

Mihai-Alexandru Cîtea

Curriculum Vitae

Personal Information

Address: Str. Toma Cozma nr. 3, Iași 700554, Romania

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Email: a.citea@yahoo.com

Date of Birth: 26/09/1991

Nationality: Romanian

Professional Experience

- **Assistant Lecturer**

Alexandru Ioan Cuza University of Iași, Faculty of Physical Education and Sport
Feb 2021 – Present

- Teaching seminars and practical classes
- Student evaluation, conference participation, and course assistance
- Subjects: Anatomy, Biomechanics, Motor Rehabilitation Methods and Techniques, Measurements and Assessment in Physical Therapy, Massage and Complementary Techniques, Elements of Physiotherapy, Equipment, Devices and Facilities used in Physiotherapy;

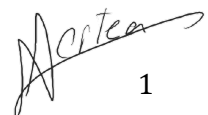
- **Physiotherapist**

Tonus Plus S.R.L., Iași
Jun 2016 – Present

- **Associate Lecturer**

Alexandru Ioan Cuza University of Iași
Oct 2017 – Feb 2021

- Delivered seminars and practical classes
- Subjects: Anatomy, Measurements and Assessment in Physical Therapy, Home Physical Therapy, Massage and Complementary Techniques, Motor Rehabilitation Methods and Techniques;



- **Fitness Instructor**

Garage Workout, Iași
Mar 2013 – May 2014

- **Sales Representative (Work & Travel)**

Global Prints, Boston, USA
Jun – Sep 2014

Education

- PhD in Sport Science and Physical Education – National University of Physical Education and Sport, Bucharest (2017–2023)
- Master's Degree – Kinetotherapy in Sports Traumatology – Alexandru Ioan Cuza University, Iași (2013–2015)
- Bachelor's Degree – Kinetotherapy and Special Motricity – Alexandru Ioan Cuza University, Iași (2010–2013)

Professional Training & Certifications

- PhD in Sport Science and Physical Education – National University of Physical Education and Sport, Bucharest (2017–2023)
- Osteopathy Course (2015 – 2021, Romanian Society of Osteopathy, Bucharest)
- Orthopedic Manual Therapy Course (2019, Life Kinesis, Bucharest)
- Pilates Comprehensive Teacher Program (2018, Life Pilates Education, Iași)
- Strength & Conditioning Coach – Level 1 (2018, Bucharest)
- Teacher Training Certification (Levels I & II, 2016–2017, Iași)
- Trigger Points Therapy (2016, Iași)
- NLP Practitioner & Master Certifications (2013–2015, Iași)
- Kinesiology Taping Therapy (Basic, Advanced, Pediatric, 2013)
- Yumeiho Therapy – Level I (2013, Iași)
- Portuguese Language Course (2012, Erasmus, Portugal)
- Traditional Chinese Medicine Principles in Physiotherapy (2011, Iași)
- Certified Masseur Technician (2013–2014, Iași)

Languages

- Romanian – Native
- English – C1 (Advanced)
- Portuguese – B1 (Intermediate)
- Japanese – A2 (Basic)



Skills

- Communication: Strong interpersonal skills, adaptability to multicultural environments, experience with diverse groups.
- Organizational: Leadership and team management.
- Technical: Advanced in Windows/Linux OS, Microsoft Office, Oracle/SQL; basic programming (C++, HTML, CSS).
- Digital Design: Intermediate in Photoshop, Lightroom, CorelDraw, Sony Vegas.
- Other: Amateur photography. Driving license (B).

Scientific Contributions

PhD Thesis: * POSSIBILITIES REGARDING THE DETECTION OF ASYMPTOMATIC SEGMENTAL DEVIATION AND THEIR CORRECTION THROUGH MANUAL TECHNIQUES *

- *Changes of plantar arch after global physical exercises in high school students* – Discobolul – Physical Education, Sport & Kinetotherapy Journal, 2022
- *Posture correction for high school students using manual techniques* – SPORT AND SOCIETY Interdisciplinary Journal of Physical Education and Sports, 2022
- *Relationship between posture deviations in the sagittal plane and plantar weight distribution in adolescents* – 7th International Conference of the Universitaria Consortium, 2021
- *The Effectiveness of Short Term Soft-Tissue Treatment Procedure Using Indiba Fascia in the Rehabilitation of Acute Lateral Epicondylitis* – 6th International Conference FEFSTIM, 2020
- *Contribution of Physical Therapy to the Rehabilitation of Patients with Acute Stroke* – 5th International Conference of the Universitaria Consortium, 2019
- *Correction of posture deviations in the sagittal plane using the Pilates method* – SPORT AND SOCIETY Journal, 2019
- *The role of proprioceptive training as a method of functional rehabilitation of ankle sprains in futsal players* – SPORT AND SOCIETY Journal, 2019
- *Use of Tai Chi Elements to Increase Respiratory Amplitude* – SPORT AND SOCIETY Journal, 2019
- *Use of Tai Chi Forms to Increase ROM in Athletes* – 4th International Conference of the Universitaria Consortium, 2018

Projects

- Member – ACCESS Project (Accessibility & Higher Education for People with Disabilities), 2025
- Tutor – TEOSPOR Project (Early University Experience for At-Risk Students), 2023–2024
- Member – Erasmus+ Blended Intensive Program 'Sports: Benefits for the Body and Mind', Iași
- Erasmus+ Project '#healthylifestyle3', Romania (2016)



- Youth in Action projects: WithAMIn (Slovakia, 2014), Living with Sport Culture (Turkey, 2014), Youth Employment & Entrepreneurship (Bulgaria, 2012)

Conferences

- International Conference of the Universitaria Consortium, Iași, 2021
- International Conference of Universitaria Consortium, Iași, 2018
- International Festival of Physiotherapy & Physical Training, Bucharest, 2018
- National Congress of Physiotherapy, Bucharest, 2014
- First National Conference of Physiotherapy Students, Iași, 2013
- International Pilates, Aerobic & Functional Training Convention, Iași, 2012
- 7th National Congress of Kinesiotherapy, Iași, 2011

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