

PERSONAL INFORMATION

ALEXANDRU OPREAN



Str. Timpului, Nr. 11, 700375, Iasi, Romania

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Sex Male | Date of birth 14/05/1982 | Nationality Romanian

OCUPATIONAL FIELD

Physical Education and Sports – Kinesiology, First aid in Sports, Sports traumatology, Fitness and physical training, Outdoor Activities, Rugby

WORK EXPERIENCE

- | | |
|-------|---|
| Dates | 2013 – present

Erasmus+ Coordinator
Al.I. Cuza University, Iasi
Faculty of Physical Education and Sports |
| Dates | 2007- present

Assistant professor
Al.I. Cuza University, Iasi
Faculty of Physical Education and Sports |
| Dates | 2008 - 2018

Swimming trainer
Motel Bucium, Zenity Spa, Iasi |
| Dates | 2014- 2017

Strenght and conditioning coach
C.S. Politehnica Iasi - First Romanian Rugby League |
| Dates | 2005 - 2006

P. E. Teacher
International School of Choeifat, Muscat, Oman |

EDUCATION AND TRAINING

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|-------|---|
| Dates | 2007- 2011
PHD degree in Medicine

“Gr.T.Popa” University of Medicine and Pharmacy, Iasi
Anatomy Department |
| Dates | 2006 - 2007 |

	Master degree
	Al.I. Cuza University, Iasi Faculty of Physical Education and Sports
Dates	2001 - 2005
	Bachelor degree
	Al.I. Cuza University, Iasi Faculty of Physical Education and Sports
Dates	2003 - 2004
	Erasmus Mobility
	"Albert Ludwig" University, Freiburg, Germany

Mother tongue(s) Romanian

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	Proficient user	Proficient user	Proficient user	Proficient user	Proficient user
IELTS Academics - 8 out of 9					
German	Independent user	Independent user	Independent user	Independent user	Independent user
French	Independent user	Independent user	Independent user	Independent user	Independent user

Job-related skills

- **D.L.R.G. (Life Saving From Drowning)**, Albert Ludwig University, Freiburg, Freiburg, Germany, 2004;
- **Fitness trainer**, Romanian Fitness Federation, 2005;
- **Swimming trainer**, Romanian Swimming Federation, 2009.
- **Rugby trainer**, Romanian Rugby Federation, 2017

Computer skills

- good command of Microsoft Office™ tools
- good knowledge of SPSS tools

Publications

- A. Oprean, Z. Vukić - Outdoor activities, basics and benefits, Cluj-Napoca, Presa universitară clujeană, 2024, ISBN 978-606-37-2279-0
- A. Oprean – Adaptări morfologice ale jucătorilor de rugby, Ed. Risoprint Cluj-Napoca, 2021, ISBN 978-973-53-2624-1
- A. Oprean – Adaptări fiziologice ale jucătorilor de rugby, Ed. Risoprint Cluj-Napoca, 2020, ISBN 978-973-53-2498-8
- A. Oprean - Morphological adaptations specific to rugby players, Lambert Academic Publishing, 2014, ISBN 978-3-659-52649-7
- A. Oprean – coutor - Pentru profesorul de educație fizică și sport, autor Cristian Mihail Rus, Ed. Univ. "Al.I. Cuza", Iași, 2010, ISBN 978-973-703-551-6
- A. Oprean - Aspecte privind valențele educative ale jocului de rugby și rugby-tag, nr 1 2010, „Sport și Societate”, Facultatea de Educație Fizică și Sport, ISSN 1582-2168;
- A. Oprean , D.L. Frincu - Adaptarea sistemului respirator la jucatorii de rugby la efortul specific jocului, “Revista Română de Anatomie funcțională și clinică, macro- și microscopică și de Antropologie”, 2010. ISSN 1583-4026;
- A. Oprean - Adaptarea la efort a sistemului circulator al jucătorilor de rugby din compartimentul de înaintare , nr 1 2011 „Sport și Societate”, Facultatea de Educație Fizică și Sport, ISSN 1582-2168
- A. Oprean , D.L. Frincu - Adaptarea sistemului circulator al jucătorilor de rugby din linia de $\frac{3}{4}$ la efortul specific jocului “Revista Română de Anatomie funcțională și clinică, macro- și microscopică și de Antropologie”, 2011. ISSN 1583-4026;
- A. Oprean , D.L. Frincu - Aspecte privind compoziția corporală la jucătorii de rugby din compartimentul de înaintare , “Revista Română de Anatomie funcțională și clinică, macro- și microscopică și de Antropologie”, 2011. ISSN 1583-4026
- A. Oprean - Adaptarea sistemului respirator al jucătorilor de rugby din compartimentul de $\frac{3}{4}$ Adaptat, nr 2 2012, „Gymnasium, Scientific Journal of Education, Sports, and Health”, Universitatea “Vasile Alexandri” din Bacău, ISSN 1453-0201.
- A. Oprean - Studiu comparativ privind nivelul de adaptare a VO₂max la cele două compartimente ale echipei de rugby nr 1 2013 „Sport și Societate”, Facultatea de Educație Fizică și Sport, ISSN 1582-2168;
- B. Ungurean, A. Cojocariu, A. Oprean. - Investigation of morphological parameters in mentally disabled children. Timisoara Physical Education and Rehabilitation Journal. 2014; 13(7). ISSN: 2065-0574, p. 48-51.
- A. Oprean, A. Cojocariu, B. Ungurean - Mass and body composition particularities of rugby compartments, Timisoara Physical Education and Rehabilitation Journal. 2014; 13(7). ISSN: 2065-0574, 52-57.
- A. Oprean, A. Cojocariu- Morphological Aspects of Forwards in The Rugby Game Related to Tasks and Position. “Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae”, Vol.59, 2014. ISSN (online): 2065-9547, p. 35-43
- Cojocariu, A., Ungurean, B., Oprean, A. - Evaluation of anaerobic lactacid capacity in elite Qwan Ki Do athletes, Gymnasium, vol 16 (1)/ 2015, ISSN 2344 – 5645.
- Ungurean B. Cojocariu A. Oprean A.. Cardio-respiratory function in children with mental disability and children with down syndrome. Gymnasium, [S.I.], v. XIV, n. 2, sep. 2017. ISSN 2344-5645
- Oprean A, Trofin F, Cojocariu A, Ungurean B . Correlations between general strenght and body composition in rugby players – the Backs Line. GYMNASIUM, [S.I.], v. XVIII, n. 2, p. 176-186, dec. 2017. ISSN 2344-5645.
- Muntianu VA, Oprean A - Statistical analysis of specific team sports traumatology rugby-handball.- Sport & Society/Sport si Societate, Dec 2019, Vol. 18 Issue 2, p36-39.
- Cojocariu, A., Ungurean, B. C., Oprean, A., & Puni, A. R. (2019). The variability of visual choice reaction time to different colours in male non-athletes and qwan ki do elite athletes. ARCHIVES OF BUDO, 15, 303-309.
- Alexandru, O., Alexandru-Rares, P., Bogdan-Constantin, U., & Adrian, C. (2021). Explosive strength evolution of Romanian professional rugby players – Backs. New Trends and Issues Proceedings on Humanities and Social Sciences. 8(3), 37-43 <https://doi.org/10.18844/prosoc.v8i2.6159>
- Alexandru, O., Alexandru-Rares, P., Bogdan-Constantin, U., & Adrian, C. (2021). Optimising speed and agility in a volleyball game – Junior players. New Trends and Issues Proceedings on Humanities and Social Sciences. 8(3), 09–20. <https://doi.org/10.18844/prosoc.v8i2.6157>
- Petrea, R.-G.; Moraru, C.-E.; Popovici, I.-M.; Știrbu, I.-C.; Radu, L.-E.; Chirazi, M.; Rus, C.-M.; Oprean, A.; Rusu, O. Influences of Psychomotor Behaviors on Learning Swimming Styles in 6–9-Year-Old Children. Children 2023, 10, 1339. <https://doi.org/10.3390/children10081339>

