

Răzvan Andrei Tomozei

Date of birth: 15/06/1992 | **Nationality:** Romanian | **Gender:** Male | **Phone number:**
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andrei.tomozei@uaic.ro | **Address:** Aleea Tudor Neculai nr. 51, 700714, Iasi, Romania (Home)

WORK EXPERIENCE

ȘTEFAN CEL MARE SECONDARY SCHOOL – DANCU, ROMANIA

SECONDARY SCHOOL TEACHER OF PHYSICAL EDUCATION – 31/08/2020 – 29/08/2021

MIRONEASA SECONDARY SCHOOL – MIRONEASA, ROMANIA

SECONDARY SCHOOL TEACHER OF PHYSICAL EDUCATION – 14/09/2019 – 30/08/2020

SPORTS PROGRAM HIGH SCHOOL IAȘI – IAȘI, ROMANIA

SECONDARY SCHOOL TEACHER OF PHYSICAL EDUCATION – 31/08/2016 – 30/08/2019

COUNTY ATHLETICS ASSOCIATION – IAȘI, ROMANIA

VICE PRESIDENT, IAȘI COUNTY ATHLETICS ASSOCIATION – 09/11/2021 – CURRENT

- Organization of competitions at county and regional level
- Management of financial activities
- Organization of General Assembly meetings
- Drafting the minutes of the Executive Committee meetings and General Assemblies

ALEXANDRU IOAN CUZA UNIVERSITY – IASI, ROMANIA

PHD IN SPORT SCIENCE AND PHYSICAL EDUCATION – 05/07/2022 – CURRENT

ALEXANDRU IOAN CUZA UNIVERSITY – ROMANIA

ASSISTANT LECTURER IN UNIVERSITY – 01/09/2022 – CURRENT

ALEXANDRU IOAN CUZA UNIVERSITY – IASI, ROMANIA

EDITOR LAYOUT – 01/09/2024 – CURRENT

- Checking the final appearance of the work
- Preparing the layout
- Integrating text and graphics (if necessary)

ACS VIKINGS BASKETBALL ACADEMY – IASI, ROMANIA

PHYSICAL TRAINER – 01/05/2025 – CURRENT

Optimizing athletes' physical performance through scientific and individualized training.

Tasks:

- Physical and motor assessment
- Training planning and periodization
- Development of motor skills
- Injury prevention
- Monitoring and adjustment

MEN'S BASKETBALL DEPARTMENT – IASI, ROMANIA

EDUCATION AND TRAINING

15/07/2022 – CURRENT Iași, Romania

PHD IN SPORT SCIENCE AND PHYSICAL EDUCATION Alexandru Ioan Cuza University of Iași, Faculty of Physical Education and Sport

Website <https://rei.gov.ro/index.php?&ddpN=917523103&we=7de50869e17bec77664920c1aeae1a47&wf=dGFCall&wtok=&wtkps=jVBjclswEPxKSudgrM22xheeQBX5gCLJI0ltl6OFF66MWYSxy9VIVTX+SAWU/G3swz5WKDzzKYso33Xvk0mgkgbyKglaxp9FSbpjG2TVQrR62mRHdODmY/fddWmYdjN6JShga3ZdlkTmQpFUKl1clsvw5kl3DOCCuphdq6EZyRgzrFDMYB9S5hDDPOBCfjO6ZQECYbEc5e7Mv7PRCAImr4/TIP8eq0EESYZD/rDFBc0Z5gUvYygl4LP1+4NSa4WWjaNd1s7Mcg54tswxH/&wchk=1b9a3141ea56577cb65668cd3c2882fbcf4779fa>

15/06/2018 Iași, Romania

TEACHING CERTIFICATION IN PRE-UNIVERSITY EDUCATION Iași County School Inspectorate

14/06/2016 București, Romania

ATHLETICS COACH National Center for Coaches' Training and Development

30/09/2014 – 14/06/2016 Iași, Romania

MASTER'S DEGREE IN FITNESS AND BODY AESTHETICS Faculty of Physical Education and Sport

30/09/2011 – 14/06/2014 Iași, Romania

LICENCE DEGREE IN PHYSICAL EDUCATION AND SPORTS Faculty of Physical Education and Sport

14/09/2007 – 14/06/2011 Iași, Romania

HIGH SCHOOL – ATHLETICS SPECIALIZATION High School – Athletics Specialization

14/09/2003 – 14/06/2007 Iași, Romania

GYMNASIUM EDUCATION – SPECIALIZATION IN ATHLETICS Dimitrie Cantemir Theoretical High School

LANGUAGE SKILLS

Mother tongue(s): **ROMANIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B2	B2	B2	B2	B2

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

SKILLS

Navigare Internet | Utilizare buna a programelor de comunicare(mail messenger skype) | Microsoft Office (Excel PowerPoint Word) - nivel intermediar | Microsoft Word | Zoom | Microsoft Word Microsoft Excel Power Point | buna utilizare a retelelor de socializare | facebook page | Microsoft PowerPoint | Microsoft Office | Google Drive | Buna Utilizare a PC | Android | Internet Explorer Edge Mozilla Google Chrome | O bun cunoastere a instrumentelor Microsoft Office | Social Media | Buna cunoastere a sistemului de operare Windows

PUBLICATIONS

2019

[Interpretation of the analysis of 7-step and 8-step start in great hurdles competitions](https://doi.org/10.36836/UAIC/FEFS/10.60)

Scientific Journal of Education, Sports and Society

Authors: Tomozei Răzvan-Andrei; Moraru Cristina-Elena | **Journal Name:** Sport și Societate | **Volume, Issue and Pages:** pag 1-7
| **Publisher:** Fundația Altius Academy

Link <https://doi.org/10.36836/UAIC/FEFS/10.60>

2020

Video analysis of apparatus difficulty at the 2019 world championships baku

Vol. 13 (62) Nr. 1

Authors: Tomozei Răzvan-Andrei; Raluca-Anca Tanasă; Georgiana Gavriluț | **Journal Name:** Youth in the Perspective of the Olympic Movement Bulletin of the Transilvania University | **Volume, Issue and Pages:** pag 6 | **Publisher:** Universității „Transilvania”

Link <https://doi.org/10.31926/but.shk.2020.13.62.1.1>

2020

Qualitative changes in Rhythmic Gymnastics hoop throws from the perspective of biomechanical analysis

Volume 20, Nr 1

Authors: Anca – Raluca Tanasă; Răzvan – Andrei Tomozei; Neonila – Gabriela Ștefana; Georgiana Gavriluță.. | **Journal Name:** Sport și Societate | **Publisher:** Fundația Altius Academy

Link <https://doi.org/10.36836/2020/1/10>

2020

Technical approach concerning hurdles and steeplechase

Lucrare publicată în revista „Sport și Societate”, revista de Educație Fizică, Sport și Societate

Authors: Tomozei Răzvan-Andrei; Tanasă Raluca; Ștefan Neonila-Gabriela (căs. Toader) | **Journal Name:** Interdisciplinary Journal of Physical Education and Sports | **Volume, Issue and Pages:** Volume 20 Nr. 2 | **Publisher:** Fundația Altius Academy

Link <https://doi.org/10.36836/2020/2/3>

2020

Analysis of Speed Run Technique Through Biomechanics

Authors: Tomozei Răzvan-Andrei; Raluca-Anca, Tanasă; Georgiana, Gavriluț; Elena, Moraru Cristina | **Journal Name:** The 8th International Scientific Conference | **Volume, Issue and Pages:** pag 90-100 | **Publisher:** Editura Alma Mater

2021

Impact Of The Sars-Cov2 Pandemkc On The Athletic Performance In The 100m Race

Book of Proceedings of the 11th International Congress of Education, Health and Human Movement

Authors: Tomozei Răzvan-Andrei; Moraru Cristina-Elena; Neonila Gabriela; | **Journal Name:** Book of Proceedings of the 11th International Congress of Education, Health and Human Movement | **Volume, Issue and Pages:** pag 1-9 | **Publisher:** Editura Discobolul

2022

Corelations Between Biological Growth and Motor Capacities of Primary School Children

Scientific Journal of Education, Sports and Health

Authors: Tanasă Anca Raluca; Moraru Cristina-Elena; Trofin Florin; Puni Rareș-Aleandru; Tomozei Răzvan-Andrei; Neonila Gabriela; Munteanu Vlad-Alexandru; Nicolae Viusenco. | **Journal Name:** Gymnasium – Scientific Journal of Education, Sports and Health | **Volume, Issue and Pages:** pag. 99-114 | **Publisher:** Editura Alma Mater

2022

Study concerning the improvement of coordination abilities in junior female gymnasts aged 10-12

Vol. 14 No. 3 (2022)

Authors: Anca Raluca Tănasă; Cristina-Elena Moraru; Petruț-Florin Trofin; Tomozei Răzvan Andrei; Neonila Gabriela Ștefan | **Journal Name:** Revista Românească pentru Educație Multidimensională | **Volume, Issue and Pages:** pp. 270-283

2023

The Influence of Psychological Factors on the Performance of Athletics Athletes in the 110 Meter Hurdles Race

Introduceți aici descrierea...

pp. 435-445

Authors: Tomozei Răzvan-Andrei; Moraru Cristina-Elena; Dumitru Iulian-Marius | **Journal Name:** Education for Health and Performance | **Volume, Issue and Pages:** pp. 435-445

Link https://sport.ubbcluj.ro/wp-content/uploads/2025/05/36_Razvan-Andrei-TOMOZEI-435-445.pdf

2024

The relationship between dynamic balance, jumping ability, and agility with 100 m sprinting performance in athletes with intellectual disabilities

Sports 12 (2), 58

Authors: G Jouira; Alexe; Tohănean; Alexe; Tomozei; Sahli | **Journal Name:** MDPI - Sports | **Volume, Issue and Pages:** 14

Comparative Study Regarding the Extracurricular Sports Activity among Primary and Middle Schoolers

LUMEN Proceedings

Authors: A.R. Tanasă; C.E. Moraru; P.F. Trofin; R.A. Puni; RA Tomozei | **Journal Name:** LUMEN Proceedings | **Volume, Issue and Pages:** pag 641-649 | **Publisher:** LUMEN

2022

STUDY REGARDING INCREASED RANGE OF MOTION AND MUSCULAR FORCE IN KNEE JOINT SPRAINS

Physical Education, Sport and Kinetotherapy Journal

Authors: N.G. ȘTEFAN; R.A. TOMOZEI; R.A. TANASĂ; C.E. MORARU | **Journal Name:** Physical Education, Sport and Kinetotherapy Journal | **Volume, Issue and Pages:** Volume 61, Issue 1, 143-154 | **Publisher:** Discobolul

2019

THE USE OF MODERN TECHNOLOGIES IN THE POSTTRAUMATIC RECOVERY OF PATIENTS

Bulletin of the Transilvania University of Brașov

Authors: N.G. TOADER; C.E. MORARU; R.A. TANASĂ; R.A. TOMOZEI; | **Journal Name:** Bulletin of the Transilvania University of Brașov | **Volume, Issue and Pages:** Vol. 12(61) No. 2 | **Publisher:** Editura Universității „Transilvania” din Brașov

2024

Athletics: New Perspectives on Technical Training in Hurdle Running through the Lens of Biomechanical Analysis

Risoprint

Authors: Tomozei Răzvan Andrei | **Journal Name:** Risoprint | **Volume, Issue and Pages:** 219 | **Publisher:** Risoprint

2025

Effects of coordination-based training on preschool children`s physical fitness, motor competence and inhibition control

Write here the description...

Authors: Basarir. B., Canli, U., Sendil, A.M., Alexe, C.I., Tomozei R.A., Alexe, D.I., Burchel, L.O. | **Journal Name:** BMC Pediatrics

● **DRIVING LICENCE**

Driving Licence: B

| 14/09/2011

● **CONFERENCES AND SEMINARS**

13/06/2016 – 13/06/2016 Direcția Generală de Asistență Socială și Protecția Copilului

MENS SANA IN CORPORE SANO

WORKSHOP - PROMOTION OF A HEALTHY LIFESTYLE organized by the Professional Training Center, DGASPC Iași



14/06/2020 – 11/09/2020 Online - Platforma Cisco Webex

CYBERCRIME – THE IMPACT OF CYBERCRIME ON PRIVATE AND PROFESSIONAL LIFE

Conference organized within the project IMPROVING THE QUALITY OF TEACHING ACTIVITIES THROUGH PROFESSIONAL DEVELOPMENT IN THE FIELD OF LEGAL SCIENCES FOR ACADEMIC STAFF FROM NON-LAW FACULTIES at Alexandru Ioan Cuza University of Iași (UAIC)

19/05/2020 – 22/08/2020 Online - Platforma Cisco Webex

Legislative Regulations and Practical Aspects in the Activity of the Social Worker

Conference organized within the project IMPROVING THE QUALITY OF TEACHING ACTIVITIES THROUGH PROFESSIONAL DEVELOPMENT IN THE FIELD OF LEGAL SCIENCES FOR ACADEMIC STAFF FROM NON-LAW FACULTIES at Alexandru Ioan Cuza University of Iași (UAIC)

15/12/2021 – 28/06/2022 ONLINE

Career Start through Didactic Master's Program – Training Activities A.2.2.

Postgraduate Course 'Magister Plus – University Teaching Expertise Development Program

15/10/2022 – 17/10/2022 Cluj-Napoca

Education for Health and Performance - Proceedings of ICU 2022

The 8th International Conference of the Universitaria Consortium

Link <https://sport.ubbcluj.ro/en/conferinte-fefs/>

09/02/2023 – 10/02/2023 Universitatea „Alexandru Ioan Cuza” din Iași, Facultate de Educație Fizică și Sport

Erasmus+ Sports+ for Social Change Project (S4SC)

Erasmus Program funded by the European Erasmus project, in partnership with Sorgun Gençlik Derneği, Turkey; San Antonio University Foundation, Spain; Ginasion Clube Portugues; University of Portugal.

19/10/2023 – 21/10/2023 Timisoara

FEFSTIM: Physical Education, Sports and Kinesiotherapy - Active People for a Healthy Future

The 9th International Conference of Universitaria Consortium

Link <https://fefstim.uvt.ro/#>

21/10/2024 – 31/10/2024 Iași

Organizing a Workshop on the Occasion of University Days

UNDER THE AUSPICES OF FAIR PLAY: FASTER, HIGHER, STRONGER – ATHLETIC TRIATHLON

The athletic triathlon is dedicated to promoting physical activity, competitive spirit, and Olympic values (fair play, tolerance, solidarity) among young people. This competition brings together students passionate about movement and a healthy lifestyle from various faculties and specializations within the university, who wish to test their skills in three events: 50m sprint, standing long jump, and two-handed medicine ball throw. The ranking will be determined by the total points scored, for both female and male participants

Link <https://www.uaic.ro/zilele-universitatii-2024/>

21/07/2023 – 31/07/2023 Iași

Organizing a Workshop on the Occasion of University Days

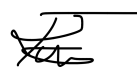
„Tag Rugby Tournament”

Link <https://www.uaic.ro/zilele-universitatii-2023/>

22/11/2024 – 24/11/2024 Iași

10th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy

Participation in the workshop – Future Trends in Football Training: Combining Increasingly Specific Performance Models with Player Health and Well-Being



22/11/2024 – 24/11/2024 Iași

10th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy

Participation in the workshop – The Aerobic Session in a Typical Week

VOLUNTEERING

10/07/2021 – 17/07/2021 BAZA SPORTIVĂ CIRIC - IAȘI

CONCORD IAȘI OPEN

Awarded the title of Volunteer for outstanding involvement as a volunteer at the CONCORD IAȘI OPEN tournament, ATP Challenger 100 category, 11th edition, the largest men's tennis tournament in Romania in 2021, organized by the Iași City Hall and the Romanian Tennis Federation.

05/08/2022 – 11/08/2022 Ciric Sports Complex - IAȘI

BCR IAȘI OPEN

Awarded the title of Volunteer for outstanding involvement as a volunteer at the BCR IAȘI OPEN tournament, WTA 125 category, the largest women's tennis tournament in Romania in 2022, organized by the Iași City Hall and the Romanian Tennis Federation.

PROIECT INVĂȚĂMÂNT SECUNDAR

11/07/2022 – 24/07/2022

How to Become a Teacher/Coach? - CAPA

Capa-Rose Summer School, subproject titled 'How to Become a Teacher/Coach? – CAPA.'
Project aimed at underprivileged children from across Romania

15/07/2024 – 31/07/2024

Workshop Tutor for the Subproject 'How to Become a Teacher/Coach?' – Summer School for Students – CAPA

Objectives:

- Informing students about the academic and professional pathway required for these careers.
- Presenting the essential skills for a teacher/coach (pedagogical, motor, psychological).
- Stimulating interest in careers within the sports field.
- Facilitating contact with active professionals in the domain.
- Simulating real activities (lessons, training sessions, assessments).

15/07/2023 – 31/07/2023

Workshop Tutor for the Subproject 'How to Become a Teacher/Coach?' – Summer School for Students – CAPA

Target Group and Conditions:

- High school students (grades 10–12) from ROSE-eligible schools (socially disadvantaged students).
- Free accommodation, meals, transportation, and activities.

Main Activities:

- Interdisciplinary courses and workshops (theology & sports).
- Career guidance and counseling.
- Recreational activities: sports competitions, themed outings (e.g., cycling), themed evenings, talent show nights

15/07/2023 – 31/07/2023

TEOSPOR AG 125 – Catholic Theology Summer School for Students

Write here the description...

PROJECTS

01/10/2021 – 31/05/2022

"DEVELOPMENT OF SOCIO-PROFESSIONAL SKILLS IN HIGH SCHOOL AND UNIVERSITY STUDENTS AND LIFE SKILLS DEVELOPMENT IN PRIMARY SCHOOL CHILDREN".

Participation in the educational project 'Development of Socio-Professional Skills for High School and University Students & Life Skills for Primary School Children'.



01/10/2022 – 28/05/2023

„LIFE SKILLS DEVELOPMENT”

Organizing member of the inter-school Athletics competition within the educational project 'Life Skills Development', 2nd edition, organized by Carol I Primary School in Iași, in partnership with the Faculty of Physical Education and Sport, the Faculty of Psychology and Educational Sciences, and the Iași County School Inspectorate

01/04/2025 – 30/04/2025

ERASMUS+ BIP Project ; Mix intensiv achieving wellbeing: games and exercises for developing the motor intelligence

Purpose:

Development of an innovative educational model to stimulate motor skills and motor intelligence through modern games and exercises, supported by pedagogical theories and scientific evidence.

26/10/2024 – 26/10/2024

Extracurricular Project 'ALWAYS TOGETHER' – 2nd Edition

Represented by an extracurricular program with a socio-educational character, its main goal is to support children in vulnerable situations and promote inclusion through interactive and holistic-educational activities.

01/10/2024 – 31/05/2025

SKILLS DEVELOPMENT - Socio-Professional Skills Development for High School and University Students & Life Skills Development for Primary School Children

Providing an integrated educational framework to support the development of social and professional skills (for high school and university students) and autonomous life skills (for primary school children), contributing to adaptability, efficiency, and social inclusion in both the educational environment and everyday life

26/05/2025 – 30/06/2025

FDI Project: Accessibility, Awareness, and Connectivity to Higher Education for Persons with Disabilities

Purpose:

Increasing accessibility and inclusion of persons with disabilities in the university environment by developing infrastructure, tools, and institutional culture, so that they can efficiently engage in higher education and feel supported and integrated into the university community

02/05/2024 – 31/05/2024

ERASMUS+ EC2U PROJECT 2023-2027

Member – Work Package

06/04/2023 – 06/04/2023

Career Start through Didactic Master's Program, MySMIS Code

Member of the Committee for the Acceptance of Services Provided within the Project

