

Curriculum vitae Europass




Personal information

Name/Surname	Adrian COJOCARIU
Address	Str. Toma Cozma nr. 3, Iasi 700554, ROMANIA
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E-mail	cadriano@uaic.ro
Citizenship	Romanian
Birth date	31.05.1975
Gender	male

Professional experience

Period	- 1997 - 1998 – physical education teacher at National Highschool of Iasi - Romania - 1998 - present – teacher at Faculty of Physical Education and Sports – "Alexandru Ioan Cuza" University of Iasi - Romania: - 1998-2007 – assist. prof. - 2007-2013 – lecturer - 2013-2021 – assoc. prof. - 2021-present – prof. - 2003 - present – trainer in Qwan Ki Do martial art, at Sport Club Universitatea "Alexandru Ioan Cuza" Iasi - Romania (www.qwankidoiasi.ro)
Present function and position	Professor PhD, Head of Doctoral School in Sports and Physical Education Science
Main courses	- Physical Education and Sports Theory and Methodology - Oriental Techniques used to Optimize the Human Biological Potential - Motor and Somatic and Functional Assessment - Tourism - Skiing
Name and address of employer	"Alexandru Ioan Cuza" University, Bld. Carol, no. 11, 700506 Iasi, Romania
Department	Faculty of Physical Education and Sports

Education

Period	1993-1997
Qualification	Licence
Domain	Physical Education and Sports
Institution name	"Alexandru Ioan Cuza" University of Iasi - Faculty of Physical Education and Sports
Period	1993-1997
Qualification	trainer
Sport	football
Institution name	"Alexandru Ioan Cuza" University of Iasi - Faculty of Physical Education and Sports

Period ▪ 2000-2001
 Calification Master
 Specialisation Physical trainer
 Institution name "Alexandru Ioan Cuza" University of Iași - Faculty of Physical Education and Sports

Year ▪ 2006
 Calification trainer
 Sport Martial Arts
 Institution name National Formation and Training Centre for Coaches, București - Romania

Period ▪ 2004-2008

 Calification PhD
 Domain Biology – applied physiology
 Institution name "Alexandru Ioan Cuza" University of Iași - Faculty of Biology

Period ▪ 2018

 Calification habilitation
 Domain Sport and Physical Education Science

Personal skills

Mother tongue **Romanian**

Foreing languages

Comprehension		Speaking		Writing
Listening	Reading	Interaction	Expression	
English C1	C1	C1	C1	C1
French A2	A2	A2	A2	A2

()Common European Framework of Reference for Languages*

Social skills ▪ communication,
 ▪ Interaction,
 ▪ social adaptation,
 ▪ Integration into professional and student activities - curricular and extracurricular

Organizing skills ▪ Head of Doctoral School (since 2020)
 ▪ Vice-dean (2009-2020)
 ▪ Member of Faculty Council (since 2000)
 ▪ Director of Scientific Research Department of the faculty (between 2008-2016)
 ▪ Member of Scientific Research Council of "Alexandru Ioan Cuza" University of Iași

- Professional skills
- Deputy editor of *SPORT AND SOCIETY. Interdisciplinary Journal of Physical Education and Sports* (p-ISSN 1582-2168, e-ISSN 2344-3693)
 - Participant and member in scientific committee in international conferencies, research projects and in international teaching mobilities - in partner universities from Europe, since 2002
 - Member in editorial board of four scientific journals - indexed in international data-base
 - Expert assessor of Romanian Agency for Quality Assurance in Higher Education
 - Trainer of Qwan Ki Do martial art - Sport Club Universitatea „Al. I. Cuza” of Iași
 - Vice-President of National Commission for Trainers' Formation and Training - Martial Arts Romanian Federation, Department Qwan Ki Do
 - Physical trainer of Qwan Ki Do Romanian National Team
 - International Referee of Qwan Ki Do (since 2005)
 - Member of Referees National Commission - Martial Arts Romanian Federation, Department Qwan Ki Do (since 2002)
 - Lecturer in trainers perfection courses organized by Martial Arts Romanian Federation and Tennis Romanian Federation

Other skills

Sport results:

- As an athlete:
 - Multiple medals in Qwan Ki Do National Championships, between 2000-2007.
- As a trainer at Romanian national team:
 - Over 40 medals in Qwan Ki Do European and World Championships.



List of scientific contributions from the last 5 years

Books

1. Cojocariu, A. (2020) Ghid metodologic pentru evaluare în educația fizică școlară și antrenamentul sportiv, Editura RISOPRINT, Cluj-Napoca, ISBN 978-973-53-2531-2 , 144 p.
2. Martiņaș F.P., Cojocariu A. (2024) Rugby. Profilul biopsihic la copii și juniori în România, Editura RISOPRINT, Cluj-Napoca, ISBN 978-973-53-3273-0,.

Articles indexed ISI/BDI

ISI

1. Ungurean B.C., Cojocariu A., Abalășei B.A., Popescu L., Puni A.R., Stoica M., Pârnu C. (2022) The Analysis of the Correlations between BMI and Body Composition among Children with and without Intellectual Disability. *Children*. 9(5):582.
2. Martiņaș, 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>
3. Puni, A. R., Cojocariu, A., Abalășei, B. A., Popescu, L., Martiņaș, F. P., Bulduș, C. F., Tătaranu, E., Popa, C., Ene-Voiculescu, C., Pârnu, C., & Ungureanu, B. C. (2024) The influence of physical activity regime on body composition among adolescents with and without intellectual disabilities. *BRAIN. Broad Research in Artificial Intelligence and Neuroscience*, 15(1), 377-397. <https://doi.org/10.18662/brain/15.1/558>
4. Surmei Balan, M. G., Cojocariu, A., & Martiņaș, 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>
5. Bălăiasa, D. G., Cojocariu, A., Abalășei, B. A., Neculăeș, M., & Ungurean, B.-C. (2025) Karate Training and Postural Health: A Study on Spinal Deviations among Young Karate Practitioners from Northeastern Romania. *Revista Romaneasca Pentru Educatie Multidimensionala*, 17(1), 422-438. <https://doi.org/10.18662/rrem/17.1/959>

ISI Proceedings

6. Ungurean B.C., Cojocariu A., Puni A.R., Oprean A. Body Mass Index in Children with and without Intellectual Disability: Distribution and Implications, Proceedings Of The 6th International Conference Of Universitaria Consortium Fefstim: Physical Education, Sports And Kinesiotherapy - Implications In Quality Of Life. 2020: 331-335. <https://www.mdpi.com/2227-9067/9/5/582>

BDI

7. Oprean, A., Puni, A.R., Ungurean, B.C., Cojocariu, A. (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>
8. Oprean, A., Puni, A.R., Ungurean, B.C., Cojocariu, A. (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>
9. Ungurean, B.C.; Cojocariu, A.; Abalășei, B.A.; Popescu, L. (2023) Analysis of Morphological Parameters and Body Composition in Adolescents with and without Intellectual Disability. *Int. J. Environ. Res. Public Health*, 20, 3019. <https://doi.org/10.3390/ijerph20043019>
10. Ungurean, B.C., Abalășei, B., Cojocariu, A. (2023) The relationship between body mass index and certain body composition parameters in adolescents with and without intellectual disability. *Ovidius University Annals, Series Physical Education & Sport/Science, Movement & Health*, Vol. 23 Issue 2, p229-235. 7p.
11. Dobreanu (căs. Iojă), I.B, Cojocariu, A. (2023) Effects of physical therapy in muscular strength and balance, pain relief and functional capacity in patients with patellofemoral pain syndrome. *Sport & Society / Sport si Societate* . 2023, Vol. 23 Issue 1, p1-6. 6p.
12. Dobreanu (căs. Iojă), I.B, Cojocariu, A. (2023) Approaching the patellofemoral pain syndrome through physiotherapeutic methods versus kinetotherapy. *Sport & Society / Sport si Societate* . 2023, Vol. 23 Issue 1, p1-8. 8p.
13. Martiņaș, 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*, Vol. 23 Issue 2, p394-398.
14. Surmei-Balan M.G., Cojocariu A., Martiņaș 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>

Adrian

Articles in journals and conference proceedings (not indexed)

- Selection of maximum 20 articles

15. 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.
16. 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.
17. Solomon-Pârţac, S., Cojocariu, A. & Solomon-Pârţac, M. S.. (2021). The Importance of Balance Assessing of Patients with Anterior Cruciate Ligament Reconstruction-pilot study. The 7th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy, 12-13 Noiembrie, Iaşi, <http://www.edlearning.it/ebook/EY12.pdf>, pp.501-507.
18. Ungurean, B.C., Cojocariu, A. (2021), The benefits of exercising and sports practicing for young people with and without intellectual disability, 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>
19. Solomon-Pârţac, M. S., Cojocariu, A. & Solomon-Pârţac, S. (2021). Study Regarding the Importance of Physical Therapy in the Recovery of Vestibular Deficit in Patients with Vertigo Syndrome. International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy, 12 – 13 Noiembrie, Iaşi, <http://www.edlearning.it/ebook/EY12.pdf>, pp. 495-500.

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