

PERSONAL INFORMATION

**Raluca Mihaela ONOSE**

 Iasi (Romania)

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WORK EXPERIENCE

20/02/2018-present

Lecturer

"Al. I. Cuza "University, Iași (Romania)

Current teaching responsibilities: "Techniques for handling patient", "Massage and complementary techniques of massage", "Occupational therapy", "Physical therapy in geriatric pathology", "Internship in social institutions" "Physical therapy in pediatrics," "Physical therapy at home", "Methods and techniques in physical therapy"

20/02/2015–20.02.2018

Assistant Professor

"Al. I. Cuza "University, Iași (Romania)

Current teaching responsibilities: "Techniques for handling patient", "Massage and complementary techniques of massage", "Occupational therapy", "Physical therapy in geriatric pathology", "Internship in social institutions" "Physical therapy in pediatrics," "Physical therapy at home", "Methods and techniques in physical therapy"

17/03/2015–16/10/2015

Trainer "Technician masseur for professional reinsertion" - Long term expert

Centrul Diecezan Caritas, Iași (Romania)

Project Title: "IDEAS - Economic Development and Inclusion through Social Entrepreneurship" Contract no. POSDRU / 173 / 6.1 / S / 148 730

09/07/2015–23/09/2015

Trainer "Technician masseur for professional reinsertion" - Long term expert

Centrul Diecezan Caritas, Iași (Romania)

Project Title: "Valuation Services, Training and Inclusion S.E.F.I."

Nr. Contract financing: HRD / 125 / 5.1 / S / 127 865

01/10/2011–20/02/2015

Associate professor

"Al. I. Cuza" University, Iași (Romania)

Responsibilities of instruction: "Techniques for handling patient", "Massage and complementary techniques of massage", "Occupational therapy", "Physical therapy in diseases geriatric," "Physical therapy in disorders abdominal and gynecological", "Techniques and methods Kinesiology " internship in social institutions "

01/10/2013–01/07/2014

Associate Professor

Apollonia University, Iași (Romania)

Teaching responsibilities: "Theory in physical therapy," "Kinesiology", "Evaluation in physical therapy"

01/07/2010–31/12/2011

Wind Mobile- Customer Care

Xerox, Iași (Romania)

01/03/2011–30/06/2011

Physical Therapist - Volunteer

Sf. Iosif Retirement Home, Iași (Romania)

Balance reeducation, muscle tone and joint mobility recovery on elders

03/10/2009–03/06/2010

Sales representative

04/01/2022

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XLW Star, Iași (Romania)

01/10/2008–01/06/2009

Volunteer physical therapist at the home of the patient

Caritas Foundation, Iași (Romania)

Recovery of a patient with poliomyelitis sequelae

01/07/2008–01/10/2008

Physical Therapist - Volunteer

Balneary clinic, Iași (Romania)

Physical therapy, massage, hydrotherapy, electrotherapy

EDUCATION AND TRAINING

01/11/2011–11/03/2015

PhD in "Science of Human Motricity"

National University of Physical Education and Sport, București (Romania)

PhD in "Science of Human Motricity" according to O.M. no. 3869 of 05.19.2015

Thesis title: "Strategies to optimize the psychomotricity of the premature"

01/10/2009–30/06/2011

Master Degree

Alexandru Ioan Cuza University, Iași (Romania)

Master title: Physical therapy in sport injuries

Disertation Thesis: "Recovery in the game of volleyball trauma through physical therapy means"

01/10/2006–01/06/2009

Bachelor Degree

Alexandru Ioan Cuza University, Iași (Romania)

Specialization: Kinetotherapy and special motricity

Thesis: The role and the importance of physical therapy in poliomyelitis sequelae

15/09/2002–15/06/2006

High School Diploma

„Radu Cernătescu” Highschool, Iași (Romania)

Profile: Mathematics-Informatics

PERSONAL SKILLS

Mother tongue(s)

Romanian

Other language(s)

Italian

English

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

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
Common European Framework of Reference for Languages

Communication skills

- Good communication skills gained from my experience as a sales representative
- Excellent interaction skills with children, acquired through the work of physiotherapist

Organisational / managerial skills

- Good organizational skills acquired as Secretary of Sport and Society magazine, responsible for editing and communication with authors
- Good leadership skills of a team, acquired as coordinator of volunteering

Job-related skills

Responsible for training students in the field of physical therapy

04/01/2022

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Digital competence

SELF-ASSESSMENT

Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Independent user	Independent user	Independent user	Independent user

Digital competences - Self-assessment grid

Certified in computer science

Good knowledge of Microsoft Office

Good knowledge of photo editing, gained as a amateur photographer

Other skills

Course "Pediatric Sensory Integration", Oradea, 1 to 3 February 2013.

Course "evaluation, recommendation, supply and adaptation of wheelchairs" - The basic accredited by the National Authority for Qualifications in February 24-28 2014 in Bucharest. The training program is organized under the project "Changing wheels" - service- suitable for wheelchair users, financed by USAID - US Agency for International Development and implemented in 2009-2014.

Course "Medical Tape Concept - Medical Concept of neuromuscular bandage", 17 to 18 May 2014, Iasi, graduation certificate issued by the International Academy FysioTape B.V., Netherlands

"NLP-Practitioner EANLP" Training Course, November 20, 2015 - June 26, 2016, Graduation Certificate issued by the European Association for Neuro-Linguistic Programming;

- Trigger Points Therapy Course, 10-11 December 2016, Iasi, Graduation Certificate issued by the Physio Sport Therapy Academy.

Driving licence

B

Projects

1. Member in WP4, WP2, of the project Erasmus+ European Campus of City-Universities (EC2U), Duration:36 months; 01.11.2020 - 31.10.2023, Key Action 2, European Universities; total budget of the project is 5 million euro. <https://ec2u.eu/what-is-ec2u/#>
2. Member in "Media as a channel of Athletes' Dual Careers promotion and education, Application Reference Number: 603456-EPP-1-2018-1-LT-SPO-SCP, Grant Agreement No 2018 -2708 / 001-001 ", 2019-2021
3. Member in "PASS IT ON PAŞAPORT PENTRU ANGAJABILITATE", cod CNFIS-FDI-2018-0474
4. Member "Expert in career development" in the project implementation team "Identifying and analyzing the expectations of employers and graduates of the" Alexandru Ioan Cuza "University of Iasi (UAIC) regarding access and integration on the labor market", CNFIS-FDI-2017- 0316.
5. Long term Expert - Trainer "Technician masseur for professional reinsertion - "Evaluation Services, Training and Inclusion S.E.F.I." Nr. Contract financing: HRD / 125 / 5.1 / S / 127 865 period09.07.2015-23.09.2015
6. Long term Expert - Trainer "Technician masseur for professional reinsertion "IDEAS - Economic Development and Inclusion through Social Entrepreneurship" Contract no. POSDRU / 173 / 6.1 / S / 148 730 period 17.03.2015-16.10.2015
7. Member of team implementing the project "The incidence of somatic disorders in middle school." Financing contract no. 7009 / 06.18.2014;