

**PERSONAL
INFORMATION**



Drosescu Paula

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Sex F | Date of birth 12.12.1959 | Romanian Nationality

**PROFESSIONAL
EXPERIENCE**

**2005 – present
Main activities and
responsibilities**

University professor

Subjects taught:

- Functional anatomy
- Anatomy and Biomechanics of the musculoskeletal system
- Notions of First Aid in Sports Trauma
- Notions of Nutrition in fitness context
- Recovery- & effort-supportive methods in fitness
- Medical examination
- Rheumatology in physiotherapy

Creation of the analytical programs for the subjects taught

Creation of the Master's program "Sports-related Trauma"

Creation of the Master's program "Fitness and Body Aesthetics"

Creation of the Master's program "Physical methods applied in physiotherapy and medical recovery" - co-supervision together with the Faculty of Physics UAIC Iași

Bachelor's and Masters' dissertation thesis coordinator

Member of the doctoral commissions (UAIC, UMF Iasi, FMF Galați)

Admissions Committee Coordinator – Physiotherapy Department

Member of the editorial staff of the "Sports Medicine" Journal (B rank)

Member of the editorial staff of the "Sport and Society – Journal of Physical Education and Sports", (B + ranking), BDI (until 2019)

Student Coordinator

Name and address of
employer

„Alexandru Ioan Cuza” University of Iași (UAIC), 11 Carol I street, Iași, zip code
700506

www.uaic.ro

Activity type or business
sector

Higher education institution
ISCED 5

2002 – 2005 Main activities and responsibilities	Associate professor Subjects taught: <ul style="list-style-type: none">- Functional anatomy- Anatomy and Biomechanics of the musculoskeletal system- Physical Education and Sports Hygiene Bachelor's and Masters' dissertation thesis coordinator Student Coordinator Erasmus+ Project Coordinator for the Faculty of Physical Education and Sports – UAIC Iași
Name and address of employer	„Alexandru Ioan Cuza” University of Iași (UAIC), 11 Carol I street, Iași, zip code 700506 www.uaic.ro
Activity type or business sector	Higher education institution ISCED 5
1996 – 2002 Main activities and responsibilities	University lecturer Subjects taught: <ul style="list-style-type: none">- Functional anatomy- Anatomy and Biomechanics of the musculoskeletal system- Physical Education and Sports Hygiene Bachelor's and Masters' dissertation thesis coordinator Student Coordinator Erasmus+ Project Coordinator for the Faculty of Physical Education and Sports – UAIC Iași
Name and address of employer	„Alexandru Ioan Cuza” University of Iași (UAIC), 11 Carol I street, Iași, zip code 700506 www.uaic.ro
Activity type or business sector	Higher education institution ISCED 5
1992-1996 Main activities and responsibilities	University assistant Subjects taught: <ul style="list-style-type: none">Functional anatomy- Anatomy and Biomechanics of the musculoskeletal system- Physical Education and Sports Hygiene
Name and address of employer	„Alexandru Ioan Cuza” University of Iași (UAIC), 11 Carol I street, Iași, zip code 700506 www.uaic.ro
Activity type or business sector	Higher education institution ISCED 5

MEDICAL PROFESSIONAL EXPERIENCE

- 2007-2012** Member of the Olympic technical staff of the Romanian Athletics Federation –
Main activities and Coach
responsibilities The main objective of the contract: Mental training of athletes – coaching
Mentally preparing for competitions, managing emotions
Identifying objectives and strategies in order to achieve the proposed results
- Name and address of** Romanian Athletics Federation
employer Str. Dr. Primo Nebiolo no. 2, sector 1, Bucharest, Romania
- 1998 – 2001** The **Doctor** of the Junior Sword Team from the Iași Olympic Training Center
Main activities and Medical control
responsibilities Medical examination
Creation and monitoring of nutrition sheets for athletes
Post-training and post-injury recovery of athletes
- Name and address of** Romanian Fencing Federation
employer Aviator Popa Marin Street no. 2, Sector 1, Bucharest
- 2003-2021** Individual medical practice office – **Sports Medicine** „Alternativ transform”
- 1989 – 1992** General practitioner in Mircești, Iași county
1986 – 1989 Medical Intern, Iași

Other PROFESSIONAL EXPERIENCE

- 2021 **Speaker** - "Happy bone" educational project – subject: "Psychological aspects of menopause"
- 2021 **Speaker:** Roundtable Workshop: HEALTHY LIFE AND WELL BEING – 7Th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy – ICU 2021 with subject: "The Role of Communication in Generating Well-being in the Elderly"
- 2021 **Speaker:** National Conference on Sports Medicine București – subject: "The emotions behind our eating behaviors"
- 2020-2022 **Member of the ROSE Project – coach**
- 2019 **Speaker: ROMANIAN Nutrition Congress**, July 13, 2019, Bucharest
- 2019 **Speaker: Sports Medicine Symposium** – subject: "Exercise Recommendation in Medical Practice"
- 2018 **Speaker:** XXVII National Conference on Sports Medicine – subject: "Mental training as a possibility to improve individual results"
- 2016 **Workshop: "The Modern Physiotherapist and His/Her Social Intelligence"** – Festive Days of „Al.I.Cuza” University of Iași
- 2015 **6th International Conference on Applied Psychology – Prolific intersections between theory and practice 6TH ICAP 2015**, 22-24 October 2015 – workshop: "Feedback – from communication theory to instrumentality"
- 2015 **XXIVth National Conference on Sports Medicine** – workshop: "The influence of emotions on health"
- 2014 **International Conference on Sports Science and Sports Medicine**, workshop topic: "Coaching in sports practice"
- 2014 **Guest lecturer – moderator and speaker at the National Pain Conference**, Iași UMF, topic: "Mental training – a realistic therapeutic strategy for controlling pain?"
- 2013 The 8th International Conference in Physical Education, Sport and Physical Therapy: - subject: "Building athletes' performance using techniques of Coaching"
- 2012 **Balkan Conference on Sports Medicine**, Bucharest, subject: "The role of the sports medicine doctor in motivating performance athletes"
- 2009 **Professor invited to give a 2-hour workshop at the International Conference on Sports Medicine**, Antalya, Turkey -subject: "The use of visualization techniques in sports (in the athlete's early recovery after physical effort or after trauma)"
- 2009 **Guest lecturer – speaker** at the Symposium "Through swimming to performance and health" organized by the International Swimming Federation – LEN Medical Commission, Izvorani, Romania – subject: "Building athletes' performance through mental training"
- 2008 **Balkan Conference on Sports Medicine**, Bucharest, Keynotes - subject: "Mental training between Fashion and Practice"
- 2008 Bucharest **co-speaker** at the workshop – International Coaching Conference '08

EDUCATION AND TRAINING

- 2003 MD – Primary care physician, Sports medicine
 2000 Doctor of Medicine, UMF Iași, Department of Anatomy
 1996 Sports medicine specialist doctor
 1980-1986 Degree in General Medicine UMF Iasi

OTHER STUDIES AND TRAININGS

- 2003 Socrates Scholarship in Biomechanics (Freiburg)
 2013, 2014, 2017 Erasmus scholarships in Turkey, Greece, France
- 1994, 1996 **International Sports Medicine Courses Accredited by IOC (International Olympic Committee)**
- 2022 Graduate of The NeuroScience Academy
- 2005-2007 **Master's Degree "Conflict Mediation"** - Faculty of Psychology and Educational Sciences, UAIC, Iasi
 1998 Psycho-pedagogy course
- 2013-2014 **Master Coach NLP – ARONLP, EANLP**
 2012-2013 **Master Trainer NLP- ARONLP, EANLP**
 2010 **International license in Wingwave – Coaching**
 2007 **Master NLP – ARONLP, IANLP**
 2004 Neurolinguistic Programming course – NLP Practitioner
 2007 Course: Trainer of Trainers, accredited MEC and MM
- 2009 **ICF (International Coaching Federation) Coaching license**
 2007-2009 **Coaching** training and supervision courses with Alain Cardon
- 2002-2007 Training courses in **Transactional Analysis** (450 internationally accredited hours)
- 2006 – 2010 Psychosomatics courses
 2002 Management course
 2002 Massage and reflexology course
 2000 Laser therapy course

PERSONAL COMPETENCES

Mother language(s)
 Other known foreign languages

Romanian

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Engaging in conversation	Oral speech	
English	C2	C1	B2	C1	B2
German	Listening	Reading	Engaging in conversation	Oral speech	
	B2	B2	B2	B1	B1

Communication competences

- ability to communicate and adapt the discourse to the level of interest and knowledge of the audience/interlocutor, obtained during the courses, seminars and scientific sessions I attended, or through the experience of coordinating the bachelor's/master's theses of UAIC students;
- ability to work in a team developed;
- relationship skills and capacity for empathy acquired through the interactions with students and colleagues in educational and research institutions;
- enhanced analysis and synthesis capacity, consolidated through individual research and study programs.

Organizational / managerial skills

- 2011, 2012 Summer School - "Principles of Traditional Chinese Medicine Applied in Physical Education and Physical Therapy" <http://www.sport.uaic.ro/evenimente.html?id=11&d=19-11-2011&z=1>
- 2013 co-organizer "The 8th International Conference in Physical Education, Sport and Physical Therapy", Iași
- 2007 co-organizer "Physical Education and Sports in Romania – perspectives and post-accession strategies" Conference, Iași
- Sports Medicine Conferences, București 2006, 2008, 2009
- Creativity courses 2004-2005
- Massage courses, in collaboration with the Ministry of Labor 2002-2005

Social skills and abilities

Member of EFSMA - European Federation of Sports Medicine Association
 Member of FIMS - International Federation of Sports Medicine
 Member of the Romanian College of Physicians
 Member of ARONLP and EANLP (European NLP Association) and of the Committee for Implementing Quality in NLP
 Member of ICF (International Coaching Federation) until 2014
 Member of ARC – Romanian Coaching Association 2006 - 2014
 Member of EMCC (European Mentoring & Coaching Council) – 2008-2010

Digital competences

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Security	Problem-solving
Experienced	Experienced	Independent	Independent	Experienced

- Good level of PC operating knowledge (Word, Excel, Power Point).
- Operating systems: Windows, Mac OS
- Software: Microsoft Office™, Firefox, Internet Explorer

Driving Licence

B category