



Florentina-Petruța Martinaș

Date of birth: 12/04/1995 | **Nationality:** Romanian | **Gender:** Female | **Phone number:**

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(Home)

WORK EXPERIENCE

„ALEXANDRU IOAN CUZA” UNIVERSITY OF IAȘI, FACULTY OF PHYSICAL EDUCATION AND SPORT UNIVERSITY ASSISTANT – 02/2021 – CURRENT

- Teaching activity: holding courses, seminars and practical works in the first cycle of undergraduate studies.
- Research activity: writing and publishing scientific articles, participating in national and international scientific events.
- Tutor of the year: Physical Education and Sports specialization
- Disciplines: TECHNIQUES AND METHODS FOR THE DEVELOPMENT OF MOTOR QUALITIES, THEORY AND METHODOLOGY OF PHYSICAL EDUCATION AND SPORTS, MOTOR AND SOMATO-FUNCTIONAL EVALUATION, THEORY AND PRACTICE IN WINTER SPORTS, etc.

„ALEXANDRU IOAN CUZA” UNIVERSITY OF IAȘI, FACULTY OF PHYSICAL EDUCATION AND SPORT ASSOCIATE TEACHER – 10/2018 – 01/2021

- Teaching activity: holding seminars and practical works in the first cycle of undergraduate studies.

SECONDARY SCHOOL “B.P.HASDEU”

PHYSICAL EDUCATION AND SPORTS TEACHER – 09/2017 – 06/2021

- Teaching activity: preparation of classes, preparation of representative teams, preparation of folk dance ensemble, preparation of multicultural dance ensemble, preparation of the cheerleading team, etc.
- Administrative activity: class master, head of the Methodical Commission-Physical Education and Sports, member of the Curriculum Committee, member of the Enrollment Commission - 8th grade graduates, member of the Commission for the Prevention of Violence, member of the Commission of extracurricular educational activities .
- Extracurricular educational activities: organization of cultural and artistic events, organization of sports competitions, etc.

EDUCATION AND TRAINING

10/2019 – 06/2022 Iași, Romania

PHD IN SPORTS SCIENCE AND PHYSICAL EDUCATION „Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport

Address Str. Toma Cozma, Nr. 3, 700554, Iași, Romania | **Website** <http://www.sport.uaic.ro> |

Field of study Doctoral School in Area of Study Science of Sports and Physical Education

10/2017 – 07/2019 Iași, Romania

MASTER'S DEGREE GRADUATE „Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport

- Gymnastics programs for body aesthetics
- Medical control in motor activities
- First aid in sports traumatology

- Psychomotricity
- Ergophysiology and physiology in motor activities

Address Str. Toma Cozma, Nr. 3, 700554 , Iași, Romania | **Website** <http://www.sport.uaic.ro> |

Field of study Fitness and Body Aesthetics | **Final grade** 9.75 | **Thesis** 9.75

2017 – 2019 Iași, Romania

CERTIFICATE OF GRADUATION OF THE PSYCHO-PEDAGOGICAL MODULE LEVEL II „Alexandru Ioan Cuza”
University of Iași, Department for Teaching Staff Training

Address Str. Toma Cozma, Nr. 3, 700554 , Iași, Romania | **Website** <https://www.psih.uaic.ro/dppd/>

10/2014 – 07/2017 Iași, Romania

DEGREE IN PHYSICAL EDUCATION AND SPORTS „Alexandru Ioan Cuza” University of Iași, Faculty of
Physical Education and Sport

- Theory and methodology of physical education and sports
- Optimization of motor capacity
- Kinesiology
- Methodology of teaching sports
- Functional anatomy
- Health education and first aid

Address Str. Toma Cozma, Nr. 3 , 700554 , Iași, Romania | **Website** <http://www.sport.uaic.ro> |

Field of study Physical education and sport | **Final grade** 9.77 | **Thesis** 10

2014 – 2017 Iași, Romania

CERTIFICATE OF GRADUATION OF THE PSYCHO-PEDAGOGICAL MODULE LEVEL I „Alexandru Ioan Cuza”
University of Iași, Department for Teaching Staff Training

Address Str. Toma Cozma, Nr. 3, 700554, Iași, Romania | **Website** <https://www.psih.uaic.ro/dppd/>

2018 – 2019 Iași, Romania

DEGREE IN CHOREOGRAPHY - CHOREOGRAPHER INSTRUCTOR Popular School of Arts “Titel Popovici”

- The history of ballet
- Stage elements and performing arts
- Stage movement and theater
- Music and rhythm

Address Strada Mihail Sturza, nr. 43, Iași, Romania | **Website** <https://scoaladearteiasi.ro/> | **Field of study** Choreography |

Final grade 10 | **Thesis** 10

2018 Iași, Romania

DEFINITIZATION IN EDUCATION Iași County School Inspectorate

Address Strada Nicolae Bălcescu, nr. 26, 700117, Iași, Romania | **Website** <http://www.isjiasi.ro/>

05/2018 Iași, Romania

RUGBY READY WORLD RUGBY TRAINING COURSE Romanian Rugby Federation

Website <https://rugbyromania.ro/>

10/2017 Iași, Romania

RUGBY TAG INSTRUCTOR LEVEL 1 Romanian Rugby Federation

Website <https://rugbyromania.ro/>

09/2017 Iași, Romania

VOLUNTEER / ORGANIZER FITSPORT „Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education
and Sport

Address Str. Toma Cozma, Nr. 3, 700554, , Iași, Romania | **Website** <http://www.sport.uaic.ro>

Address Str. Alexandru cel Bun, nr. 19, 610004, Piatra Neamț , Romania | **Website** <http://www.calistrathogas.ro/>

2020 – 2021 Iași, Romania
INDIVIDUAL CONSULTANT "Alexandru Ioan Cuza" University - Summer school "How do I become a teacher / coach?" "CAPA

● **LANGUAGE SKILLS**

Mother tongue(s): **ROMÂNĂ**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
LIMBA ENGLEZĂ	B1	B1	B1	B1	B1
LIMBA FRANCEZĂ	B1	B1	B1	B1	B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● **SKILLS**

Microsoft Office | Zoom | Cisco Webex | GSuite Google (Google Classroom Google Meet Google Docs Google Forms etc) | Social Media | SPSS - intermediary level

● **PUBLICATIONS**

2025
[**STUDY ON THE EVALUATION OF THE EXPLOSIVE STRENGTH OF WOMEN'S RUGBY 7'S PLAYERS**](#)

Surmei-Balan M.G., Cojocariu A., Martinaș F.P. (2025). STUDY ON THE EVALUATION OF THE EXPLOSIVE STRENGTH OF WOMEN'S RUGBY 7'S PLAYERS, SPORT AND SOCIETY Interdisciplinary Journal of Physical Education and Sports, p. 498, <https://doi.org/10.36836/22-24/11/2024>

2025
[**Assessment of Sprint Speed in Junior Women's Rugby 7's Players**](#)

Surmei Balan, M. G., Cojocariu, A., & Martinas, F. P. (2025). Assessment of Sprint Speed in Junior Women's Rugby 7's Players. Revista Romaneasca Pentru Educatie Multidimensionala, 17(1), 384-404. <https://doi.org/10.18662/rrem/17.1/957>

2024
[**Rugby. Profilul biopsihic la copii și juniori în România**](#)

Martinaș F.P., Cojocariu A. (2024). Rugby. Profilul biopsihic la copii și juniori în România. ISBN 978-973-53-3273-0, Editura Risoprint.

2023
[**Evaluation of Agreeableness among Rugby Players**](#)

Martinaș, F. P., & Cojocariu, A. (2023). Evaluation of Agreeableness among Rugby Players. BRAIN. Broad Research in Artificial Intelligence and Neuroscience, 14(4), 254-265. <https://doi.org/10.18662/brain/14.4/504>

2023
[**The Influence of Physical Activity Regime on Body Composition in Teenagers With and Without Intellectual Disabilities**](#)

Ungurean, B. C., Cojocariu, A., Abalasei, B. A., Popescu, L., Puni, A. R., Martinaş, F.-P., Bulduş, C. F., Tătăranu, E., Popa, C., Ene-Voiculescu, C., & Parvu, C.. (2023). The Influence of Physical Activity Regime on Body Composition in Teenagers With and Without Intellectual Disabilities. Preprints.org. <https://doi.org/10.20944/preprints202310.2096.v1>

2023

ASSESSMENT OF SPEED IN RUGBY PLAYERS: FORWARDS AND DEFENDERS

Martinaş F.P., Cojocariu A., Surmei-Balan M.G. (2023). ASSESSMENT OF SPEED IN RUGBY PLAYERS: FORWARDS AND DEFENDERS. Ovidius University Annals, Series Physical Education & Sport/Science, Movement & Health, 23, p. 394

2023

Assessment of Agility Among Rugby Players

Martinaş F.P., Cojocariu A., Surmei-Balan M.G. (2023). Assessment of Agility Among Rugby Players. Filodiritto Editore Proceedings DOI 10.26352/HX19-FEFSTIM2023

2021

Evaluation of conscientiousness among rugby players during puberty

Martinaş, F.P., Cojocariu, A. (2021), Evaluation of conscientiousness among rugby players during puberty, The 7th International Conference of the Universitaria Consortium In Physical Education, Sports and Physiotherapy, Iasi, 12-13 November 2021, <http://www.edlearning.it/ebook/EY12.pdf>, pp. 309-315.

2021

The effect of a five-week training on upper limbs specific endurance-speed motor ability in elite athletes of qwan ki do martial arts

Cojocariu, A., Abalasei B.A., Ungurean, B.C., Martinaş, F.P. (2021), The effect of a five-week training on upper limbs specific endurance-speed motor ability in elite athletes of qwan ki do martial arts, The 7th International Conference of the Universitaria Consortium In Physical Education, Sports and Physiotherapy, Iasi, 12-13 November 2021, <http://www.edlearning.it/ebook/EY12.pdf>, pp.97-101

2021

AGGRESSION IN WOMEN'S RUGBY: CORRELATION WITH AEROBIC AND ANAEROBIC EXERCISE CAPACITY

Martinaş F.P., Lepciuc G., Trofin P.F., (2021), AGGRESSION IN WOMEN'S RUGBY: CORRELATION WITH AEROBIC AND ANAEROBIC EXERCISE CAPACITY, Book of Proceedings of the 11th International Congress of Education, Health and Human Movement, pp. 101-109

2021

Correlations Between Agility, Speed And Effort Capacity In Women's Soccer, Handball And Rugby

Nichifor, F., Trofin, P.F., Martinaş, F.P., 2022. Correlations Between Agility, Speed And Effort Capacity In Women's Soccer, Handball And Rugby, in: World Lumen Congress 2021. World Lumen Congress 2021. doi: 10.18662/wlc2021/52

2021

CORRELATIONS BETWEEN BODY COMPOSITION AND STRENGTH IN WOMEN'S SOCCER, HANDBALL AND RUGBY

Trofin P.F., Lepciuc G., Martinaş F.P., CORRELATIONS BETWEEN BODY COMPOSITION AND STRENGTH IN WOMEN'S SOCCER, HANDBALL AND RUGBY, Ovidius University Annals, Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH Vol. XXI, ISSUE 2 Supplement, 2021, 21 (2): 567 - 573, Romania

2020

Changes in the values of the explosive force of the lower limbs in rugby tag players (U12)

Martinaş F.P., Trofin P.F., Changes in the values of the explosive force of the lower limbs in rugby tag players (U12), PROCEEDINGS OF THE 6TH INTERNATIONAL CONFERENCE OF UNIVERSITARIA CONSORTIUM FEFSTIM: PHYSICAL EDUCATION, SPORTS AND KINESIOTHERAPY - IMPLICATIONS IN QUALITY OF LIFE 2020, pp. 119-124

2020

Personality profile of rugby 7`s players male

Martinaş F.P., Lepciuc G., Personality profile of rugby 7`s players male, SPORT AND SOCIETY, Interdisciplinary Journal of Physical Education and Sports, Volume 20 Issue 2 (2020), <https://doi.org/10.36836/2020/2/2>

2020

Study on the evolution of anthropometric indices in primary school students

STegariu V.I., Muntianu V.A., Martinaş F.P., Study on the Evolution of Anthropometric Indices in Primary School Students. GYMNASIUM, [S.l.], v. XXI, n. 1 (Supplement), p. 5-17, june 2020. ISSN 2344-5645, <https://doi.org/10.29081/gsjesh.2020.21.1s.01>

2020

Participation in organized sports activities and evaluation of self-esteem among children in puberty

Martinaş F.P., Voinea N.L., Participation in organized sports activities and evaluation of self-esteem among children in puberty, SPORT AND SOCIETY, Interdisciplinary Journal of Physical Education and Sports, Volume 20 Issue 2 (2020), <https://doi.org/10.36836/2020/2/8>

2019

Statistical Analysis of Specific Team Sports Traumatology -Rugby Women's 7

Martinaş F.P., Statistical analysis of specific team sports traumatology- rugby women's 7, 5th International Conference of the Universitaria Consortium "Education for Health and Performance" („Educație pentru Sănătate și Performanță”), 11-12 Octombrie 2019, Universitatea „Babeş-Bolyai”, Cluj-Napoca, <http://www.edlearning.it/ebook/CX11.pdf>

2018

TECHNICAL-METHODICAL ISSUE REGARDING BALANCE MANAGEMENT IN PUBERTY AGE

Martinaş F.P., Dumitru I.M., TECHNICAL-METHODICAL ISSUE REGARDING BALANCE MANAGEMENT IN PUBERTY AGE Sp Soc Int J Ph Ed Sp 2018 -Volume 18 -Issue 2

● **DRIVING LICENCE**

Driving Licence: B

● **NATIONAL AND INTERNATIONAL SCIENTIFIC EVENTS**

22/11/2024 – 24/11/2024

10th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy. THE FOOTBALL OF THE FUTURE-BETWEEN SCIENCE, SOCIETY AND SPORTS

Universitatea „Alexandru Ioan Cuza,, din Iaşi- România

19/10/2023 – 21/10/2023

PROCEEDINGS OF THE 9th International Conference of Universitaria Consortium "Physical Education, Sports and Kinesiotherapy Active People for a Healthy Future"

Universitatea de Vest din Timișoara- România

12/05/2023 – 13/05/2025

International Scientific Conference “Perspectives In Physical Education And Sport” 23rd Edition

Universitatea „Ovidius” din Constanța- România

21/10/2022 – 22/10/2022

The 8th International Conference of the Universitaria Consortium Education for Health & Performace

Universitatea „Babeş-Bolyai” din Cluj-Napoca- România

11/03/2022 – 12/03/2022

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

Universitatea „Transilvania” din Braşov- România

12/11/2021 – 13/11/2021

The 7th International Conference of the Universitaria Consortium in Physical Education, Sports and Physical Therapy

„Alexandru Ioan Cuza” University of Iaşi, Romania

19/09/2021

9th INTERNATIONAL SCIENTIFIC CONFERENCE ON KINESIOLOGY

Opatija- Croația

26/05/2021

World LUMEN Congress 2021

Iaşi- România

20/05/2021

The 21st INTERNATIONAL SCIENTIFIC CONFERENCE “PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT”

Constanța- România

10/06/2021

International Congress of Education, Health and Human Movement

Bucureşti- România

19/03/2021

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

Braşov- România

05/11/2020

Scientific Conference with International Participation Autonomy, integrity, the fight against doping and corruption in sport

Chişinău- Republica Moldova

11/12/2020

National Conference of Doctoral Schools

Cluj-Napoca- România

06/11/2020

The 6th International Conference of Universitaria Consortium „FEFSTIM: Physical Education, Sports and Kinesiotherapy – implications in quality of life”

Timişoara- România

15/11/2019

8th International Scientific Conference: Achievements and Projects in the Field of Sports Science and Physical Education within the Interdisciplinary European Education System

Universitatea „Vasile Alecsandri” din Bacău- România

● **MANAGEMENT AND LEADERSHIP SKILLS**

Active involvement in various projects, sports events, cultural and artistic activities, scientific activities

- Responsible and member of various commissions in pre-university education
- Tutor of the year: Physical Education and Sports specialization
- Leading teacher
- Organization of numerous competitions at school level but also at local and regional level (badminton, rugby tag, athletics, football)
- Involvement in organizing cultural and artistic activities (Festival of winter customs and habits "Bună seara, gospodari!", International Festival of Romanian culture and civilization "Românașul", etc.)

● **COMMUNICATION AND INTERPERSONAL SKILLS**

Good communication skills acquired through teacher experience

- Ability to communicate with pupils and students
- Collaboration in various projects, activities
- Ability to communicate effectively in a foreign language
- Teamwork
- Participation in seminars, conferences, training workshops