

## **SUMMARY OF THE HABILITATION THESIS: PHYSICAL EDUCATION AND SPORT IN THE CONTEXT OF SOCIO-ECONOMIC CHANGES**

The habilitation thesis prepared by Assoc. Prof. Dr. Teodora Mihaela Iconomescu, entitled "Physical education and sport in the context of socio-economic changes", is part of the sports science and physical education field, proposing an integrated and multidisciplinary approach to physical education and sport with the dynamics of contemporary socio-economic transformations. The work is structured in two main parts: the author's scientific, professional and academic achievements and the development prospects of her academic career.

### **I. Scientific, professional and academic achievements**

The first part of the thesis presents a synthesis of the scientific and academic activities undertaken over more than two decades of her academic career, highlighting a significant contribution to physical education, sport, and sports management. The author substantiates her academic career through a comprehensive research endeavour, materialised by:

- Development of a doctoral thesis focused on streamlining the educational process in physical education in high school, using contemporary teaching strategies.
- Publication of articles in specialised journals indexed in international databases (ISI, BDI).
- Participation in international and national scientific conferences.
- Involvement in research projects and grants as a director or team member.

A central element of the scientific activity is investigating the impact of modern teaching strategies on the curriculum and the instructional-educational process in high school education. The research identified a series of dysfunctions, such as:

- Insufficiency of studies regarding streamlining physical education lessons at this educational level.
- Lack of correlation between curricular contents and students' interests, psychomotor and cognitive peculiarities.
- Deficient or sporadic use of contemporary teaching strategies by teachers.

In this context, the author proposes an innovative pedagogical model based on the application of various teaching strategies (problematisation, differentiated treatment, modelling) adapted to the specifics of motor activities and students' needs. The results of

experimental research confirm the efficiency of these strategies in increasing students' involvement and performance and optimising the educational process.

The thesis also highlights the importance of a rigorous didactic design based on analysing the initial level of student preparation, the appropriate selection of teaching-learning means and methods, and the integration of formative and summative assessment tools. The developed didactic model integrates these elements into a coherent, flexible, and adaptable structure with direct applicability in educational practice.

## II. Prospects for the development of the academic career

The second part of the paper outlines the author's professional and scientific evolution, emphasising her commitment to the consolidation and expansion of interdisciplinary research in physical education and sports. Development prospects include:

- Deepening academic collaborations with national and international university centres.
- Promoting innovative approaches in the initial and continuous training of teachers.
- Developing educational and methodological programs adapted to new educational and social requirements.

The author bases her vision on the development of her academic career on the results obtained to date, considering them solid support for assuming the role of qualified professor and doctoral supervisor in sports science and physical education.

## Conclusion

Through its scientific content, the habilitation thesis demonstrates a significant contribution to the knowledge and optimisation of the educational process in physical education and sports, in correlation with socio-economic changes and the dynamics of the educational system. The work integrates a multidisciplinary and applicative approach, supported by a solid academic background and sustained research activity, providing the necessary premises for the author to assert herself as a specialist and trainer of specialists in physical education and sports.