this first section are the result of research conducted after obtaining the PhD. title, based on fitness studies of young people by applying specific questionnaires, batteries test, use of electronic devices to assess the components of physical fitness and body composition. Until this moment, I am the author or co-author of over 130 specialized articles, of which 19 are indexed Web of Science and over 100 are indexed in international databases (Scopus, ERIH +, DOAJ, CrossRef). The topic of the articles is that of the disciplines taught throughout the teaching activity, but lately, I have focused on physical fitness, leisure activities, specialized analysis in high performance handball.

Along with scientific articles, I published 4 book chapters in an internationally recognized publishing house (Academic Press - an imprint of Elsevier). I participated in grants as a member (cross - border cooperation - Through sport uniting destinies. Young sportmans cross- border network - MIS code ETC 728, ANELIS PLUS, PNRR – Coach

USV) or as director (Erasmus+, FDI, ROSE) attracting funds for the university of over three millions lei.

Regarding the professional recognition I received the award for the best poster presentation of a young researcher at the FIEP European Congress in Bratislava in 2013 and I won the award for best the young USV researcher in 2014.

I am member of the scientific committee of specialized scientific conferences (Chisinau, Galati, Bacau, Pitesti, Resita), as well as of journals indexed in international databases (The Annals of "Dunărea de Jos" University of Galati, Fascicle XV - Physical Education and Sport Management; The Annals of The "Ștefan Cel Mare" University, Physical Education and Sport Section, The Science and Art of Movement; Gymnasium - Scientific Journal of Education, Sports and Health, "Vasile Alecsandri" University of Bacău).

I have been appointed ARACIS expert evaluator in Committee 8 since 2016 - Art, Architecture, Urbanism, Physical Education and Sport, participating as member in commissions for authorization and periodic evaluation of Bachelor and Master programs in the field of Education Physical and Sport.

In addition to these teaching and research activities, I am director of ACS Luceafărul Bucovina 2012 Suceava. This club has employed graduates and students of the Faculty of Physical Education and Sport, training today over 100 children and juniors who participate in official competitions.

Administratively, within the faculty, I held the position of Chancellor (2008-2012), Vice Dean (2012 - present), Dean (since 2024), these positions meaning the coordination of essential activities for the faculty development.

All these didactic, scientific, administrative activities have contributed to my professional development.

Studies and researches show that the physical condition of the individuals is low to medium, being associated with the risk factors of various pathologies, with general dissatisfaction in terms of health, work capacity, fatigue rate and insufficient energy required for daily tasks. All these occur as a result of sedentary behavior, because more and more young people are physically inactive in our days. When people are more physically active, their health, fitness and especially their life quality are at a higher level, because all these elements influence each other, being in a direct interdependence relationship.

The main limiting factor of researches that I conducted is the sample size which can be an obstacle to generalization to larger populations.

The activity with young people / students must be a process meant to improve the life quality and to ensure an optimal level of effort that will lead to beneficial changes in morphological, functional, motor and psycho-social plan. Specific strategies could be a starting point for designing interventions in the context of physical education in order to improve physical fitness for young people.

The second section presents the career development plan; this will be developed in two major directions: the didactic activity and the research activity. Ștefan cel Mare University of Suceava is a dynamic university throughout the recent years, being present in international universities rankings. In order to be able to face to challenges of the socio-economic, educational and academic environment, a sustained effort is needed to be up to date news in the field, in terms of teaching and research.

The development of the teaching activity is aimed at optimizing the teaching act by following some training and teaching mobilities in order to identify examples of good practice of other colleagues from the country and abroad, by supporting students educationally and involving them in activities specific to the field of Science of Sports and Physical Education.

The development of the research activity and the increase of its relevance will focus on: publishing articles related to physical fitness, leisure activities and handball in journals listed Web of Science; publishing books and book chapters in national and international publishing houses; participating and involving in projects, grants with relevance for the Science of Sports and Education Physical field; attending conferences in the country and abroad; the involving students in research activities by conducting specialized studies / researches and by participating in scientific events.

I consider that it is necessary to stimulate professional performance within institution, by properly using the teaching and research infrastructure and coagulating a work team in order to achieve the educational objectives, but also by conducting researches to be presented in specialized scientific events, along with organizing and carrying out joint actions together with our social and educational partners.

The third section presents the bibliographical references used in this thesis.