



Vlad-Ionut Stegariu

Nationality: Romanian **Date of birth:** 05/08/1994 **Gender:** Male

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Home: Romanesti , 707415 Iasi (Romania)

WORK EXPERIENCE

„Alexandru Ioan Cuza” University – Iasi, Romania

City: Iasi | Country: Romania

Assistant lecturer in university

[01/10/2019 – Current]

„Bogdan Petriceicu Hasdeu” School – Iasi, Romania

City: Iasi | Country: Romania

Physical education teacher - chess

[06/11/2017 – 31/08/2021]

EDUCATION AND TRAINING

PhD Degree in Sports Science and Physical Education

„Alexandru Ioan Cuza” University, Faculty of Physical Education and Sports [01/10/2019 – 05/07/2022]

City: Iasi | Country: Romania

Master's Degree

„Alexandru Ioan Cuza” University, Faculty of Physical Education and Sports [01/10/2017 – 01/07/2019]

City: Iasi | Country: Romania

Bachelor Degree

University "Alexandru Ioan Cuza" faculty "Sports and Physical Culture" [01/10/2014 – 10/07/2017]

City: Iasi | Country: Romania

Highschool Diploma

Colegiul National Iasi [15/09/2009 – 21/06/2013]

City: Iasi | Country: Romania

ERASMUS

Instituto Universitar Superior da Maia [21/09/2015 – 01/02/2016]

City: Porto | Country: Portugal

ERASMUS

Akademia Wychowania Fizycznego [01/02/2017 – 01/06/2017]

City: Krakow | Country: Poland

Erasmus Practice

Individual Football Training- IFT [06/07/2019 – 06/09/2019]

City: Porto | Country: Portugal

LANGUAGE SKILLS

Mother tongue(s): Romanian

Other language(s):

English

LISTENING C2 READING C2 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user

HONOURS AND AWARDS

Honours and awards

Multiple national chess champion.

Multiple national team chess champion.

Silver medal at European Rapid Chess Championship at Subotica.

Gold medal at European Rapid Chess Team Championship at Subotica with Romanian team.

Bronze and silver medal at European Chess Team Championship with Romanian team at Pardubice.

Bronze medal at European Chess Team Championship with Romanian team at Iasi.

Multiple open chess tournaments won. (in Moscow, in Portugal and Romania).



JOB-RELATED SKILLS

[01/10/2019 – Current]

Research work

Scientific publications:

1. Stegariu, V., Condrea, C., Astanei, C., & Abalasei, B. (2025). The Effect of Chess Training and Well-Being Workshops on Vulnerable Children: A Dual Assessment of Cognitive and Emotional Growth. *BRAIN. Broad Research In Artificial Intelligence And Neuroscience*, 16(1), 337-351. doi:<http://dx.doi.org/10.70594/brain/16.1/25>
2. Stegariu, V., Abalasei, B., Onose, R., & Popescu, L. (2023). A Study on the Correlation between Intelligence and Spatial Orientation in Children Who Practice Chess at School. *BRAIN. Broad Research In Artificial Intelligence And Neuroscience*, 14(4), 458-478. Retrieved from <https://brain.edusoft.ro/index.php/brain/article/view/1468>
3. Stegariu, V. I., Abalasei, B. A., Stoica, M., (2022). A Study on the Correlation between Intelligence and Body Schema in Children Who Practice Chess at School. *Children*, 9(4), 477.
4. Stegariu, V. I., & Abalasei, B. (2022). Correlation between Attentional Abilities and Spatial Orientation in Children Who Study Chess in School. *Revista Romaneasca pentru Educatie Multidimensionala*, 14(3), 126-138.
5. Stegariu, V. I., Abalasei, B. A., Hakman, A. V., & Medvid, A. M. (2022). COMPARATIVE STUDY OF THE EVOLUTION OF ATTENTIONAL ABILITIES IN TWO CLASSES FROM PRIMARY CYCLE IN WHICH CHESS IS STUDIED.
6. Stegariu V.I., Abalasei B.A., (2021). The role of chess in the development of Attention in Primary School Children, *Proceedings of ICU 2021, 7th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy*. <http://www.edlearning.it/proceedings/moreinfo/20211112.htm>
7. Stegariu V.I., Iacob G.S., (2021). Study on the correlation between spatial orientation and logical thinking in students who study chess in school, *Bulletin of the Transilvania University of Braşov Series IX: Sciences of Human Kinetics • Vol. No. 2 – 2021* <https://doi.org/10.31926/but.shk.2021.14.63.2.26>
8. Stegariu, V.I., Popușoi, A. S., Abalasei, B. A., Trofin, F.P., Honceriu, C. (2021). The Role of Chess in the Intellectual Development of Children. *Sport & Society/Sport si Societate*, 21(1).
9. Stegariu, V. I., Muntianu, V. A., & Martinaș, F. P., (2020). Study on the Evolution of Anthropometric Indices in Primary School Students. *Gymnasium*, 21(1 (Supplement)), 5-17.
10. Stegariu, V. I., Trofin, P. F., & Abalasei, B. A., (2020). Study on the Correlation of Physiological Parameters at Mini-Football Players: <https://doi.org/10.31926/but.shk.2020.13.62.1.13>. *Bulletin of the Transilvania University of Braşov. Series IX: Sciences of Human Kinetics*, 103-110.
11. Stegariu V.I., Vornicu M. (2020). The benefits of chess practice on students-A meta-analysis, ©Filodiritto Editore – *Proceedings*.
12. Stegariu V.I., Iacob G.S. (2020). The effects of practicing chess on analytical thinking in primary school students, *Sport and Society Interdisciplinary Journal of Physical Education and Sports, volume 20, Issue 2 (2020)*.
13. Stegariu V.I., Popușoi, A.S., Abalasei, B.A., Voinea, L. N., Trofin, P.F., Honceriu, C., (2019). The Role of Chess in the Intellectual Development of Children from Primary School. *Sport & Society/Sport si Societate*, 19(2).

Books:

1. Stegariu, V.I. (2024). *Valențele jocului de șah în dezvoltarea psihomotrică a copiilor*. Presa Universitară Clujeană.
2. Onose I., Stegariu, V.I. (2022). *Jocul de șah: ghid pentru începători*. Risoprint.

VOLUNTEERING

Volunteering

Organising committee Vice President Incoming Reception on project „MOVE”

Active member on project „Christmas Around The World” and trainee buddy

COMMUNICATION AND INTERPERSONAL SKILLS

Communication and interpersonal skills

Excelent skills of interaction with children, acquired in classes taught as a chess teacher



Project Manager:

1. *Chess at Vatra Satului, Edition I* (2022) - implemented within the *StartONG* program launched by *Kaufland Romania* and managed by Act for Tomorrow Association – project value: 5,000 euros.
2. *Chess at Vatra Satului, Edition II* (2023) - implemented within the *StartONG* program launched by *Kaufland Romania* and managed by Act for Tomorrow Association – project value: 5,000 euros.
3. *The Pawns Caravan* (2024) - implemented within the *StartONG* program launched by *Kaufland Romania* and managed by Act for Tomorrow Association – project value: 5,000 euros.
4. *Chess for Well-Being* (2024-2025) - funded through the *În Stare de Bine* program, supported by *Kaufland Romania* and implemented by the *Foundation for the Development of Civil Society* – project value: 60,000 euros
5. *Chess at Vatra Satului, Edition III* (2025) - implemented with the support of the *Nouă ne pasă* grant program, funded by the eMAG Foundation – project value: 8,000 euros.

