



Curriculum Vitae Europass



Surname / Name **Onose Ionuț**
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E-mail onoseionut@yahoo.com
Nationality Romanian
Date of Birth 05/08/1981
Gender Male

Professional experience

Period	October 2018 - today
Occupation or position held	Lecturer Phd at the Faculty of Physical Education and Sports
Main activities and responsibilities	Training and educating students in physical education and sport Basketball; Law tennis; Table tennis; Fitness.
Name and address of employer	Faculty of Physical Education and Sports, 3, Toma Cozma Street, Iasi, Romania
Type of business or sector	Education
Period	October 2011 - 2018
Occupation or position held	Assistant Professor at Faculty of Physical Education and Sports
Main activities and responsibilities	Training and educating students in physical education and sport Basketball; Law tennis; Table tennis; Fitness.
Name and address of employer	Faculty of Physical Education and Sports, 3, Toma Cozma Street, Iasi, Romania
Type of business or sector	Education
Period	October 2008 – October 2020
Occupation or position held	Head coach of the university's basketball team
Main activities and responsibilities	Team preparation for participation in University Basketball Championship
Name and address of employer	Faculty of Physical Education and Sports, 3, Toma Cozma Street, Iasi, Romania
Type of business or sector	Competition

Period	September 2015 – June 2016
Occupation or position held	Physical trainer of the volleyball team
Main activities and responsibilities	Team preparation for participation in the National Championship of Volleyball, A Division
Name and address of employer	"ACS Penicilina" Iasi, Romania
Type of business or sector	Competition

Period	January 2011 - December 2011
Occupation or position held	Head coach of the basketball team Politehnica Iasi
Main activities and responsibilities	Team preparation for participation in the National Championship of Basketball, A Division
Name and address of employer	C.S. Politehnica Iasi
Type of business or sector	Competition

Education and Training

Period	October 2020 – October 2023
Qualification / diploma	PhD student of the Faculty of Physical Education and Sport, "Alexandru Ioan Cuza" University of Iasi
Studied disciplines / professional competences acquired	▪ Ethics and academic integrity ▪ Psychomotricity applied in Science Sport and Physical Education ▪ Optimizing biological potential in Physical Education and Sports
Name and type of education / training provider	Faculty of Physical Education and Sport, University "Alexandru Ioan Cuza" Iasi
Level in national or international classification	International

Period	October 2011 – October 2014
Qualification / diploma	PhD student of the Faculty of Geography and Geology, University "Alexandru Ioan Cuza" Iasi
Studied disciplines / professional competences acquired	▪ Trends in fundamental and applied geosciences ▪ Methodology to develop a scientific article ▪ Practical Course of Geomatics
Name and type of education / training provider	Faculty of Geography and Geology, University "Alexandru Ioan Cuza" Iasi
Level in national or international classification	International

Period	October 2001 – July 2005
Qualification / diploma	Bachelor degree - Faculty of Physical Education and Sports, Basketball Specialization
Studied disciplines / professional competences acquired	History, organization and sports legislation Theory of Physical Education and Sport Anatomy of the human body Physiology Basketball, technical and tactical concepts Football, technical and tactical concepts Table Tennis, technical and tactical concepts Volleyball, technical and tactical concepts Tennis, technical and tactical concepts Fitness and Bodybuilding
Name and type of education / training provider	Faculty of Physical Education and Sports, Alexandru Ioan Cuza University of Iasi, Romania

Level in national or international classification
 Period
 Qualification / diploma
 Studied disciplines / professional competences acquired
 Name and type of education / training provider
 Level in national or international classification

Interational
 September 1996 – June 2000
 Bacculaureate diploma
 Elements of military training
 Military High School "Stefan cel Mare" - Campulung Moldovenesc
 National

Personal skills and competences

Native language **Romanian**

Foreign languages

Autoevaluation
 European Level (*)

English

French

Understanding				Speaking				Writing	
Listening		Reading		Participate in discussions		Spoken			
C1	experienced	B2	Independent use	B2	Independent user	B2	independent user	B1	Independent user
B1	Independent user	B2	Independent user	B1	Independent user	B1	independent user	B1	Independent user

(*)Common European Framework of Reference for Languages

Social skills and competences

Team spirit
 Communication and social skills

Organisational skills and competences

Organized and disciplined person
 Capacity for analysis and synthesis
 Meticulosity

Computer skills and competences

Knowledge of Microsoft Office (Word, Excel, PowerPoint)

Other skills and competences

Various sports activities during leisure

Director of the project "Physical education and sport: a model of success", project code 217//SGU//NC//II from 18.09.2019

Member of the project team "Media as channel of Athletes Dual Career promotion and education" project number 603456-EP-102018-1-LT-SPO-SCP from 17/04/2019

Additional information

Articles / papers published

Published Books

The game of chess. Beginner's Guide, Ionuț ONOSE, Vlad-Ionuț STEGARIU, RISOPRINT Publishing House, Cluj-Napoca, ISBN: 978-973-53-2834-4, 2022, 137p.

Theory and practice in tourism activities and tourist orientation, PIM Publishing House, Iași, ISBN: 978-606-13-4135-1, 2017, 138p;

The incidence of geodemographic structures on the general motor capacity of middle school students in Western Moldova, "Alexandru Ioan Cuza" University of Iași, Publishing House, ISBN: 978-606-714-280-8, 2016, 149p.

ISI ARTICLES (WITH IMPACT FACTOR)

Izzicupo, P., Serafini, S., Prestanti, I., Fusco, A., Abalasei, B.A., Alonso del Hierro, T., Caliskan, B., Di Baldassarre, A., Ege, H., Figueiredo, A.J., Ghinassi, B., Gonzalez-Garcia, H., **Onose, I.**, Onose, R.M., Perissinotto, M., Ramirez-Munoz, A., Sanchez-Pato, A., Stankovic, N., Stojiljkovic, N., Doupona, M. & Capranica, L. (2025). A study on the implementation of dual career at European higher education institutions: the student-athletes' and experts' views, *Front. Sports Management, Marketing and Economics*, 7, IF: 2,6

<https://doi.org/10.3389/fspor.2025.1507951>

De Maio M, Montenegro S, Papale O, Serafini S, Prestanti I, Izzicupo P, Abalasei B-A, Alonso del Hierro T, Çalışkan B, Di Baldassarre A, Ege H, Figueiredo AJ, Ghinassi B, González-García H, **Onose I**, Onose R-M, Perissinotto M, Molinari A, Ramírez-Muñoz A, Sánchez-Pato A, Stanković N, Stojiljković N, Abelkals I, Doupona M, Capranica L and Fusco A (2025). A scoping review of student Athletes' perspectives on dual career policies, provisions and challenges. *Front. Sports Act. Living* 7:1566208, IF: 2,6, DOI: 10.3389/fspor.2025.1566208

<https://www.frontiersin.org/journals/sports-and-active-living/articles/10.3389/fspor.2025.1566208/full>

Onose, I., Onose, R.M., & Abalasei, B.A. (2023). The Role of Mass Media in Promoting the Dual Career of the Performance Athlete, *Behavioral Sciences*, 13 (3), 196.

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Onose, I., Abalasei, B.A., Onose, R.M., & Albu, A. (2020). Appraisal of Motor Skills in a Sample of Students within the Moldavian Area, *Behavioral Sciences*, 10 (6), 97, DOI: 10.3390/bs10060097

<https://0t10q80n8-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000551178400006>

ISI ARTICLES (WITHOUT IMPACT FACTOR)

Abalasei, B., Hugianu, E.G., **Onose, I.**, & Albu, A. (2020). Physical Development Particularities Among Pupils at the Sports High School in Iasi, *PROCEEDINGS OF THE 6TH INTERNATIONAL CONFERENCE OF UNIVERSITARIA CONSORTIUM FEFSTIM: PHYSICAL EDUCATION, SPORTS AND KINESIOTHERAPY - IMPLICATIONS IN QUALITY OF LIFE*, 194-202.

<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000682773700029>

Onose I., Hodorca R.M., & Albu, A. (2018). THE LINK BETWEEN PHYSICAL DEVELOPMENT AND MOTOR SKILLS OF RURAL STUDENTS IN ROMANIA, *2nd ICSEP 2018 INTERNATIONAL CONFERENCE ON SPORT, EDUCATION AND PSYCHOLOGY*, 42, 36-44, DOI: 10.15405/epsbs.2018.06.02.5

<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000449696400005>

Albu, A., Dima, F., **Onose, I.**, & Hodorca, R.M. (2018). ASSESSMENT OF PHYSICAL DEVELOPMENT IN RELATION TO EXERCISE TIME AND EATING HABITS OF TEENAGERS IN MOLDOVA, *2nd ICSEP 2018 INTERNATIONAL CONFERENCE ON SPORT, EDUCATION AND PSYCHOLOGY*, 42, 121-129.

<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000449696400013>

Onose, I., Hodorcă, R.M., & Albu, A., (2018). The Assessment Of Motor Skills And Physical Development Of A Number Of Students From Moldova Area, *PROCEEDINGS OF THE 4th INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018)*, 223-227

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Hodorcă, R.M., **Onose, I.**, Lucaci, P., & Albu, A. (2018). Recovery of Hemiplegy Using Physioterapy Means, *PROCEEDINGS OF THE 4th INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018)*, 119-122.

<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000474444100019>

Onose, I., Hodorcă, R.M., Rusu, M., Cohal, D.C., & Albu, A. (2018). Recovery of Hiperkyphosis Through Specific Means from Basketball, *PROCEEDINGS OF THE 4th INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018)*, 217-221.

<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000474444100035>

Ratu, R.N., Doliș, M.G., Murariu, O.C., Hodorcă, R.M., **Onose, I.**, & Usturoi, M.G. (2018). Studies Regarding Quantitative Evaluation of Milk Proteins Gathered from Different Animal Breeds as Source for a Healthy Nourishment of Athletes, *PROCEEDINGS OF THE 4th INTERNATIONAL CONFERENCE OF THE UNIVERSITARIA CONSORTIUM (ICU 2018)*, 303-308.

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Onose, I., Hodorcă R.M., & Albu, A. (2016). Assessment of Anthropometric Indicators among Rural Students in the West of Moldavia, *ICPESK 2015 – 5th INTERNATIONAL CONGRESS OF PHYSICAL EDUCATION, SPORTS AND KINETOTHERAPY*, 11, 266-272, DOI: 10.15405/epsbs.2016.06.36

<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000377852100035>

Albu, A., **Onose, I.**, Negrea, M., Crăcană, I., & Hodorcă, R.M. (2016). Correlation between Physical Development Diagnostic and Exercise in a Group of Teens from Garabet Ibraileanu High School of Iasi, *ICPESK 2015 – 5th INTERNATIONAL CONGRESS OF PHYSICAL EDUCATION, SPORTS AND KINETOTHERAPY*, 11, 273-279, DOI: 10.15405/epsbs.2016.06.37

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Hodorcă, R.M., Moraru, C.E., **Onose, I.**, & Albu, A. (2016). Study Regarding the Relation between Chronological Age, Mental Age and Weight of the Premature Included in a Physical Therapy Program, *ICPESK 2015 – 5th INTERNATIONAL CONGRESS OF PHYSICAL EDUCATION, SPORTS AND KINETOTHERAPY*, 11, 405-409, DOI: 10.15405/epsbs.2016.06.56

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Hodorcă, R.M., Moraru, C.E., & **Onose, I.** (2015). The Role and Importance of Kinesiotherapeutic Methods in Postpartum Recovery, *4th INTERNATIONAL CONGRESS OF PHYSICAL EDUCATION, SPORT AND KINETOTHERAPY (ICPESK 2014)*, 329-333.

<https://0t10q80ni-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000360246100056>

ARTICLES PUBLISHED IN INTERNATIONAL DATABASES

Ionut Onose, Teodora Mihaela Iconomescu, Raluca Mihaela Onose, Laurențiu Gabriel Talaghir, Fabio Ripert, Beatrice Aurelia Abalasei (2024). Social media in the development of the athlete's dual career, *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 24 (2).

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Onose, I., Abalasei, B.A., & Onose, R.M. (2023). SOCIAL MEDIA AND DUAL CAREER PROMOTION FOR SPORTS HIGH SCHOOL STUDENTS, *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 23 (1).

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Onose, I., Popescu, L., Moraru, C.E., Radu, L.E., Onose, R., & Abalasei, B.A. (2023). Decision-making aspects regarding dual career for athletes in some European countries, *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 23 (1).

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- Albu, A., **Onose, I.**, Onose, R.M., & Abalasei, B. (2022). EATING HABITS OF STUDENTS FROM THE FACULTY OF SPORT AND THE FACULTY OF MEDICINE, *Discobolul – Physical Education, Sport and Kinetotherapy Journal*, 61 (1), 41-48.
<https://discobolulunefs.ro/media/4.MARCH2022.pdf>
- Albu, A., Petrariu, F.D., & **Onose, I.** (2020). PHYSICAL ACTIVITY – DIET CORRELATION IN A SAMPLE OF TEENAGERS WITHIN TWO HIGH SCHOOLS IN ROMANIA (SPORTS AND THEORETICAL HIGH SCHOOL), *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 20 (1).
<https://doi.org/10.36836/2020/1/7>
- Dobreanu, I.B., **Onose, I.** (2020) THE ROLE OF PHYSIOTHERAPY AND ASSOCIATED METHODS IN THE ATHLETE RECOVERY, *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 20 (1).
<https://doi.org/10.36836/2020/1/4>
- Onose, I.**, Abalasei, B., Onose, R.M., & Albu, A. (2019). Corelation Between Physical Development-Motor Abilities in a Lot of Students From Suceava Country, *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 19 (2), 43-49.
<http://doi.org/10.36836/UAIC/FEFS/10.54>
- Indrei, L.L., **Onose, I.**, Hodorca, R.M., & Albu, A. (2019) The Assessment Of Physical Development And The Time Allocated To Physical Activity For A Group Of Adolescents From The Moldova Area, *Sport and Society Interdisciplinary Journal of Physical Education and Sports*, 19 (1), 56-62.
<https://sportsisocietate.ro/articol/446>
- Chirazi, M., **Onose, I.**, Hodorca, R.M., & Petrea, R.M. (2019). Overweight prevalence among elementary schools pupils in the city of Iasi, Romania, *International Journal of Advanced Research (IJAR)*, 7 (1), DOI: 10.21474/IJAR01/8387, 780-786.
<http://dx.doi.org/10.21474/IJAR01/8387>
- Albu, A., **Onose, I.**, Hodorcă, R.M., & Abalasei, B.A. (2019). FOOD HABITS OF THE STUDENTS FROM THE SPORTS PROGRAM HIGHSCHOOL IN SUCEAVA, Вісник Прикарпатського університету. Серія: Фізична культура., DOI:10.15330/fcult.33., 188-193.
<http://journals.pu.if.ua/index.php/fcult/article/view/3714/3709>
- Albu, A., **Onose, I.**, Grigoraș, E., & Hodorcă, R.M. (2018). The Assessment of the Time Allocated to the Physical Activity and Food Behaviour of a Lot of Adolescents from 2 Highschools in Suceava, ARENA-JPA, 53-62.
<https://www.uav.ro/jour/index.php/ajpa/article/view/1245/pdf>
- Onose, I.**, Hodorcă, R.M., & Albu, A. (2018). The assessment of motor skills and physical development to a number of students in the Moldova Area, *Sp Soc Int J Ph Ed Sp* 2018, 18 (1), 14-23.
<https://sportsisocietate.ro/articol/417>
- Albu, A., **Onose, I.**, Hodorcă, R.M., & Moraru, C.E. (2017). The time for physical exercise and food habits on a number of students from Pascani National College, *Timișoara Physical Education and Rehabilitation Journal*, 10 (19), 120-124.
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- Onose, I.**, Hodorcă, R.M., Moraru, C.E., & Albu, A. (2017). Physical assessment and motor skills development on a group of students from rural areas, *Timișoara Physical Education and Rehabilitation Journal*, 10 (19), 137-142.
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- Onose, I.**, Hodorcă, R.M., Petrea, R.G., & Soveja, A. (2017). Comparative Analysis of the Effectiveness of the Action of a Scorer From a NBA Team and One of the Basketball National League, *Gymnasium. Scientific Journal of Education, Sports and Health*, 18 (1), 165-178.
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- Hodorcă, R.M., **Onose, I.**, Ghițescu, A., Albu, A., & Lucaci, P. (2017). Case Study Regarding the Role of Physical Therapy in the Recovery of Column Deficit in Junior Tennis Players, *Gymnasium. Scientific Journal of Education, Sports and Health*, 18 (1), 19-28;
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- Petrea, R.G., & **Onose, I.** (2017). ROMANIA AND THE ROMANIAN ATHLETES AT THE SUMMER OLYMPIC GAMES, *Sp Soc Int J Ph Ed Sp* 2017, 17 (2), 53-60.
<https://sportsisocietate.ro/articol/413>
- Albu, A., **Onose, I.**, Cărașu, M.E., & Hodorcă, R.M. (2017). APPRECIATION OF EATING HABITS IN A GROUP OF TEENAGERS FROM TWO HIGH SCHOOLS IN THE CITY OF IASI: SPORTS HIGHSCHOOL AND G. IBRAILEANU THEORETICAL HIGHSCHOOL, *Discobolul – Physical Education, Sport and Kinetotherapy Journal*, 13 (2), 19-23.
https://discobolulunefs.ro/Reviste/2017/DISCOBOLUL_XII_2_48_2017_fullpaper.pdf
- Albu, A., & **Onose, I.** (2017). EVALUATION OF THE TIME GRANTED FOR EXERCISE AND DIETARY HABITS TO A GROUP OF STUDENTS IN IASI-PILOT STUDY, *Young Scientist*, 3.1 (43.1), 1-3.
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- Nichifor, F. & **Onose, I.** (2016). MANAGEMENT SCIENCE AND ITS RELATIONSHIP WITH THE SCIENCE OF PHYSICAL EDUCATION AND SPORT, *Gymnasium. Scientific Journal of Education, Sports and Health*, 17 (1), 93-102.
<https://doi.org/10.29081/gsjesh.2016.17.1.06>
- Albu, A., Hodorca, R.M., **Onose, I.**, Negrea, M., & Cracana, I. (2016). The evaluation of the scholar fatigue phenomenon and some causative factors in a group of teenagers from Iasi, *Global Journal of Sociology: Current Issues*. 6 (2), 44-49.
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- Albu, A., **Onose, I.**, Negrea, M., Hodorcă, R.M., & Crăcană, I. (2015) RELATIVE STUDY OF FOOD HABITS OF ATHLETIC AND NON-ATHLETIC STUDENTS, *Sp Soc Int J Ph Ed Sp* 2015, 15 (2), 202-208.
<https://sportsisocietate.ro/articol/325>
- Albu, A., Hodorcă, R.M., **Onose I.**, & Crăcană, I. (2015). EVALUAREA OBICEIURILOR ALIMENTARE ALE UNUI LOT DE ADOLESCENȚI DE LA LICEUL CU PROGRAM SPORTIV DIN IAȘI, *Sănătate Publică, Economie și Management în Medicină*, 7 (64), 52-55.
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- Cuciureanu, M.S., **Onose, I.**, & Iașu, C. (2014). A PRELIMINARY ANALYSES OF AGRICULTURE IN WESTERN MOLDAVIA, *Lucrările seminarului geografic Dimitrie Cantemir*, 37 (1), 113-121.
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ARTICLES PUBLISHED IN CONFERENCE VOLUMES

Onose, I. Onose, R.M., & Abalasei, B.A. (2021). Dual Career - Concept and Representation for a Group of Students of the Faculty of Physical Education and Sports, *Proceedings of ICU 2021. The 7th International Conference of the Universitaria Consortium in Physical Education, Sport and Physiotherapy*, November 12-13, Iasi, ISBN: 978-88-87729-73-3, 381-386.

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Onose, R.M., Popescu, L., Onose, I., & Albu, A. (2021). Correlation Between Body Mass Index And Perception Of Body Weight In A Lot Of Students From The Faculty Of Physical Education And Sports From Iasi, *Proceedings of ICU 2021. The 7th International Conference of the Universitaria Consortium in Physical Education, Sport and Physiotherapy*, November 12-13, Iasi, ISBN: 978-88-87729-73-3, 387-392.

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Albu, A., **Onose, I.**, Onose, R.M., & Abalasei, B. (2021). APPRECIATION OF THE NUTRITION OF ADOLESCENTS FROM TWO HIGH SCHOOLS WITH SPORTS PROGRAM IN THE AREA OF MOLDOVA – ROMANIA, 9th INTERNATIONAL SCIENTIFIC, CONFERENCE ON KINESIOLOGY, Opatija, Croatia, September 15–19, 2021, Proceedings ISBN: 978-953-317-065-7, 210-215.

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