

PERSONAL INFORMATION

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PROFESSIONAL
EXPERIENCE

2013 – present Associate Professor

“Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport, Department of Faculty of Physical Education and Sports, Str. Toma Cozma Nr. 3, 700554 <http://www.sport.uaic.ro/>

• **Didactic activity** – teaching lectures and practical works for bachelor and master series (full-time), assessment activities within the didactic activity (exams, oral examinations, practical assessments); tutoring for graduation theses and master’s dissertations; drafting handbooks, manuals, guidelines, test collections for seminars/practical works; appraisal activities as a member of graduation committees (bachelor studies, master studies and doctorate); advice for PhD themes, master’s theses, bachelor studies, seminars, laboratory works and research projects; research activities specific to the field, organization and participation to scientific events; assessing and selecting modern methods for practical works; organizing competitions.

• **Holder of the following academic courses:** *Basic Gymnastics* (bachelor studies), *Theory and Practice in Gymnastics Branches: Rhythmic Gymnastics* (bachelor studies); *Theory and Practice in Expression Sports: Dancesport* (bachelor studies), *Body Aesthetics Gymnic Programs* (master), *Educating Conditioning and Coordinative Skills in School* (master).

Activity Type or Sector Higher education (academic education, scientific research, educational management)

2020 – 2021 Tutor

Member in the Secondary Education Project (ROSE) – Grant Scheme for Universities: Summer Bridge Programs, entitled “Discover Your Vocation through Education” – Summer School – Psychology and Educational Sciences (DEVO), grant agreement no. 327/SGU/PV/3, total value of 181,910 RON, with the role of TUTOR(S) / job code 235104, “Alexandru Ioan Cuza” University of Iași, academic year 2020–2021.

2020 Member

Project: Physical activity in women in menopause: a collaborative partnership for active lifestyles for the prevention and treatment of osteoporosis, GA: 613137-EPP-1-2019-1-IT-SPOSCP

2019 Tutor

Sub-project entitled “Early University Experience for At-Risk Students: Bridge Program in the Fields of Physical Education and Sports and Roman-Catholic Theology” (TEOSPOR)

• Designs, plans, and conducts the courses specific to the summer school for students; engages in activities targeting the specific needs of the target-group; prepares activity reports; participates in meetings organized with tutors and project implementation team members; is accountable to the grant director and to the ROSE Project Implementation Agency.

• Grant agreement no. 125/SGU/PV/II dated 07.05.2019, funded by MEN-UMPFE through the ROSE Project – Secondary Education Project – Grant Scheme for Universities.

Activity Type or Sector Education, social and cultural exchanges

2019 Tutor

Project “Physical Education and Sports: A Model of Success”, acronym SPORTREMED

• Designs, plans, and delivers the specific courses for students; engages in activities tailored to the target-group; prepares activity reports; participates in meetings organized with tutors and members of the project implementation team; is accountable to the grant director and to the ROSE Project

Implementation Agency.

- Funding agreement no. 217/SGU/NC/II dated 18.09.2019, funded by MEN-UMPFE through the ROSE Project – Secondary Education Project – Non-competitive Grant Scheme for Universities, Summer Projects – Round II.

2011 – 2012 Sport activities coordinator within the project “Cross-border Co-operation Program for Common Needs: Health, Environment, Sport – HES”

“Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport, Str. Toma Cozma Nr. 3, 700554 <http://www.sport.uaic.ro/>

- Organizes project activities. Collaborates with the HR manager and the project manager for activity implementation. Participates to the drafting of narrative and financial reports.
- *Cross-border Co-operation Program for Common Needs: Health, Environment, Sport – HES*, funded by the European Union through the Joint Operational Program Romania-Ukraine-Republic of Moldova 2007-2013, Priority 3 – “People to People Co-operation”, Measure 3.2 – “Educational, social and cultural exchanges”, Code MIS-ETC: 946.

2007 – 2013 University Lecturer

“Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport, Department of Faculty of Physical Education and Sport, Str. Toma Cozma Nr. 3, 700554 <http://www.sport.uaic.ro/>

- Didactic activity – teaching lectures and practical works for bachelor studies (full-time and distance learning), assessment activities within the didactic activity (exams, oral examinations, practical assessments); tutoring graduation papers; member of graduation, master and admission committees; coordinating papers for promoting to the first teaching rank in the pre-university teaching system; student coordinator – year/group advisor; research activities specific to the field, organization and participation to scientific events; assessing and selecting modern methods for practical works; drafting handbooks, manuals, guidelines practice; advice for bachelor papers, master dissertations or seminar papers, practice papers and research projects; organizing competitions.
- Holder of the following academic courses: *Basic and Acrobatic Gymnastics, Acrobatic Gymnastics and Jumps, Fitness Aerobic Gymnastics, Rhythmic Gymnastics, Dancesport, Elements of Choreography in School Shows*.

2002 – 2007 Teaching Assistant

“Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport, Individual Sports Department, Str. Toma Cozma Nr. 3, 700554 <http://www.sport.uaic.ro/>

- Didactic activity – teaching lectures and practical works for bachelor studies – full-time and distance learning, assessment activities within the didactic activity (exams, oral examinations, practical assessments); tutoring graduation papers; member of graduation, master and admission committees; research activities specific to the field, organization and participation to scientific events; drafting handbooks, manuals, guidelines practice; consults for graduation papers; organizing competitions.
- Holder of the following academic courses: *Basic and Acrobatic Gymnastics, Aerobic Gymnastics, Rhythmic Gymnastics, Dancesport*.

Activity Type or Sector Higher education (academic education, scientific research, educational management)

1999 – 2002 Junior Teaching Assistant

“Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport, Individual Sports Department, Str. Toma Cozma Nr. 3, 700554 <http://www.sport.uaic.ro/>

- Didactic activity – teaching practical works for bachelor studies – full time and distance learning; lectures assistance; student coordinator – year/group advisor; research activities specific to the field, organization and participation to scientific events; organizing competitions.
- Holder of the following academic courses: *Basic and Acrobatic Gymnastics, Aerobic Gymnastics, Rhythmic Gymnastics, Physical Education with Various Faculties*.

Activity Type or Sector Higher education (academic education, scientific research, educational management)

1997 – 1999 Rhythmic Gymnastics Coach

“Corrado” Sports Club Iași

Selecting, initiating, preparing and improving the female athletes’ performance capacity:

- Selecting talented children for this sport; training in concordance with the needs of higher sports performance; stimulating practitioners to aspire to the great sports performance (educating the confidence in self-assertion possibilities); developing biometric skills and qualities; multilateral physical development; specific physical development; technical, tactical, mental and theoretical training; education in the spirit of fair-play; improving and maintaining an optimal health status; improving the body’s adjustment capacity to the specific efforts required by competitions; improving training for contests; respecting hygiene and sports regimen rules; discovering and cultivating talents.

Activity Type or Sector Performance sport/ Sports activity

1993 – 1997 Rhythmic Gymnastics Coach

“Lynx” Sports Club Iași

Selecting, initiating, preparing and improving the female athletes’ performance capacity:

- Selecting talented children for this sport; training in concordance with the needs of higher sports performance; stimulating practitioners to aspire to the great sports performance (educating the confidence in self-assertion possibilities); developing biometric skills and qualities; multilateral physical development; specific physical development; technical, tactical, mental and theoretical training; education in the spirit of fair-play; improving and maintaining an optimal health status; improving the body’s adjustment capacity to the specific efforts required by competitions; improving training for contests; respecting hygiene and sports regimen rules; discovering and cultivating talents.

Activity Type or Sector Performance sport/ Sports activity

EDUCATION AND TRAINING

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|-------------|--|
| 2018 | Habilitation Certificate in the field of doctoral studies „Science of Sports and Physical Education”
“Babeș Bolyai” University Cluj-Napoca |
| 2005 – 2009 | Doctor in Physical Education and Sport
National University of Physical Education and Sport – Bucharest <ul style="list-style-type: none"> • General knowledge: accumulating, interpreting and developing top knowledge in the field of PhD theses. • General competences: developing research techniques and applying them in various and specific contexts; theoretical construct and professional application; academic discursive constructs for prestigious publications in the field and for the type of common knowledge for public communication; assuming the responsibility of elaborating a research program, critical spirit, creativity, inventiveness. • The specific cognitive abilities require the following: identifying new problems and approaching them using research, creative and combinatory imagination, critical and interpretative analysis. |
| 2006 | Referee / Sports Aerobic Gymnastics Coach
(Course for Sports Aerobic Gymnastics referees and coaches, Bucharest)
Romanian Gymnastics Federation, National Aerobic Gymnastics Commission |
| 2005 | Aerobic Gymnastics Referees
(National course for Aerobic Gymnastics referees)
Romanian Gymnastics Federation |
| 1999 – 2000 | Master Degree – specialization <i>Sports for All</i>
“Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport |

- 1997 – 1999 Bachelor's degree in Physical Education and Sports
(Specialized training in a sports branch: Gymnastics)
“Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport
- Learning, understanding and using the fundamental concepts of Physical Education and Sport, as well as the principles and methods used in the field studied; the capacity to identify information sources, to analyze and interpret data within real professional contexts and within scientific literature; the capacity of veritable oral and written communication in the scientific field in at least one international language; teamwork capacity; the capacity of teaching the concepts specific to the field studied; the capacity of acquiring rapidly the latest concepts and technologies within the field of Physical Education and Sport; interdisciplinary approach to the issues in the field; the knowledge of research methods and techniques in the field of Physical Education and Sport; the capacity to solve specific problems in the field of Physical Education and Sport and to assess possible conclusions; the capacity to organize cultural and sports activities; the capacity to manage leisure and fitness activities; the capacity to train, prepare and lead in the field of performance sport.
- 1993 – 1996 Coach / Graduation Degree
“Alexandru Ioan Cuza” University of Iași, University Degree of Computer Science and Administration
- 1986 Sports Instructor – Rhythmic Gymnastics
County Council for Physical Education and Sport Iași

TRAINING, IMPROVEMENT AND SPECIALIZATIONS COURSES

- 2024 Erasmus / Socrates teaching grant
University of Thessaly, Greece
(Action Program Lifelong Learning / Erasmus Decentralized actions – Teaching mobilities for teachers)
- 2019, 2018, 2017 Erasmus / Socrates teaching grant
Instituto Universitario da Maia – ISMAI, Maia, Portugal
(Action Program Lifelong Learning / Erasmus Decentralized actions – Teaching mobilities for teachers)
- 2014, 2013, 2011, 2007, 2006, 2001, 2000 Erasmus / Socrates Teaching Grant
At Albert-Ludwigs-Universität Freiburg, Institut für Sport Und Sportwissenschaft, Germany
(Action Program Lifelong Learning / Erasmus Decentralized actions – Teaching mobilities for teachers)
- 2010 Instruction course in the use of Blackboard software of MEDIAEC Platform for part-time and distance learning
- 2009, 2008, 2005 Erasmus / Socrates Teaching Grant
At Paris X Nanterre University, France
(Action Program Lifelong Learning / Erasmus Decentralized actions – Teaching mobilities for teachers))
- 2002 Socrates Teaching Grant
At Nice-Sophia-Antipolis University, Faculty of Sports Science, France
(Lifelong Learning Program – Socrates)
- 2006 – 2009 Trainer within the UNIVERSITARIA Program
(Lifelong university program of the pre-university teaching personnel)
“Alexandru Ioan Cuza” University of Iași, Department for Teaching Staff Training

PERSONAL SKILLS

Mother tongue Romanian

Other languages	Understanding		Speaking		Writing
	Listening	Reading	Spoken interaction	Listening	Written production
English	B2	B2	B2	B1	B1
French	B1	B1	B1	B1	B1

Levels: A1/2: Elementary user – B1/2: Independent user – C1/2: Proficient user
Common European Framework of Reference for Languages

Communication skills

- Social skills: communication, co-operation, teamwork, active social participation.
- Social abilities: capacity to understand and relate to other people, adaptability, openness toward new ideas, experiments and values, and cordiality in relationships with other people.
- LLP-Erasmus teaching mobilities.

Organizational/managerial skills

- Great organizer, capacity to coordinate a team and to work with them; punctuality, positive thinking; control and analysis capacity, firmness and promptitude in decision making, team spirit, valorization of interpersonal relationships, receptivity, co-operation, responsibility to my work and to the work of my collaborators.

Computer skills

- Microsoft Office™ (Word, PowerPoint, Excel), SPSS.

Driver's license

B

ADDITIONAL INFORMATION

Publications

- Abalașei B., Dumitru I., **Moraru C.**, Iacob R. (2023). *Aspecte actuale ale utilizării exercițiului fizic în profilaxia osteoporozei*, Editura Risoprint, Cluj – Napoca, ISBN: 978-973-53-3060-6 (pp: 150)
- **Moraru C.E.** (2022). *Teoria și practica în ramuri ale gimnasticii. Gimnastică Ritmică*, Editura Risoprint, Cluj – Napoca, ISBN 978-973-53-2759-0 (pp: 212)
- **Moraru C.E.** (2021). *Metodologia și practica esteticii corporale*, Editura Risoprint, Cluj – Napoca, ISBN 978-973-53-2759-0 (pp: 130)
- **Moraru C.E.**, Puni R. A. (2018). *Educarea aptitudinilor condiționale și coordinative în școală*, Editura Risoprint, ISBN 978-973-53-2271-7, 170 p.
- **Moraru, C.E.** (2016). *Physical Training in Rhythmic Gymnastics - Theory and Practice*, Lambert Academic Publishing, No. of pages – 174, ISBN-13: 978-3-659-93424-7, ISBN-10: 3659934240 <https://www.lap-publishing.com/catalog/details/store/tr/book/978-3-659-93424-7/physical-training-in-rhythmic-gymnastics-theory-and-practice>
- **Moraru, C.E.** (2015). *Gimnastică în reabilitarea fizică posttraumatică*, Editura Universității „Alexandru Ioan Cuza” din Iași, No. of pages 131, ISBN 978-606-714-110-8.
- **Moraru, C.E.** (2015). *Programe gimnice de estetică corporală*, Editura Universității “Al. I. Cuza”, Iași, No. of pages 203, ISBN 978-606-714-110-8, (A2).
- **Moraru, C.E.** (2014). *Teoria și practica în sporturi de expresie. Dans sportiv*, Editura Pim, Iași, No. of pages – 118, ISBN 978-606-13-2067-7.
- **Moraru, C.E.** (2013). *Gimnastica de bază*, Editura Pim, Iași, No. of pages – 146, ISBN 978-606-13-1334-71(B – CNCIS code 66).
- **Moraru, C.E.** (2013). *Elemente de coregrafie a spectacolului școlar*, Editura Pim, Iași, No. of pages – 152, ISBN 978-606-13-1288-7.

- **Moraru, C.E.** (2012). *Contribuții privind îmbunătățirea procesului de antrenament, la junioare în gimnastica ritmică, prin optimizarea pregătirii tehnice*, Editura Universității „Alexandru Ioan Cuza” din Iași (A2), No. of pages 395, ISBN 978-973-703-810-4.
- **Moraru, C.E.** (2012). *Gimnastică aerobică: noțiuni de bază și programe de întreținere*, Editura Junimea, Iași, No. of pages – 198, ISBN 978-973-37-1636-5 (B – CNCIS code 97).
- Jouira, G; Alexe, DI; **Moraru, CE**; Rekik, G; Alexe, CI; Marinau, MA; Sahli, S. (2024). The influence of cognitive load and vision variability on postural balance in adolescents with intellectual disabilities, *FRONTIERS IN NEUROLOGY*, Volume 15, IF: 2.7 (Q2), DOI10.3389/fneur.2024.1385286, WOS:001247267600001, ISSN 1664-2295
- Bogdan, M., & **Moraru, C.E.** (2023). The Influence of BMI on Resistance Running Among Middle-School Students. *Revista Romanească Pentru Educatie Multidimensională*, 15(1), 13-27, ISSN 2066-7329, eISSN 2067-9270, <https://doi.org/10.18662/rrem/15.1/683>, IF: 2, WOS:000952669100002.
- Petrea, RG; Moraru, CE; Rusu, OM; Rus, CM; Fagaras, PS; Cristea, F. (2023). Psycho-Motor Skills in Swimming Among Children: Gender Differences, *BRAIN-BROAD RESEARCH IN ARTIFICIAL INTELLIGENCE AND NEUROSCIENCE*, 14(3): 343-360, DOI10.18662/brain/14.3/478, IF: 0.8, WOS:001166877100021, ISSN 2067-3957
- Elisa Grazioli, Claudia Cerulli, Eliana Tranchita, Elisa Moretti, Beatrice-Aurelia Abalașei, Iulian-Marius Dumitru, **Cristina-Elena Moraru**, Radu-Mihai Iacob et al. (2023). Dropout and compliance to physical exercise in menopausal osteopenic women: the European “Happy bones” project, *Frontiers in Sports and Active Living*, volume 5 (2023), eISSN 2624-9367, WOS:001025409800001, ISI, IF: 2.7, <https://doi.org/10.3389/fspor.2023.1221409>.
- Krzysztofik, M., Trybulski, R., Trabka, B., Perenc, D., Łuszcz, K., Zajac, A., Alexe, D.I., Dobrescu, T., **Moraru, C.** (2022). The impact of resistance exercise range of motion on the magnitude of upper-body post-activation performance enhancement, *BMC Sports Science Medicine and Rehabilitation*, 14(1), DOI: 10.1186/s13102-022-00519-w, ISI, IF: 2.367, WOS:000825424000001, ISSN 2052-1847, <https://www.webofscience.com/wos/woscc/full-record/WOS:000825424000001>.
- Tomozei R.A., **Moraru C.E.**, Tanasă R., Ștefan N.G. (2021). The Technical Profile of 110-M Hurdles Runner in the Seniors’ Competitions, *Proceedings of the 6th International Conference of Universitaria Consortium FEFSTIM: Physical Education, Sport and Kinesiotherapy – Implications in Quality of Life*, pp. 82-86, <https://www.webofscience.com/wos/woscc/full-record/WOS:000682773700012>, ISBN 979-12-80225-05-4, WOS:000682773700012
- Tomozei R.A., **Moraru C.E.**, Tanasă R., Ștefan N.G. (2021). The Technical Profile of 110-M Hurdles Runner in the Seniors’ Competitions, *Proceedings of the 6th International Conference of Universitaria Consortium FEFSTIM: Physical Education, Sport and Kinesiotherapy – Implications in Quality of Life*, pp. 82-86, <https://www.webofscience.com/wos/woscc/full-record/WOS:000682773700012>, ISBN 979-12-80225-05-4, WOS:000682773700012.
- Ștefan N.G., **Moraru C.E.**, Tanasă R., Tomozei R.A. (2021). Shockwave Therapy - A Modern and Revolutionary Method in Recovery of Plantar Fasciitis, *Proceedings of The 6th International Conference of Universitaria Consortium FEFSTIM: Physical Education, Sport and Kinesiotherapy – Implications in Quality of Life*, pp. 319-324, ISI Proceedings, ISBN 979-12-80225-05-4, WOS:000682773700048.
- Tanasă A.R., Moraru C.E., Dumitru I.M., Trofin F., Tomozei R.A., Toader N.G. (2020). Study on the practice of combined muscular fitness forms, *Proceedings of the 6th International Conference of Universitaria Consortium FEFSTIM: Physical Education, Sport and Kinesiotherapy – Implications in Quality of Life*, pp. 63-69, ISI Proceedings, ISBN 979-12-80225-05-4, <https://www.webofscience.com/wos/woscc/full-record/WOS:000682773700009>, WOS:000682773700009.

- Gavriluț G., **Moraru C.E.**, Muntele D. (2019). Research on perceived competences in primary school students, *Proceedings of the 4th International Conference of the Universitaria Consortium (ICU 2018): The impact of Sport and Physical Education science on today's society*, pp. 91-97, Published: *Editografica SRL*, ISI Proceedings, ISBN 978-88-87729-54-2, <https://www.webofscience.com/wos/woscc/full-record/WOS:000474444100014>, WOS:000474444100014.
- Popovici I.M., Abalasei B.A., **Moraru C.E.** (2019). Role of psychomotor conducts in bodily modelling, *Proceedings of the 4th International Conference of the Universitaria Consortium (ICU 2018)*, pp. 287-292, Published: *Editografica SRL*, ISI Proceedings, ISBN 978-88-87729-54-2, <https://www.webofscience.com/wos/woscc/full-record/WOS:000474444100046>, WOS:000474444100046.
- **Moraru C.E.**, Grosu E.F., Alexe D.I., Albu A. (2019). Improvement of kyphotic posture using physical therapy and dancesport means, *Proceedings of the 4th International Conference of the Universitaria Consortium (ICU 2018): The impact of Sport and Physical Education science on today's society*, pp. 165-169, Published: *Editografica SRL*, ISI Proceedings, ISBN 978-88-87729-54-2, WOS:000474444100026.
- **Moraru C.E.**, Budacă M., Gogean G. (2019). Comparative study on the differences between Zumba and Aerobic Gymnastics routines, *Proceedings of the 4th International Conference of the Universitaria Consortium (ICU 2018): The impact of Sport and Physical Education science on today's society*, pp. 171-175, Published: *Editografica SRL*, ISI Proceedings, ISBN 978-88-87729-54-2, <https://www.webofscience.com/wos/woscc/full-record/WOS:000474444100027>, WOS:000474444100027.
- **Moraru C.E.**, Popovici I.M. (2018). Study Regarding the Use of Imagery in Dance, *Proceedings Volume: 10th LUMEN International Scientific Conference Rethinking Social Action. Core Values in Practice / RSACVP 2018*, ISSN (print): 2601 – 2510, ISSN (on-line): 2601 – 2529, ISSN-L: 2601 – 2510, ISBN: 978-1-910129-17-3, 5(1), pp. 254-261, DOI: <https://doi.org/10.18662/lumproc.52>

Other skills and aptitudes

- Member of doctoral committees
- Member in promotion contests committees
- Member in faculty admission committees
- Member in bachelor studies and master studies committees
- Collaborator at the GMI Press in Cluj Napoca
- Scientific tutor for graduation papers
- Scientific tutor for the first rank in the teaching system
- Elaboration and organization of artistic and sporting activities and programs

