

Curriculum vitae Europass



Personal information

Name / First name

Alexandru-Rareș Puni

Address

Street Ciuperca, Nr. 2, Village Valea Ursului, Common Miroslava, County Iași, România

Phone, E-mail

+40 745 460578,
punirares@yahoo.com

Nationality

Romanian

Date of Birth

24.04.1985

Marital status

Married

Sex

Men

Professional experience

Period

July 2024 – Present

Occupation or position help

Chisinau Extension Director

Name and address of employer

"Alexandru Ioan Cuza" University of Iași

Type of business or sector

Administrative

Period

October 2018 – May 2019

Occupation or position help

Assistent Coach First League – Volleyball - Women

Name and address of employer

Clubul Sportiv Știința Bacău, Calea Mărășești, Nr. 157, 600282 Bacău

Type of business or sector

Performance sport / Sport activity

Period

October 2017 – At the moment

Occupation or position help

Lecturer Phd.

Name and address of employer

Teaching and research activity

Type of business or sector

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

Education and Sport, Street.Toma Cozma Nr. 3, 700554 Iași

University education

Period

August 2017 – October 2018

Occupation or position help

Head Coach First League - Volleyball - Women

Name and address of employer

A.C.S. Sportiv Penicilina Iași, Street Teodor Burada, Nr. 5, 700036 Iași

Type of business or sector

Performance sport / Sport activity

Period

August 2015 – May 2017

Occupation or position help

Assistent Coach First League – Volleyball - Women

Name and address of employer

Clubul Sportiv Știința Bacău, Calea Mărășești, Nr. 157, 600282 Bacău

Type of business or sector

Performance sport / Sport activity

Period

July 2013 – April 2015

Occupation or position help

Head Coach First League - Volleyball - Women

Name and address of employer

Clubul Sportiv Penicilina Iași, Strada Teodor Burada, Nr. 5, 700036 Iași

Type of business or sector

Performance sport / Sport activity



Period	October 2012 – September 2017
Occupation or position held	Assistant Phd..
Name and address of employer	Teaching and research activity University „Alexandru Ioan Cuza”, Faculty of Physical Education and Sport, Department of Physical Education and Sport, Street.Toma Cozma Nr. 3, 700554 Iași
Type of business or sector	University education
Period	August 2012 – June 2015
Occupation or position held	Assistant coach of the national women's senior volleyball team
Name and address of employer	The Romanian Volleyball Federation
Type of business or sector	Performance sport / Sport activity
Period	October 2009 – June 2012
Occupation or position held	Associate teacher
Main activities and responsibilities	Physical education and sports teacher – Teaching specialized subjects (practical works) – Swimming, Physical education at non-profile faculties
Name and address of employer	University „Alexandru Ioan Cuza”, Faculty of Physical Education and Sport, Department of Physical Education and Sport, Street.Toma Cozma Nr. 3, 700554 Iași
Type of business or sector	University education
Period	September 2008 – May 2012
Occupation or position held	Assistant Coach First League – Volleyball - Women
Name and address of employer	Clubul Sportiv Penicilina Iași, Street Teodor Burada, Nr. 5, 700036 Iași
Type of business or sector	Performance sport / Sport activity
Period	February – September 2008
Occupation or position held	Physical education and sports teacher
Main activities and responsibilities	Hours of physical education, hours of sports activities – Creating a pleasant climate through games and sticks, implementing the children's desire to move, supervising and conducting the hours under the conditions and norms regarding physical education in schools
Name and address of employer	College Național „Costache Negruzzi”, Street Toma Cozma Nr. 4, 700554 Iași
Type of business or sector	Pre-university education
Period	2007, 2008, 2009
Occupation or position held	Sports Instructor
Main activities and responsibilities	Training and supervision of children
Name and address of employer	„ARTED” România – Durău
Type of business or sector	Pre-university education / Educational camp
Period	October 2006 – July 2011
Occupation or position held	Member of the senate of the University „Alexandru Ioan Cuza”
Main activities and responsibilities	Student representative of the Faculty of Physical Education and Sport on student, administrative and educational issues
Name and address of employer	University „Alexandru Ioan Cuza”, Bulevardul Carol I Nr. 11, 700506 Iași
Type of business or sector	University education
Period	October 2005 – July 2011
Occupation or position held	Member of the council of the Faculty of Physical Education and Sport
Main activities and responsibilities	Student representative and responsible for student problems
Name and address of employer	University „Alexandru Ioan Cuza”, Faculty of Physical Education and Sport, Department of Physical Education and Sport, Street.Toma Cozma Nr. 3, 700554 Iași
Type of business or sector	University education

EDUCATION AND TRAINING

Period	October 2016 – June 2017
Qualification obtained	Degree in Physical Therapy and Special Mobility
Name and type of educational institution / training provider	University Vasile Alecsandri din Bacău, Faculty of Științe ale Mișcării Sportului și Sănătății
Period	22.07.2015 – 01.08.2015
Qualification obtained	Training manager
Name and type of educational institution / training provider	S.C. Trening Cariere S.R.L.
Period	28.03.2015 – 04.04.2015
Qualification obtained	Graduation certificate - Trainer
Name and type of educational institution / training provider	S.C. Trening Cariere S.R.L.
Period	13.10.2014 – 12.12.2014
Qualification obtained	Graduation certificate „Conflict Management and Negotiation”
Name and type of educational institution / training provider	National University Defense „Carol I”
Period	November 2013 – October 2014
Qualification obtained	Graduation certificate
Name and type of educational institution / training provider	National University of Physical Education and Sport
Level in national or international classification	Physical trainer - Volleyball
Period	23.06.2013 - 29.06.2013
Qualification obtained	Participant in the Program of Continuous Training of Teachers in Higher Education
Name and type of educational institution / training provider	University of Pitești, Faculty of Education Sciences,
Level in national or international classification	Certificate of attestation of preprofessional competences
Period	2010 – 2013
Qualification obtained	Doctor in Physical Education and Sport
Name and type of educational institution / training provider	National University of Physical Education and Sport
Level in national or international classification	Doctoral studies
Period	2009 – 2011
Qualification obtained	Masters`s Degree – Specialization „Leisure activities and extreme sports ”
Name and type of educational institution / training provider	University „Alexandru Ioan Cuza”, Faculty of Physical Education and Sport, Department of Physical Education and Sport, Street.Toma Cozma Nr. 3, 700554 Iași
Level in national or international classification	Master`s degree studies
Period	2008 – 2009
Qualification obtained	Masters`s Degree – Specialization „Management and marketing in sports”
Name and type of educational institution / training provider	University „Alexandru Ioan Cuza”, Faculty of Physical Education and Sport, Department of Physical Education and Sport, Street.Toma Cozma Nr. 3, 700554 Iași
Level in national or international classification	Master`s degree studies

Period	2004 – 2008
Qualification obtained	Bachelor's degree in Physical Education and Sports
Name and type of educational institution / training provider	University „Alexandru Ioan Cuza”, Faculty of Physical Education and Sport, Department of Physical Education and Sport, Street.Toma Cozma Nr. 3, 700554 Iași
Level in national or international classification	University education

Period	February – July 2006
Qualification obtained	Socrates-Erasmus Mobility
Name and type of educational institution / training provider	Université de Nice – Sophia Antipolis, Franța
Level in national or international classification	University education

Period	2000 – 2004
Qualification obtained	High school
Name and type of educational institution / training provider	High School Military College „Ștefan cel Mare” Câmpulung-Moldovenesc, Suceava
Level in national or international classification	High School - mathematical-computer profiling

Personal skills and competences

Native language	Romanian
Foreign language (s) know	
English	B2
Social skills and competences	Ability to comunicate, creativity, dynamism, efficiency, team spirit
Organisational skills and competences	Leadership skills, structuring, synthesis ability, decision marketing skills
Computer skills and abilities	MS Windows, MS Office, Internet

Other distinctions, awards, diplomas

Volleyball Referee, Romanian Volleyball Federation, Republican Category, September 2024
Volleyball Referee, Romanian Volleyball Federation, 1st Category, May 2019
National University Champion – Women's Volleyball (Coach), Bacău 2016, 2017
Certificate of training in basic first aid and automated external defibrillation, Red Cross, Bacău, September 2016
Certificate of professional classification, volleyball Master Coach category, C.N.F.P.A., Master Coach, Bucharest, March 2016
Certificate of attestation of professional competences in the field of Educational Sciences, University of Pitești, Faculty of Educational Sciences, Argeș (01.07.2014)
Qualification for the 1st European Games Baku with the Romanian Women's National Volleyball Team – Seniors, Baku, Azerbaijan 12-28.06.2015
Qualification for the European Volleyball Championship with the Romanian Women's National Volleyball Team – Seniors, Eindhoven, Netherlands 26.09.2015 – 04.10.2015
Semi-final of the European Women's Volleyball League with the Romanian Women's National Volleyball Team - Seniors, Bulgaria, Varna 13.07.2013
Graduation diploma, A.F.A.N. – "E-learning for social partners", Administration of sports societies, Buzău, November 2012
Graduation diploma, A.F.A.N. – "E-learning for social partners", Personal Development Advisor, Bucharest, September 2012
2nd Place and Scientific Recognition Diploma at the Young Doctoral Students' Olympiad, Brașov



(March 9, 2012)

Professional Classification Certificate, Volleyball Category II, C.N.F.P.A., Senior Coach, Bucharest, March 2011

Volleyball Referee, Romanian Volleyball Federation, Category II, March 2009

Volleyball Coach, A.N.S., Category III, September 2008

Sports Instructor, D.J.S. Iași, Athletics, Gymnastics, Fitness, Tennis, June 2008

Head of promotion 2004-2008 – Physical Education and Sports Specialization, Faculty of Physical Education and Sports - Average 9.55

Diploma of Merit awarded by the "Alexandru Ioan Cuza" University of Iași for the results obtained as a member of the University Senate (September 25, 2008)

Certificate of Participation at the "Twelfth International Student Scientific Conference", State University of Physical Education and Sports in Chișinău, Republic of Moldova, with the paper Current problems of the theory and practice of physical culture (April 2008)

Diploma of Merit awarded by the "Alexandru Ioan Cuza" University of Iași for the results obtained as a student representative in the University Senate (February 16, 2008)

Mention at the Session of Student Scientific Communications within the Faculty of Physical Education and Sports Iași, with the paper Physical Education in University Education between Option and Compulsory (May 2008)

Mention at the Student Scientific Communications Session within the Faculty of Physical Education and Sport Iași, with the paper Study on the model of the lifting-coordinating player at the level of the school division – juniors I, girls (May 2007)

Certificate of Participation in the Training on the topic: Time and information management in the session, "Alexandru Ioan Cuza" University of Iași, Center for Professional Information and Career Guidance and Placement (2007)

Certificate of Participation in the Training on the topic: Career management, "Alexandru Ioan Cuza" University of Iași, Center for Professional Information and Career Guidance and Placement (2007)

Certificate of Participation in the Training on the topic: Developing teamwork skills, "Alexandru Ioan Cuza" University of Iași, Center of Professional Information and Career Guidance and Placement (2007)

Diploma of Participation in the Summer School "Equality of Opportunities", Costinești (2007)

Diploma of Participation in the Training on Representation and Negotiation in the Student Environment, organized within the Constructio Academica project by the National Alliance of Student Organizations in Romania, Bucharest (2007)

Sports Instructor, D.J.S. Iași, Swimming, June 2006

Volleyball referee, Romanian Volleyball Federation, Category III, March 2005

Third student from the "Al. I. Cuza" University of Iași, beneficiary of the "LAUDAMUS" SCHOLARSHIP

I obtained the highest grade in the volleyball discipline at the University in France (theoretical and practical test) – 18 out of 20

Multiple medalist at the Summer Military Spartakiads (volleyball) between the Military High School Colleges belonging to the Ministry of Interior and the Ministry of National Defense

Annexes

Thesis

Optimization of training in performance volleyball through stress control coordinator Prof. Univ. Dr. Rață Gloria, National University of Physical Education and Sport, Bucharest.

List of publications

Books

Ilie-Cătălin Știrbu, Rareș Puni, *Tehnica jocului de volei*, Editura Tehnopress, Iași, 2009, ISBN 978-973-702-738-2.

Puni Alexandru-Rareș, *Sănătate prin educație. Noțiuni de igienă cu aplicații în sport*, Editura Risoprint, Cluj-Napoca, 2016, ISBN 978-973-53-1896-3, 124 pagini.

Droșescu Paula, Puni Alexandru-Rareș, *Noțiuni fundamentale de prim ajutor*, Editura Risoprint, Cluj-Napoca, 2016, ISBN 978-973-53-1936-6, 171 pagini.

Moraru Cristina-Elena, Puni Alexandru-Rareș, *Educarea calităților coordinative în școală*, Editura Risoprint, 2018, ISBN 978-973-53-2271-7, 186 pagini.

Puni Alexandru-Rareș, *Aspecte teoretice ale stresului*, Editura Risoprint, Cluj-Napoca, 2021, ISBN 978-973-53-2691-3, 82 pagini.

Bazele generale ale antrenamentului sportiv, Editura Risoprint, ISBN: 978-973-53-3164-1, 2023, Cluj-Napoca, 175 pagini

ISI Indexed articles with impact factor

1. Cojocariu, A., Ungurean, B.C., Oprean, A., Puni, A.R., (2019), WOS: 00052040380001, The variability of visual choice reaction time to different colours in male non-athletes and qwan ki do elite athletes, factor de impact 1.551
<https://www.webofscience.com/wos/woscc/full-record/WOS:000520403800001>

2. Bogdan Constantin Ungurean, Adrian Cojocariu, Beatrice Aurelia Abalaei, Lucian Popescu, Alexandru-Rareș Puni, Marius Stoica, Carmen Pârvu, (2022), WOS: 000802581600001, The Analysis of the Correlations Between BMI and Body Composition Among Children with and Without Intellectual Disability, factor de impact 2.863, <https://www.webofscience.com/wos/woscc/full-record/WOS:000802581600001>

3. Honceriu, C., Roca, M., Costache, A.D., Abalaei A.B., Popescu, L., Puni, A.R., Mastaleru, A., Oancea, A., Drugescu, A., Adam, C., Mitu,



O., Costache, I.I., Leon, M.M., Roca, I.C., Mocanu, V., Mitu, F., (2023), WOS: 001095334400001, Blood and Salivary Cortisol Variations in Athletes in Relation to Cardiopulmonary Exercise Testing, factor de impact 2.6, <https://www.webofscience.com/wos/woscc/full-record/WOS-001095334400001>

4. Pârnu, C., Szabo, D.A., Ungurean, B.C., Silisteanu, S.C., Puni, A.R., (2023), WOS:001167118000009, Optimising Physical Education Classes in Schools Using Technology: The use of mobile apps for active participation of medically exempt students with a focus on skill development and medical rehabilitation, factor de impact 1.5, <https://www.webofscience.com/wos/woscc/full-record/WOS-001167118000009>

5. Szabo, DA (Szabo, Dan Alexandru); Neagu, N (Neagu, Nicolae); Florea, SE (Florea, Silvan Emanuel); Veres, C (Veres, Cristina); Pârnu, C (Parvu, Carmen); Puni, AR (Puni, Alexandru Rares); Teodorescu, S (Teodorescu, Silvia), (2023), WOS:001166877200030, Technologies Used in Medical Rehabilitation: A Systematic Review Regarding the Applicability of Rehabilitation Technologies in Certain Medical Domains, factor de impact 2.3, <https://www.webofscience.com/wos/woscc/full-record/WOS-001166877200030>

6. Puni, AR (Puni, Alexandru Rares); Cojocariu, A (Cojocariu, Adrian); Abalasei, BA (Abalasei, Beatrice Aurelia); Popescu, L (Popescu, Lucian); Martinas, FP (Martinas, Florentina Petruta); Buldus, CF (Buldus, Codruta Florina); Tataranu, E (Tataranu, Elena); Popa, C (Popa, Cristian); Ene-Voiculescu, C (Ene-Voiculescu, Carmen); Parvu, C (Parvu, Carmen); Ungurean, BC (Ungurean, Bogdan Constantin), (2024), WOS:001171614600009, The Influence of Physical Activity Regime on Body Composition among Adolescents with and without Intellectual Disabilities, <https://www.webofscience.com/wos/woscc/full-record/WOS-001171614600009>

7. Petruț Florin Trofin, Maria Andreea Coteață, Cezar Honceriu, Alin Stelian Ciobîcă, Rareș Alexandru Puni, (2024), WOS:001368044600005, Evolution of the Correlation Between Body Mass Index (BMI) and Agility of Primary School Students in North-Eastern Romania, <https://www.webofscience.com/wos/woscc/full-record/WOS-001368044600005>

8. Petruț Florin Trofin, Maria Andreea Coteață, Cezar Honceriu, Alin Stelian Ciobîcă, Ioannis Mavroudis, Rareș Alexandru Puni, (2024), WOS:001381264700012, Neural and Motor Differences in Acceleration and Running Speed of Children Aged 6 to 11 Years in the North-Eastern Part of Romania, <https://www.webofscience.com/wos/woscc/full-record/WOS-001381264700012>

ISI Indexed articles without impact factor

Alexandru Oprean, Marin Chirazi, Alexandru-Rareș Puni, Body Compositon Evolution of Romanian Professional Rugby Players – Forwards, pag. 829-834, ISBN 978-953-317-065-7, <https://www.kif.unizg.hr/news/16755/9-Conference-Kinesiology-2021-Proceedings-final%20za%20objavu%20web.pdf?fbclid=IwAR37oWMVpr91imgEpQxeAjYqjZrz2cTktShDDy337bhklzW2nneg03UPIw>

Dumitru Iulian-Marius, Puni Alexandru-Rareș, Iacob Mihai-Radu, Critical Analysis on the Delimitation of the Concept of Sports Marketing in the Context of Modern Sports Market, În Editografica - ICU, 2018 pag. 85-90, ISBN 978-88-87729-54-2, https://apps.webofknowledge.com/full_record.do?product=WOS&search_mode=GeneralSearch&qid=28&SID=F5wlsYLIUNdMJGq6mdQ&page=1&doc=1

Abalasei Beatrice, Popescu Lucian, Puni Alexandru-Rareș, Attitudes of Physical Education Teachers and Coaches Regarding Fairplay- Case Study, Jurnal Editografica, pag. 11-15, 2018, https://apps.webofknowledge.com/full_record.do?product=WOS&search_mode=GeneralSearch&qid=34&SID=F5wlsYLIUNdMJGq6mdQ&page=1&doc=1

Droșescu Paula, Puni Alexandru-Rareș, Radu Liliana-Elisabeta, *Analysing of the Learning Style of Medical Students and Physical Education Students*, (WLC 2016), The European Proceedings of Social&Behavioural Sciences EpSBS, (2016), e ISSN: 2357-1330, p. 311-316, https://apps.webofknowledge.com/full_record.do?product=WOS&search_mode=GeneralSearch&qid=40&SID=F5wlsYLIUNdMJGq6mdQ&page=1&doc=1

Radu Liliana Elisabeta, Popovici Ileana Monica, Puni Alexandru-Rareș, *Comparison of Anthropometric Characteristics Between Athletes and Non-athletes*, (WCES 2014), Procedia - Social and Behavioral Sciences 191 (2015) p. 495-499, https://apps.webofknowledge.com/full_record.do?product=WOS&search_mode=GeneralSearch&qid=44&SID=F5wlsYLIUNdMJGq6mdQ&page=1&doc=4

Puni Alexandru Rareș, Moraru Cristina Elena, Radu Liliana Elisabeta, Dumitrescu Marin, "The use of the computer for the analysis of motricity level in volleyball players, lucrare prezentată la 4th International Congress of Physical Education, Sport and Kinetotherapy - București UNEFS, 2014, certificat de participare și publicată în jurnalul MEDIMOND - Monduzzi Editore International Proceedings Division, Iulie 2015, pag. 357-363, ISBN: 978-88-7587-718-7, Ref. code: 20150611, Thomson Reuters ISI Web of Knowledge, https://apps.webofknowledge.com/full_record.do?product=WOS&search_mode=GeneralSearch&qid=63&SID=F5wlsYLIUNdMJGq6mdQ&page=1&doc=1

Liliana Elisabeta Radu, Fatih Hazar, Puni Alexandru-Rareș, *Anthropometric and Physical Fitness Characteristics of University Students (LUMEN 2014)*, Procedia - Social and Behavioral Sciences 149 (2014) p. 798 – 802, https://apps.webofknowledge.com/full_record.do?product=WOS&search_mode=GeneralSearch&qid=68&SID=F5wlsYLIUNdMJGq6mdQ&page=2&doc=14

Puni Alexandru-Rareș, Rață Gloria, *Stress Manifestations as Reflected by Serum Biochemistry at Women's Volleyball Penicilina Iasi Team (2011-2012 Competitive Season, A1 Division)*, (WCES 2013), Procedia - Social and Behavioral Sciences 116 (2014) p. 2302 – 2306, https://apps.webofknowledge.com/full_record.do?product=WOS&search_mode=GeneralSearch&qid=74&SID=F5wlsYLIUNdMJGq6mdQ&page=1&doc=1

Droșescu Paula Puni Alexandru-Rareș, *The Evolution of Interstitial Neurotransmitters during a Competitive Cycle, at Women's Volleyball Penicilina Iasi Team (2011-2012 Competitive Season, A1 Division)*, (WCES 2013), Procedia - Social and Behavioral Sciences 116 (2014) p. 2397 – 2401,

https://apps.webofknowledge.com/Search.do?product=WOS&SID=F5wlsYLTUNdMJGq6mdQ&search_mode=GeneralSearch&prID=3f9f81eb-ddfa-43af-a5b0-3eb5e3733b9a

Puni Alexandru-Rareș, 23 August Stadium in Bucharest (1953-1989), in *"The Journal of Architecture"*, Volume 18, Number 5, October 2013, p. 672-682, ISSN 1360-2365 și ISBN 978-0-415-854016, Routledge Journals, Abingdon, Oxfordshire, UK, https://apps.webofknowledge.com/full_record.do?product=WOS&search_mode=GeneralSearch&qid=56&SID=F5wlsYLTUNdMJGq6mdQ&page=2&doc=15

Puni Alexandru-Rareș, *The Implications of Reduced Frequency Programmes in the Romanian Higher Education System*, 4th World Conference on Educational Sciences (WCES 2012), *Procedia Social and Behavioral Sciences Journal* 46, p. 5797 – 5801, https://apps.webofknowledge.com/full_record.do?product=WOS&search_mode=GeneralSearch&qid=80&SID=F5wlsYLTUNdMJGq6mdQ&page=1&doc=1

BDI or B + indexed articles

Grapă Florin, Puni Alexandru-Rareș, Rășcanu Alexandru, The Importance of Physical Therapy in Treating Cervicobrachial Neuralgia, in *Gymnasium*, Vol. XXII, Issue 1, 2021, pag. 96-112, DOI: 10.29081/gsjesh.2021.22.1.0, <http://www.gymnasium.ub.ro/index.php/journal/article/view/641/815>

Liliana-Elisabeta Radu, Ileana-Monica Popovici, Renato-Gabriel Petrea, Alexandru-Rareș Puni, The Physical Activity Level and Reaction Time During COVID 19 Pandemic, in *Human, Technologies and Quality of Education*, anul 2021, <https://doi.org/10.22364/htqe.2021.87>, https://www.apgads.lu.lv/fileadmin/user_upload/lu_portal/apgads/PDF/HTQE-2021/htqe.2021.87-Radu-et-al.pdf

Moraru Cristina-Elena, Puni Alexandru-Rareș, Beldiman Ioan-Răzvan, The Effects of Circuit Training on Muscle Strength and Resistance, *Lumen Proceedings*, pag. 208-216, Vol 9 (2019), ISSN 2601-2510, ISBN 978-1-910129-21-0, <http://proceedings.lumenpublishing.com/ojs/index.php/lumenproceedings/article/view/176/171>

Oprean Alexandru, Puni Alexandru-Rareș, Ungurean Bogdan-Constantin, Cojocariu Adrian, Optimizing speed and agility in a volleyball game, anul 2021, volum 8, numărul 3, pag. 9-20, <https://un-pub.eu/ojs/index.php/pntsbs/article/view/6157/7990>

Oprean Alexandru, Puni Alexandru-Rareș, Ungurean Bogdan-Constantin, Cojocariu Adrian, Explosive strength evolution of Romanian professional rugby players-backs, anul 2021, volum 8, numărul 3, pag. 37-43, <https://un-pub.eu/ojs/index.php/pntsbs/article/view/6159/7993>

Tănasă Anca-Raluca, Trofin Petru-Florin, Puni Alexandru-Rareș, Monitoring force in middle school students during the Covid 19 pandemic, in *"Sport și Societate"*, anul 2021, volum 21, numărul 1, p-ISSN 1582-2168, <https://sportsisocietate.ro/articol/555>

Ciocan Vasile-Cătălin, Puni Alexandru-Rareș, Study Regarding the Use of Specific Basketball Training Games During the Seventh Grade Physical Education Lesson, *Gymnasium Nr. 1 Supplement*, Vol. XXI, 2020, pag. 29-40, <http://www.gymnasium.ub.ro/index.php/journal/article/view/611>

Iacob Mihai-Radu, Abalaei Beatrice-Aurelia, Puni Alexandru-Rareș, Hagiu Bogdan-Alexandru, Study on Technical-Tactical Training in a Basketball Team Under 18, in *Інноваційна Педагогіка*, Editura "Helvetyka", pag. 222-226, 2020, http://innovpedagogy.od.ua/archives/2020/22/part_4/48.pdf

Iacob Mihai-Radu, Abalaei Beatrice-Aurelia, Puni Alexandru-Rareș, Hagiu Bogdan-Alexandru, Basketball Game a Way of Adapting and Socially Integrating Students with Intellectual Disabilities, in *Інноваційна Педагогіка*, Editura "Helvetyka", pag. 90-95, 2020, http://innovpedagogy.od.ua/archives/2020/22/part_4/21.pdf

Hagiu Bogdan-Alexandru, Puni Alexandru-Rareș, Specific Doping in Volleyball, in *Journal of Athletic Performance and Nutrition*, anul 2019, volum 6, Numărul 2, 2019, <http://www.journalapn.com/index.php/ojs/issue/view/19/PDF>

Dobreanu Ioana-Bianca, Puni Alexandru-Rareș, The Effects of Kinetotherapy in the Recovery of Patients with Gonarthrosis, in *"Sport și Societate"*, anul 2019, volum 19, numărul 2, pag. 14-19, p-ISSN 1582-2168, <https://www.sportsisocietate.ro/articol/456>

Hagiu Bogdan-Alexandru, Puni Alexandru-Rareș, Iacob Mihai-Radu, Perception of Musculoskeletal Pain in Athletes, in *Вісник Прикарпатського Університету, УДК 796.035:615.825*, doi: 10.15330/fcult.32.158-163, anul 2019, pag. 158-163, ISSN 2078-3396, <http://scijournals.pnu.edu.ua/index.php/fcult/article/view/1814/2252>

Ungurean Bogdan, Puni Alexandru-Rareș, Optimizing the Contents of Training for the Men's Representative Volleyball School Team, in *Bulletin of the Transilvania University of Braşov, Series IX: Sciences of Human Kinetics*, anul 2019, Vol. 12 (61), No 1, pag. 179-186, ISSN 2344-2026 (Print) ISSN-L 2344-2026 (Online), ISSN 2344-2034 (CD-ROM), http://webbut.unitbv.ro/bulletin/Series%20IX/2019/BULETIN%20%20PDF/23_Ungureanu_Doi_27.pdf

Moraru Cristina-Elena, Lucaci Paul, Raluca-Mihaela Hodorca, Neculăeș Marius, Puni Alexandru-Rareș, Rehabilitation of Athletes Ankle Fractures Using Kinesiotherapy and Aerobic Gymnastics, in *"Sport și Societate"*, anul 2018, volum 18, numărul 1, pag. 39-48, p-ISSN 1582-2168, <https://www.sportsisocietate.ro/articol/420>

Făgăraș Pia Simona, Steff Zakarias, Puni Alexandru-Rareș, Some kinematics aspects of throwing applied to basketball, in *New Trends and Issues Proceedings on Humanities and Social Sciences*, Issue 1, 2017, pag. 10-17, pag. 2421-8030, <https://un-pub.eu/ojs/index.php/pntsbs/article/view/1724/1949>

Cristina Elena Moraru, Grigore Ursanu, Puni Alexandru-Rareș, Radu Liliana-Elisabeta, *Fatigue index of female athletes in relation with body mass index*, in *New Trends and Issues Proceedings on Humanities and Social Sciences*, Issue 1, 2017, pag. 463-467, ISSN 2421-8030, <https://un-pub.eu/ojs/index.php/pntsbs/article/view/1806/2003>

Abalaei Beatrice-Aurelia, Iacob Mihai-Radu, Puni Alexandru-Rareș, The Impact of Sport Education on Fundamental Values, in *Timișoara Physical Education and Rehabilitation Journal*, DOI:10.1515/tperj-2017-0016, [A1-36VXIS19] TPERJ Volume 10 – Issue 19 (Art.1-36), pag. 52-57, <https://content.sciendo.com/view/journals/tperj/10/19/article-p52.xml>

Puni Alexandru-Rareș, Dumitru Iulian-Marius, Study on the Libero's Games Patterns in Serve Take-Over in Junior Volleyball Teams II, in *Timișoara Physical Education and Rehabilitation Journal*, DOI:10.1515/tperj-2017-0037, [A1-36VXIS19] TPERJ Volume 10 – Issue 19 (Art.1-36), pag. 172-176, <https://content.sciendo.com/view/journals/tperj/10/19/article-p172.xml>

Hagiu Bogdan-Alexandru, Iacob Mihai-Radu, Puni Alexandru-Rareș, *Preliminary Study on the Changes in Muscle Composition in Sports Games*, in *Annals of "Dunarea de Jos" University of Galati Fascicle XV*, anul 2017, volum 1, pag. 67-70, ISSN-L 1454 – 9832, ISSN 2344 – 4584, <http://www.gup.ugal.ro/ugaljournals/index.php/efms/article/view/201>



- Dumitru Iulian-Marius, Puni Alexandru-Rareș, *Analysis of the Internal Potential of a Sports Organization Regarding Sales Forces - SWOT Perspective*, în „Sport și Societate”, anul 2017, volum 17, numărul 1, pag. 13-29, p-ISSN 1582-2168, <https://www.sportsisocietate.ro/articol/399>
- Popovici Ileana-Monica, Popescu Lucian, Puni Alexandru-Rareș, Cea de-a patra ediție a campionatelor europene de volei, București 1955 – O perspectivă analitică, în „Sport și Societate”, anul 2016, volum 16, numărul 1, pag. 105-115, p-ISSN 1582-2168, <https://www.sportsisocietate.ro/articol/369>
- Drosescu Paula, Puni Alexandru-Rareș, Jurnalul de autocontrol-oglină a stării de sănătate la sportivi, în „Sport și Societate”, anul 2016, volum 16, număr special, p-ISSN 1582-2168, <https://www.sportsisocietate.ro/articol/338>
- Drosescu Paula, Abălașei Aurelia-Beatrice, Puni Alexandru-Rareș, *The Nutritional Education of Youth – A Basic Element of an Optimal Health*, în Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae, ISSN (print): 1453-4223, ISSN (online): 2065-9547, ISSN-L: 1453-4223, p. 63-73, Volum 60 (LXI), Nr. 1, Martie 2016, <http://www.studia.ubbcluj.ro/download/pdf/988.pdf>
- Hagiu B.A., Dima N., Puni R., Rezuș C., Determination of Metaboreflex with the Innovative Dumbbell-Flexor System, în Annals of "Dunărea de Jos", University of Galați, Fascicle XV, ISSN – 1454 – 9832, ISSN-L 1454 – 9832, p. 106-110, Volumul 1, 2015, <http://www.efms.ugal.ro/index.php/archiva/2015/vol-2>
- Puni Alexandru-Rareș, Abălașei Beatrice, Radu Liliana-Elisabeta, *Study Regarding Master Students Satisfaction Levels in Relation to University Experience*, Gymnasium Nr. 2, Vol. XVI, 2015, P. 125-136, <http://www.gymnasium.ub.ro/index.php/journal/article/view/141>
- Moraru Cristina-Elena, Grosu Emilia-Florina, Radu Liliana-Elisabeta, Puni Alexandru-Rareș, *Influence of Mental Training on the Execution Technique in Rhythmic Gymnastics*, (DAE 2014), Global Journal on Humanites & Social Sciences ISSUE 1 (2015), p. 176-181, <http://archives.un-pub.eu/index.php/pntsbs/article/view/3568/3202>
- Drosescu Paula, Puni Alexandru-Rareș, *Posibile corelații între gradul de solicitare al aparatelor și sistemelor și antrenamentul sportiv*, în „Sport și Societate”, anul 2014, volum 14, numărul special, p-ISSN 1582-2168, <https://www.sportsisocietate.ro/articol/260>
- Puni Alexandru-Rareș, Drosescu Paula, *Competitive Stress Manifestations as Reflected by the Dynamics of Interstitial Gases – Case Study realized at Penicilina Iasi Women's Volleyball Team during the 2011-2012 season (A1 Division)*, în „Proceedings of the 5th Annual International conference: Physical Education, Sport and Health, Pitești, 22nd-23rd of November 2012, Romania”, Series Publication Title: Scientific Report Physical Education and Sport, Volume 16 (1/2012), ISSN:1453-1194, Part I, Pitești, România, <https://sportconference.ro/proceedings-of-the-5th-annual-international-conference-physical-education-sport-and-health-2012/>
- Puni Alexandru-Rareș, Rață Gloria, *Stress Manifestations as Reflected by Mineral Ions Metabolism at Penicilina Iasi Women's Volleyball Team (2011-2012 Competitive Season, A1 Division)*, în „Proceedings of the 5th Annual International conference: Physical Education, Sport and Health, Pitești, 22nd-23rd of November 2012, Romania”, Series Publication Title: Scientific Report Physical Education and Sport, Volume 16 (1/2012), ISSN:1453-1194, Part I, Pitești, România, <https://sportconference.ro/proceedings-of-the-5th-annual-international-conference-physical-education-sport-and-health-2012/>
- Puni Alexandru-Rareș, *From Performance Sports to Sports for All: Romania 1945-1965. Legal Aspects*, (ICHSS 2012), în "Book of Proceedings", Vol. 8, p. 134 – 140, July 2012, Roma, Italia, <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.455.8400&rep=rep1&type=pdf#page=134>
- Puni A.R., Știrbu C., *Studiu privind eficiența serviciului cu punct la nivelul unei echipe feminine de volei (Penicilina Iași, Divizia A1, Sezon 2009-2010)*, în „Sport și Societate”, anul 2011, volum 11, numărul 2, p-ISSN 1582-2168, Iași, România, <https://www.sportsisocietate.ro/articol/159>
- Moraru C., Puni R., *Optimizarea tehnicii lansării la cerc în gimnastica ritmică prin analiză biomecanică*, în „Sport și Societate”, anul 2011, volum 11, numărul 2, p-ISSN 1582-2168, Iași, România, <https://www.sportsisocietate.ro/articol/158>
- Știrbu Ilie-Cătălin, Puni Alexandru-Rareș, Rață Gloria, *Studiu privind ponderea și eficiența blocajului la nivelul unei echipe de volei feminine (Penicilina Iași, Divizia A1, Sezon 2009-2010)*, în *Proceedings of the International Scientific Conference*, 2nd Edition, *Achievements and prospects in the field of physical education and sports within the interdisciplinary European education system*, nr. 1, p. 173, Universitatea „Vasile Alecsandri” din Bacău, Facultatea de Științe ale Mișcării, Sportului și Sănătății, 2010, ISSN 2069 – 2269;
- Puni Alexandru-Rareș, *Educația fizică în învățământul universitar între opțiune și obligativitate*, în Vol. *Reperere Științifice Studentești*, Coord. Bogdan Ceobanu, Editura Universității „Al. I. Cuza” din Iași, 2008, p. 37-55, ISBN: 978-973-703-313-0.

Member in projects

Member of the team of a research grant with wide public relevance obtained through international or national competition

1. Activities Coordinator within the project "University for All: Inclusion and Success" (UTIS), project code CNFIS-FDI-2025-F-0395 in domain: D1 - Increasing social equity, in view of social inclusion and increasing access to higher education, contract no. 18985/20.05.2025;
2. Project Manager, Partner Coordinator of the Sports + For Social Change institutional development grant through ERASMUS-SPORT-2021-SSCP, Type of Action: ERASMUS-LS, number 101050458, Acronym S4SC, Type of Model Grant Agreement: ERASMUS Lump Sum Grant, contract no. 15404/27.07.2022;
3. "Sports+ For Social Change (S4SC)", responsible for the project results - WP1, contract no. 15405/27.07.2022;
4. Member of the master's program accreditation team, contract no. 14268/29.10.2021 within the CNFIS-FDI-2021-0546 project;
5. "Education for a fair society - ACCES EDU", financed by the financing contract CNFIS-FDI-2022-046, Selection and training expert, contract no. 14933/18.05.2022, 15786/17.10.2022;
6. "Physical education and sport: a model of success" (SPORTREMED), grant agreement no. 217//SGU//NC//II dated 18.09.2019, tutor contracts no. 14658/03.03.2022, 11610/08.05.2022, 13341/23.04.2021, 12485/29.10.2020, assistant manager contract no. 14464/20.12.2021;
7. "Start in career through teaching master", MySMIS 2014 code: 140783, Contract no. 112360/DGPECU/09.12.2020, POCU/864/6/21/140783, internship tutor (coordinating professor), contract no. 13222/18.03.2021 and 15902/14.12.2022;
8. "LEARN&CONNECT Learning Center", grant agreement no. 286/SGU/C/III dated 18.12.2019, tutor, contract no. 12985/12.02.2021, 14674/08.03.2022, 17003/21.09.2023;
8. "How do I become a teacher/coach?" (CAPA), grant agreement 321/SGU/PV/III dated 18.06.2020, Assistant manager, contract no. 11936/10-07-2020, 13537/11.06.2021, 16310/12.04.2023, 14984/30.05.2022; 17465/25.03.2024;

9. "Early University Experience for Students at Risk: Bridging Program in the Fields of Physical Education and Sports and Roman Catholic Theology" (TEOSPOR), grant agreement 125/SGU/PV/II dated 07.05.2020, course tutor, contract no. 11832/22.06.2020;
10. "DREPT Legal Vacation in Iași (Drept in Iași!) II/PV/25", grant agreement no. 123/SGU/PV/II dated 07.05.2019, tutor, contract no. 11747/12.06.2020;
11. "Fair Play and Happiness Through Sports" - FAIRHAP, 579709-EPP-1-2016-2EL-SPO-SCP, duration 24 months (01.01.2017 – 31.12.2018), Researcher, Certificate no. 417/15.05.2017;
12. "Alumni Communication Management for Higher Education Institutions in Romania", POSDRU/86/1.2/S/56283, duration 4 months (01.07.2013 – 31.10.2013), Short-term Expert (expert C) (S)/ Function code 242402, contract no. 6085/28.06.2013;
13. "Investing in People Who can Practice and can Transform Their Future", No 2018-1-BG01-KA102-047127, Certificate;
14. "Cross-Border Cooperation For Common Needs: Health, environment, Sport" (HES), Application ref. 1/3/134, HES-CODE MIS-ETC:946, voluntary member, Certificate 385/02.04.2012.

Team member of a research grant with specific relevance or of an institutional development grant obtained through international or national competition

1. FIST – Iași 2023, International Youth Sports Festival, 03.08.2023-31.10.2023, Physical Education Instructor, contract no. 11/02.08.2023, Contract financed by the City Hall of Iași Municipality no. 98397 dated 31.07.2023, contract value 90000 Ron;
2. Junior Achievement of Romania – JAR – International program carried out in partnership with the Ministry of National Education, academic year 2022-2023, Agreement Code: CJ14-00031503, coordinating professor;
3. Junior Achievement of Romania – JAR – International program carried out in partnership with the Ministry of National Education, academic year 2021-2022, Agreement Code: CJ14-00026667, coordinating professor;
4. Junior Achievement of Romania – JAR – International program carried out in partnership with the Ministry of National Education, protocol no. 10184/12.05.2003, Academic year 2020-2021, Agreement Code: CJ14-00022451, coordinating professor;
5. "Ecological tourism and student tourist orientation" (Extracurricular project), MEN approval no. 39050/15.10.2019, registered at UAIC with no. 19591/16.10.2019, project coordinator;
6. Junior Achievement of Romania – JAR – International program carried out in partnership with the Ministry of National Education, protocol no. 10184/12.05.2003, Academic year 2019-2020, professor coordinating the Blended Learning module (27 students) and HP Life – Starting a business (3 students);
7. Big Game – Discover Iași in motion, project coordinator, 25-26.05.2019, <https://www.sport.uaic.ro/big-game-descopera-iasul-in-miscare/>
8. FITSPORT, International Festival of Youth, Science and Sports, 01.08.2017-31.12.2017, Technical Manager, Certificate;
9. "E-learning for social partners", ID 51265, Project co-financed by the European Social Fund through the Sectoral Operational Program Human Resources Development 2007-2013, "Invest in people", voluntary member from 18.05.2012 to 31.08.2013, contract no. 96/v_18.05.2012

Member of editorial teams / Reviewer

Member in Editorial Board – International Journal of Sports Sciences and Fitness (IJSSF), <http://www.ijssf.org/editorialboard.php>
 Reviewers Board of Athens Journal of Sports (ATINER), din 09.09.2019, <https://www.athensjournals.gr/ajspo/ajsporb>
 Reviewers Board of Sport & Society, din 20.12.2019, <https://sportsisocietate.ro/colectiv>
 Reviewers Board of Advances in Science, Technology and Engineering Systems Journal (ASTESJ), din 03.05.2020;
 Reviewers Board of Athens Journal of Health and Medical Sciences, din 09.09.2019, <https://www.athensjournals.gr/ajh/ajhrb>
 Member in Editorial Board – Ciencia-Heals, (ISSN 0115-6454), <https://ciencia-heals.wmsu.edu.ph/sports-science-education-physical-culture-sports-and-physical-education-management-and-marketing-in-sports/>, din 2020;
 Editor International Journal of Medical and Health Research, <http://www.medicalsciencejournal.com/board>, din 19.06.2021
 Editor International Journal of Medicine Sciences, <http://www.medicinejournal.in/board>
 Member in Editorial Board – International Journal of Sport, Exercise and Health Research, https://www.sportscienceresearch.com/editorial_board.html
 Member in Editorial Board – American Journal of Sports Science, <http://www.sportssci.org/editorialboard>
 Member in Editorial Board – American Journal of Sports Science, <http://sciencepg.com/journal/editorialboard?journalid=155>
 Member in Comitetul Științific al „4th International Conference on Teaching, Learning and Education”, 10-12 September 2021, Zurich, Switzerland, <https://www.ictle.com/scientific-committee/>
 Member in Comitetul Științific al „4th International Academic Conference on Education”, 10-12 December 2021, Barcelona, Spain, <https://www.iaceducation.org/scientific-committee/>
 Member in Comitetul Științific al „5th International Conference on Advanced Research in Education, Teaching and Learning”, 5-7 November 2021, Amsterdam, Netherlands, <https://areti.org/scientific-committee/>
 Member in Comitetul Științific al „3th World Conference on Teaching and Education”, 3-5 September 2021, Prague, Czech Republic, <https://www.worldcte.org/conference-committee/>
 Member in Comitetul Științific al „2nd World Conference on Education and Teaching”, 15-17 October 2021, Budapest, Hungary, <https://www.etconf.org/scientific-committee/>
 Member in Comitetul Științific al „3rd International Conference on Modern Research in Education, Teaching and Learning”, 20-22 August 2021, Dublin, Republic of Ireland <https://www.icmetl.org/scientific-committee/>
 Member in Comitetul Științific al „4th World Conference on Future on Education”, 17-19 Decembrie 2021, Berlin, Germany, <https://www.wcfeducation.org/scientific-committee/#>

Member in Comitetul Științific al „4th International Conference on Research in Education, Teaching and Learning”, 22-24 October 2021, Vienn, Austria, <https://www.icetl.org/scientific-committee/>

Editor in International Journal of Medical Science and Clinical Research, <http://www.journalofmedical.com/board>

Member in Comitetul Științific al „4th International Conference on Research in Teaching and Education”, 27-29 August 2021, London, United Kingdom, <https://www.rteconf.org/>

Reviewer LUMEN din 21.07.2021, <https://lumenpublishing.com/journals/index.php/rrem/about/editorialTeam>

Member in comitetul științific al „4th International Conference on Advanced Research in Education”, 26-28 November 2021, Oxford – United Kingdom, <https://www.educationconf.org/scientific-committee/>

Member in comitetul științific al „4th International Conference on Modern Research in Education, Teaching and Learning” ICMETL, 22-24 April 2022, Barcelona, Spain, <https://www.icmetl.org/scientific-committee/>

Member in comitetul științific al „2nd World Conference on Education and Teaching”, 15-17 October 2021, Budapest, Hungary, <https://www.etconf.org/scientific-committee/>

Member in comitetul științific al „International Conference on New Trends in Teaching and Education”, 18-20 February 2022, Milan, Italy, <https://www.ntteconf.org/>

Member in comitetul științific al „4th World Conference on Research in Teaching and Education”, 18-20 March 2022, Prague, Czech Republic, <https://www.worldte.org/>

Member in comitetul științific al „4th World Conference on Teaching and Education”, 10-12 June 2022, Oxford, United Kingdom, <https://www.worldcte.org/conference-committee/>

Member in comitetul științific al „World Conference on Foreign Language Education” FLE, 4-6 February 2022, London, United Kingdom, <https://www.worldfle.org/>

Member in Editorial Team al „Moldavian Journal for Education and Social Psychology”, <https://lumenpublishing.com/journals/index.php/mjesp/about/editorialTeam>

Member in comitetul științific al „5th Research in Teaching and Education”, 17-19 June 2022, Nice, France, <https://www.rteconf.org/scientific-committee/>

Member in comitetul științific al „5th International Conference of Research in Education”, 01-03 July 2022, Munich, Germany, <https://www.icreconf.org/scientific-committee/>

Reviewer's Board in „Revista Românească pentru Educație Multidimensională”, <https://lumenpublishing.com/journals/index.php/rrem/about/editorialTeam>

Member in comitetul științific al „5th International Conference on Research in Education, Teaching and Learning”, 24-26 June 2022, Oslo, Norway, <https://www.icetl.org/scientific-committee/>

Member of national evaluation committees

Assessor within the National Plan for the Reduction of School Dropout (SG PNRAȘ) Grant Scheme, 2022, Certificate no. D-2300-013B-7560;

Assessor within the Grant Scheme “PNRR – Smartabs-2023 – Equipping upper secondary education units, children's palaces and clubs with smart laboratories”, Certificate no. D-2300-046Q-2596;

Assessor within the Grant Scheme “PNRR – Endowments -2023 – Equipping pre-university education units and related units with furniture, teaching materials and digital equipment”, Certificate no. D-2300-046J-2593;

Assessor within the Grants scheme “PNRR - Endowments - 2024 - Endowment with computer laboratories and practical workshops of educational units in the vocational and technical education network”, Certificate No. 825/734 of 01.04.2025.

