

Curriculum vitae Europass



Personal information

Surname(s) / First name(s)

Știrbu Ilie - Cătălin

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Nationality

romanian

Date of birth

15.06.1973

Gender

male

Work experience

Dates

2024 - present

Occupation or position held

Volleyball Headcoach to CSM Iasi 2020, Romania, A2 League

Main activities and responsibilities

Volleyball Headcoach

Name and address of employer

CSM Iasi 2020

Type of business or sector

Volleyball Coaching

Dates	2024
Occupation or position held	Volleyball Headcoach to Stiinta Bacau (First League Pro)
Main activities and responsibilities	Volleyball HeadCoach
Name and address of employer	Stiinta Bacau
Type of business or sector	Volleyball Coaching

Dates	2023
Occupation or position held	General Manager at BRIZO Beachvolleyball Tournament Romanian National Championship (seniors and juniors)
Main activities and responsibilities	Management
Name and address of employer	Rudali Club & Romanian Volleyball Federation.
Type of business or sector	Management.

Dates	2022 - present
Occupation or position held	Head coach to HV Junior Iasi U17 Team
Main activities and responsibilities	Volleyball Head Coach
Name and address of employer	HV Junior Iasi
Type of business or sector	Volleyball Coaching

Dates	2022
Occupation or position held	Team Manager Romanian National Team U 18.
Main activities and responsibilities	Management
Name and address of employer	Romanian Volleyball Federation.
Type of business or sector	Management.

Dates	2022
Occupation or position held	General Manager at BRIZO Beachvolleyball Tournament Romanian National Championship
Main activities and responsibilities	Management
Name and address of employer	Rudali Club & Romanian Volleyball Federation.
Type of business or sector	Management.

Dates	2021
Occupation or position held	General Manager at BRIZO Beachvolleyball Tournament Romanian National Championship
Main activities and responsibilities	Management
Name and address of employer	Rudali Club & Romanian Volleyball Federation.
Type of business or sector	Management.

Dates	2021
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Occupation or position held	Invited lecturer - coaches courses organized from Romanian Volleyball Federation
Main activities and responsibilities	Teaching https://frvolei.eu/anunturi-antrenori/cursuri-de-perfectionare-antrenori-2021/
Name and address of employer	Romanian Volleyball Federation
Type of business or sector	Teaching and coaching activity

Dates	2021-2022
Occupation or position held	Volleyball Head Coach CSM Focșani 2007, Romania, A2 level
Main activities and responsibilities	Volleyball Head Coach
Name and address of employer	CSM Focșani 2007
Type of business or sector	Volleyball coaching

Dates	2021-2022
Occupation or position held	Volleyball Head Coach CSS Focșani, Romania, Juniors
Main activities and responsibilities	Volleyball Head Coach
Name and address of employer	CSS Focșani
Type of business or sector	Volleyball coaching

Dates	2021-present
Occupation or position held	Member of Technical Coaches Commission – Romanian Volleyball Federation
Main activities and responsibilities	Technical Commission
Name and address of employer	Romanian Volleyball Federation
Type of business or sector	Romanian volleyball strategy.

Dates	2018
Occupation or position held	Associate Professor PhD.
Main activities and responsibilities	Teaching hours: Volleyball – techniques and tactics. Youth physical training.
Name and address of employer	University ISMAI, Porto, Portugal.
Type of business or sector	Teaching and research activities in Erasmus Programme.

Dates	2018
Occupation or position held	Associate Professor PhD.
Main activities and responsibilities	Teaching hours: Volleyball – techniques and tactics.
Name and address of employer	Givat Washington Academic College, Israel.
Type of business or sector	Teaching and research activities in Erasmus + Programme.

Dates	2017
Occupation or position held	Assistant Coach Romania National Team U 19

Main activities and responsibilities	Volleyball coach
Name and address of employer	Romanian Volleyball Federation.
Type of business or sector	Volleyball coaching.
Dates	2017
Occupation or position held	Associate Professor PhD.
Main activities and responsibilities	Teaching hours: Volleyball – tehnics and tactics.
Name and address of employer	Givat Washington Academic College, Israel.
Type of business or sector	Teaching and research activities in Erasmus + Programme.
Dates	2017
Occupation or position held	Associate Professor PhD.
Main activities and responsibilities	Teaching hours: Volleyball – tehnics and tactics. Youth physical training.
Name and address of employer	University ISMAI, Porto, Portugal.
Type of business or sector	Teaching and research activities in Erasmus Programme.
Dates	2016
Occupation or position held	Associate Professor PhD.
Main activities and responsibilities	Teaching hours: Volleyball – tehnics and tactics, Physical training in volleyball.
Name and address of employer	University of Thessaloniki, Greece.
Type of business or sector	Teaching and research activities in Erasmus Programme.
Dates	2016
Occupation or position held	Associate Professor PhD.
Main activities and responsibilities	Teaching hours: Volleyball – tehnics and tactics.
Name and address of employer	University ISMAI, Porto, Portugal.
Type of business or sector	Teaching and research activities in Erasmus Programme.
Dates	2016 - 2020
Occupation or position held	Member of the Senate at University „Al. I. Cuza” Iasi, Romania.
Main activities and responsibilities	Academic representation.
Name and address of employer	University „Al.I.Cuza” Iasi, Faculty of Physical Education and Sport, str. Toma Cozma, nr. 3, Romania.
Type of business or sector	Academic representation.
Dates	2016
Occupation or position held	Volleyball Headcoach UNIC Piatra Neamt – Romania (First League Women Team)

Main activities and responsibilities	Volleyball Headcoach
Name and address of employer	UNIC Piatra Neamt, Romania.
Type of business or sector	Volleyball coaching (Pro Level).
Dates	2015
Occupation or position held	Associate Professor PhD.
Main activities and responsibilities	Teaching hours: Volleyball – tehnics and tactics
Name and address of employer	Akademia Wychowania Fizycznego of Krakow, Poland.
Type of business or sector	Teaching and research activities in Erasmus Programme.
Dates	2013
Occupation or position held	Associate Professor PhD.
Main activities and responsibilities	Teaching hours: Volleyball – tehnics and tactics
Name and address of employer	University „Al.I.Cuza” Iasi, Faculty of Physical Education and Sport, str. Toma Cozma, nr. 3, Romania.
Type of business or sector	Teaching and research activities.
Dates	2013 - 2015
Occupation or position held	Volleyball headcoach A.C.S. Stiinta Miroslava Iasi (Second League in Romania, promovate in First League), Romania.
Main activities and responsibilities	Team A.C.S. Stiinta Miroslava.
Name and address of employer	Headcoach team A.C.S. Stiinta Miroslava, Second League in Romania.
Type of business or sector	Volleyball coaching (pro level).
Dates	2013
Occupation or position held	Lecturer PhD.
Main activities and responsibilities	Teaching hours: Volleyball – tehnics and tactics
Name and address of employer	University of Thessaloniki, Greece.
Type of business or sector	Teaching and research activities in Erasmus Programme.
Dates	2011 - 2015
Occupation or position held	Member of the Senate at University „Al. I. Cuza” Iasi, Romania.
Main activities and responsibilities	Academic representation.
Name and address of employer	University „Al.I.Cuza” Iasi, Faculty of Physical Education and Sport, str. Toma Cozma, nr. 3, Romania.
Type of business or sector	Academic representation.
Dates	2011
Occupation or position held	Lecturer PhD. and volleyball headcoach of „A.C.S. Penicilina” Iasi (First League in Romania).

Main activities and responsibilities	Volleyball training exchange.
Name and address of employer	VFB Friedrichshafen (the winner of Volleyball Champions League), Germany.
Type of business or sector	Training and scientific exchange in the field of volleyball.
Dates	2010
Occupation or position held	Volleyball headcoach A.C.S. Penicilina Iași (First League in Romania), Romania.
Main activities and responsibilities	Team A.C.S. Penicilina Iasi, str. Teodor Burada, nr. 5.
Name and address of employer	Headcoach team A.C.S. Penicilina Iasi, First League in Romania.
Type of business or sector	Volleyball coaching (pro level).
Dates	2010
Occupation or position held	Lecturer PhD.
Main activities and responsibilities	Teaching hours: Applied mathematics in volleyball
Name and address of employer	University of Groningen, Holland.
Type of business or sector	Teaching and research activities in Erasmus Programme.
Dates	2010
Occupation or position held	Lecturer PhD.
Main activities and responsibilities	Conference and volleyballtraining
Name and address of employer	Wingate Institute - Israel
Type of business or sector	Trainingseminar with volleyball coaches and volleyballtraining.
Dates	2010
Occupation or position held	Lecturer PhD.
Main activities and responsibilities	Conference and volleyballtraining
Name and address of employer	Academic College of Education Givat Washington - Israel
Type of business or sector	Trainingseminar with volleyball coaches and volleyballtraining.
Dates	2009
Occupation or position held	Lecturer PhD.
Main activities and responsibilities	Teaching hours: Sport Management and Ageing
Name and address of employer	University of Groningen, Holland.
Type of business or sector	Teaching and research activities in Erasmus Programme.
Dates	2008
Occupation or position held	Volleyball Coach
Main activities and responsibilities	Volleyball: Technical Director, Teaching hours, Trainingseminar and Training Camp
Name and address of employer	Steinkjer and Stod Volley Club, Norway.
Type of business or sector	Trainingseminar with volleyball trainers and volleyballtraining.
Dates	2008
Occupation or position held	Lecturer Ph.D

Main activities and responsibilities	Teaching hours: Sport Management
Name and address of employer	University of Groningen, Holland.
Type of business or sector	Teaching and research activities in Erasmus Programme.
Dates	2008
Occupation or position held	Volleyball Coach
Main activities and responsibilities	Teaching hours: Volleyball
Name and address of employer	Gloeshaugen Trondheim, Steinkjer and Stod Volley Club, Norway.
Type of business or sector	Volleyball training.
Dates	2007
Occupation or position held	Lecturer Ph.D
Main activities and responsibilities	Teaching hours: Volleyball, Beach-volleyball
Name and address of employer	Universite „Sophia Antipolis” Nice, France.
Type of business or sector	Teaching and research activities in Erasmus Programme.
Dates	2006
Occupation or position held	Assistant
Main activities and responsibilities	Teaching hours: Volleyball, Beach-volleyball.
Name and address of employer	„Albert - Ludwigs” Universitat Freiburg, Institut fur Sport und Sportwissenschaft, Deutschland.
Type of business or sector	Teaching and research activities in Socrates Programme.
Dates	1996 -2006
Occupation or position held	Assistant
Main activities and responsibilities	Volleyball
Name and address of employer	University Al.I.Cuza Iassy, Faculty of Physical Education and Sport, str. Toma Cozma, nr. 3.
Type of business or sector	Teaching and research activities.
Dates	2002-2003
Occupation or position held	Volleyball headcoach
Main activities and responsibilities	Team Penicilina Iasi (First League in Romania), str. Teodor Burada, nr. 5.
Name and address of employer	Headcoach team Penicilina Iasi, First League in Romania
Type of business or sector	Volleyball coaching (Pro level).

Education and training

	2013 Volleyballcoaching licence (First Pro Level) Romanian Volleyball Federation
Dates	
	2010 Volleyball choaching courses (pro level) Romanian Volleyball Federation
Title of qualification awarded	2008 Volleyball coaching courses (pro level)
Name and type of organization providing education and training	Romanian Volleyball Federation
	2006 Teaching activities in the field of volleyball Romanian Volleyball Federation.
	2005 Ph.D. „Psihology and Education Sciences” University „Al. I. Cuza” lassy. Doctorate
	1999 – 2001 Master „Management in Sport” University „Al. I. Cuza” lassy. Master
	1997 Volleyballcoaching Licence Romanian Volleyball Federation
	1996 Volleyball reffree licence Romanian Volleyball Federation.
	1992 – 1996 Bachelor in Physical Education and Sport University „Al. I. Cuza” lassy, Faculty of Physical Education and Sport.

Personal skills and competences

Mother tongue(s)

Romanian

Other language(s)

Self-assessment

European level

Language French

Language English

Understanding		Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production	
	Very good		Very good		Good		Good
	Good		Good		Good		Good

Social skills and competences

Leisure activities, activities with the students.

Organisational skills and competences

Organization of competitions under the aegis of the Romanian Federation Sports for All
Organization of sport events in AIESEC (International Association of Economics Students)
Holding meetings sport (competition) between the volleyball teams from the Science faculties and universities.
Member of the organizing committee of the Sports Festival "Be Sport".
Member of the organizing team of Stand FEFS offer Bachelor and Master of Education

Computer skills and competences

Microsoft Office, Power Point.

Training courses

I attended the "Course-independent active lifestyle for people with disabilities" 2009

Other skills and competences

- Director of Erasmus + (BIP) Project: **The power of sport: a project for active and health living** (2025)
- Monitoring responsible in project "**Cross-border cooperation for common needs: Health, Environment, Sport – HES**" – CODE MIS-ETC: 946 /2011
- Member in project "**Practical training and activities to stimulate the labor market insertion for students and graduates**" (POSDRU/22/2.1/G/31367)
- Member in International Project „**Los niveles de actividad física desarrollados por las poblaciones de estos países desde los 8-10 años hasta los 23-24 (desde Primaria a Universidad) y relacionar estos niveles con las variables influyentes**"- DEPARTAMENTO DE EDUCACIÓN FÍSICA Y DEPORTIVA UNIVERSIDAD DE GRANADA
- Member of committee for evaluating projects at the university.
- Member of the commission license, and obtaining appointment as didactic degree in education.

Research team member on "**Design and development of educational software in physical education and sport**" no. 68, the CNCSU,
Associate of French Cultural Centre,
Tennis, Beach Volley, Windsurfing, Roller-skating.

Driving licence B

Prizes

- Gold Medal – Turnoi European Universitaire Lille 2013 (France) – volleyball.
- Gold Medal, Morocco International Innovation Competition, ENSA, Kenitra, Morocco, 2017;
- Gold Medal, International Invention Innovation Competition in Canada, Toronto International Society of Innovation & Advanced Skills, 2017;
- Gold Medal - International Innovation Competition "KOREA CYBER INTERNATIONAL GENIUS INVENTOR FAIR", CIGIF 2012, SEUL, KOREA, noiembrie 2012.
- Best invention of Europe - International Exhibition INPEX, Pittsburg, PA USA, 2012.
- Gold Medal – International Innovation Competition PRO INVENT, 2010, Cluj Napoca. (Halocameră artificială statică pentru mulți utilizatori).
- Gold Medal - International Innovation Competition PRO INVENT, 2010, Cluj Napoca. (Halocameră artificială dinamică pentru mulți utilizatori).
- Gold medal – International Innovation Competition „INVENTICA 2010”, Iași.
- Gold Medal – International Innovation Competition , Sevastopol, Ukraine, 2010.
- The Big Prize – International Innovation Competition Archimed 2010, Moscova, Rusia.
- Special Award – Zagreb Inventors Association, 2010.
- Silver Medal – International Innovation Competition „EUROINVENT 2010” (Halocameră artificială statică), Iasi, Romania.
- Silver Medal – International Innovation Competition „EUROINVENT 2010” (Halocameră artificială dinamică)Iasi, Romania.
- Gold Medal – International Innovation Competition „TERA TEHNOPOLIS”, Zagreb, Croatia 2010. (Static salt halochamber).
- Gold Medal – International Innovation Competition „TERA TEHNOPOLIS”, Zagreb, Croatia 2010. (Dynamic salt halochamber).
- Bronze Medal – International Innovation Competition “INOVA”, Zagreb, Croatia, 2009.
- „Best delegation Exhibition (România)” - International Innovation Competition “INOVA”, Zagreb, Croatia, 2009.
- Silver Medal – International Innovation Competition “INFOINVENT”, Chișinău, Rep. Of Moldavia, 2009.

Listă de lucrări

Conf. dr. Știrbu Ilie-Cătălin

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Știrbu I.C., Petrea R.G., Moraru C.E., Popovici I.M., Radu L.E., Chirazi M., Rus C.M., Oprean A., Rusu O.M. (2023). Influences of Psychomotor Behaviors on Learning Swimming Styles in 6–9-Year-Old Children. *Children*. 10(8):1339. <https://doi.org/10.3390/children10081339>
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Știrbu I.C., Știrbu C.M. - **STUDY ON VICES AND FACTORS THAT NEGATIVELY INFLUENCE SPORTS PERFORMANCE**, BULETINUL INSTITULUI POLITEHNIC DIN IAȘI, Publicat de Universitatea Tehnică „Gheorghe Asachi” din Iași, Volumul 70 (74), Numărul 3-4, 2024, Secția ȘTIINȚE SOCIO-UMANE.

Știrbu I.C., Știrbu C.M. - **THE IMPORTANCE OF USING MENTAL TRAINING TECHNIQUES IN THE POST-TRAUMATIC TRAINING AND RECOVERY OF ATHLETES**, BULETINUL INSTITULUI POLITEHNIC DIN IAȘI, Publicat de Universitatea Tehnică „Gheorghe Asachi” din Iași, Volumul 70 (74), Numărul 3-4, 2024, Secția ȘTIINȚE SOCIO-UMANE.

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Știrbu C., Patsiaouras A. - *Assessing Resilience in Youth (U16) Volleyball National Teams*, International Journal of PHYSICAL EDUCATION, FITNESS AND SPORTS, 2022, DOI: <https://doi.org/10.34256/ijpefs2036>

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I.C. Știrbu, C.M. Știrbu - *Study on improving skills by specific ways and methods in volleyball for freshmen*, Buletinul Institutului Politehnic din Iași, vol. 66(70), nr.3-4/2020, ISSN: 2537-2947 ISSN-L: 0254-7104 .

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ȘTIRBU I.C., URSACHE A., - *The use of exercises and preparatory games from volleyball for development of motor capacity for pupils against 9-10 years*, the 4th International Conference of the Universitaria Consortium, Iași, România, 2019. <https://www.sportsisocietate.ro/articol/437> , <http://doi.org/10.36836/UAIC/FEFS/10.18>

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ȘTIRBU I.C., Știrbu C.M., SPORT FOR ALL – HEALTH AND LEISURE, 8th LUMEN International Conference RSACVP 2017, Suceava, ISBN 978-1-910129-09-8, pag. 416-417.

ȘTIRBU I.C., Știrbu C.M., PHYSICAL ACTIVITY IN NATURE BEING IN THE CONTEXT OF MOVEMENT EDUCATION, 4th international Conference ESH 2017, Chișinău, Republic of Moldova. http://lumen.international/esh2017/wp-content/uploads/2017/09/Program_4th_CEE_LUMEN_ESH2017.pdf

.C. ȘTIRBU, C.M. Știrbu - Study of the use of ways to prevent injuries in volleyball, Buletinul Institutului Politehnic din Iași, vol. 66(70), nr.3-4/2020.

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ȘTIRBU I. C., Știrbu C. M. - IMPROVING THE SERVE EFFICIENCY IN VOLLEYBALL USING TAI CHI-QI GONG ORIENTAL TECHNIQUES, Buletinul Institutului Politehnic Iași, Secția Științe Socio-Umane, Vol. 64 (68), nr. 3-4, 2018

ȘTIRBU, Cătălin Ilie; ȘTIRBU, Cătălina Mihaela. EXTREME SPORTS – FORMS OF PHYSICAL EXERCISE IN THE NATURE. GYMNASIUM, [S.l.], v. XV, n. 1, aug. 2017. ISSN 2344-5645.- <http://gymnasium.ub.ro/index.php/journal/article/view/194>

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