


**Vlad-Ionut
Stegariu**


Date of birth: 05/08/1994


Nationality: Romanian

Gender: Male

CONTACT

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WORK EXPERIENCE

01/10/2019 – CURRENT – Iasi, Romania

Assistant lecturer in university

„Alexandru Ioan Cuza” University

Iasi, Romania

06/11/2017 – 31/08/2021 – Iasi

Physical education teacher

„Bogdan Petriceicu Hasdeu” School

Iasi, Romania

EDUCATION AND TRAINING

01/10/2019 – CURRENT – Iasi, Romania

PhD Degree in Sports Science and Physical Education

„Alexandru Ioan Cuza” University, Faculty of Physical Education and Sports

01/10/2017 – 01/07/2019 – St. Toma Cozma 4, Iasi, Romania

Master's Degree

„Alexandru Ioan Cuza” University, Faculty of Physical Education and Sports

01/10/2014 – 10/07/2017 – Iasi, Romania

Bachelor Degree

University "Alexandru Ioan Cuza" faculty "Sports and Physical Culture"

21/09/2015 – 01/02/2016 – Porto, Portugal

ERASMUS

Instituto Universitar Superior da Maia

01/02/2017 – 01/06/2017 – Krakow, Poland

ERASMUS

Akademia Wychowania Fizycznego

06/07/2019 – 06/09/2019 – Porto, Portugal

Erasmus Practice

Individual Football Training- IFT

08/02/2017 – 08/04/2017 – Krakow, Poland

English Teacher

Konwersacje Jezykowe

15/09/2009 – 21/06/2013 – Iasi, Romania

Highschool Diploma

Colegiul National Iasi

LANGUAGE SKILLS

MOTHER TONGUE(S): Romanian

OTHER LANGUAGE(S):

English

Listening	Reading	Spoken production	Spoken interaction	Writing
C2	C2	C1	C1	C1

JOB-RELATED SKILLS

01/10/2019 – CURRENT

Research work

1. Stegariu, V. I., Abalasei, B. A., Stoica, M., (2022). A Study on the Correlation between Intelligence and Body Schema in Children Who Practice Chess at School. *Children*, 9(4), 477.
2. Stegariu V.I., Abalasei B.A., (2021). The role of chess in the development of Attention in Primary School Children, *Proceedings of ICU 2021, 7th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy*. <http://www.edlearning.it/proceedings/moreinfo/20211112.htm>
3. Stegariu V.I., Iacob G.S., (2021). Study on the correlation between spatial orientation and logical thinking in students who study chess in school, *Bulletin of the Transilvania University of Braşov Series IX: Sciences of Human Kinetics • Vol. No. 2 – 2021* <https://doi.org/10.31926/but.shk.2021.14.63.2.26>
4. Stegariu, V.I., Popușoi, A. S., Abalasei, B. A., Trofin, F.P., Honceriu, C. (2021). The Role of Chess in the Intellectual Development of Children. *Sport & Society/ Sport si Societate*, 21(1).
5. Stegariu, V. I., Muntianu, V. A., & Martinaș, F. P., (2020). Study on the Evolution of Anthropometric Indices in Primary School Students. *Gymnasium*, 2 1(1 (Supplement)), 5-17.
6. Stegariu, V. I., Trofin, P. F., & Abalasei, B. A., (2020). Study on the Correlation of Physiological Parameters at Mini-Football Players: <https://doi.org/10.31926/but.shk.2020.13.62.1.13>. *Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics*, 103-110.
7. Stegariu V.I., Vornicu M. (2020). The benefits of chess practice on students-A meta-analysis, ©Filodiritto Editore – *Proceedings*.
8. Stegariu V.I., Iacob G.S. (2020). The effects of practicing chess on analytical thinking in primary school students, *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, volume 20, Issue 2 (2020).
9. Stegariu V.I., Popușoi, A.S., Abalasei, B.A., Voinea, L. N., Trofin, P.F., Honceriu, C., (2019). The Role of Chess in the Intellectual Development of Children from Primary School. *Sport & Society/Sport si Societate*, 19(2).

HONOURS AND AWARDS

Honours and awards

- Multiple national chess champion.
- Multiple national team chess champion.
- Silver medal at European Rapid Chess Championship at Subotica.
- Gold medal at European Rapid Chess Team Championship at Subotica with Romanian team.
- Bronze and silver medal at European Chess Team Championship with Romanian team at Pardubice.
- Bronze medal at European Chess Team Championship with Romanian team at Iasi.
- Multiple open chess tournaments won. (in Moscow, in Portugal and Romania).

ORGANISATIONAL SKILLS

Organisational skills

- Organisational skills
- Ability to make decisions under stress situations
- Ability of analysis and synthesis
- Ability to assimilate information with ease

COMMUNICATION AND INTERPERSONAL SKILLS

Communication and interpersonal skills

Excelent skills of interaction with children, acquired in classes taught as a chess teacher

VOLUNTEERING

Volunteering

Organising comittee Vice President Incoming Reception on project „MOVE"
Active member on project „Christmas Around The World" and trainee buddy