

PERSONAL INFORMATION

Mihai-Alexandru Cîtea

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Sex Male | Date of birth 26/09/1991 | Nationality Romanian

WORK EXPERIENCE

February 2021 - Present

Assistant professor

“Alexandru Ioan Cuza” University, Iași, Faculty of Physical Education and Sports, Str. Toma Cozma, Nr. 3, 700554 <http://www.sport.uaic.ro>

- Teaching activity: holding seminars and practical works at undergraduate studies (day), evaluation within the teaching activity, participation in scientific events, attendance at courses.
- Disciplines: Anatomy, Measurement and evaluation in physiotherapy, Biomechanics, Methods and techniques of neuromotor reeducation.

June 2016 - Present

Physiotherapist

S.C. Tonus Plus S.R.L.
Iași, Romania

October 2017– February 2021

Associate assistant

“Alexandru Ioan Cuza” University, Iași, Faculty of Physical Education and Sports, Str. Toma Cozma, Nr. 3, 700554 <http://www.sport.uaic.ro>

- Teaching activity: holding seminars and practical works at undergraduate studies (day), evaluation within the teaching activity, participation in scientific events, attendance at courses.
- Disciplines: Anatomy, Measurement and evaluation in physiotherapy, Massage and complementary techniques, Physical therapy at home. Equipment, apparatus and installations used in physiotherapy, Methods and techniques of neuromotor rehabilitation.

June – September, 2014

Sales Representative

Global Prints - Work and Travel
Boston, USA

March, 2013 –May, 2014

Fitness Instructor

Garage Workout
Iași, Romania

EDUCATION

October, 2017 - Present

PhD Student - Doctoral School

National University for Physical Education and Sports
Bucharest, Romania

September, 2015 - Present

Osteopathy School

Romanian Society of Osteopathy
Bucharest, Romania

- May – June, 2019 **Manual Orthopedic Therapy Course**
Life Kinesis
Bucharest, Romania
- 15 – 19 April 2019 **Course - Qigong of the 5 elements**
Romanian Qigong Foundation and Taijiqigong Sports Club
Iași, Romania
- 25 – 27 May 2018 **Physical Trainer Course - Level 1 Sport Strength Coach (SSC™)**
Kinetic Recovery Education and Carlo Buzzichelli
Bucharest, Romania
- February – July 2018 **Life Pilates Comprehensive Teacher Program - Pilates instructor**
Life Pilates Education
Iași, Romania
- May – June, 2017 **Certificate of graduation of the psycho-pedagogical training program level II**
"Alexandru Ioan Cuza" University, Department for Teaching Staff Training
Iași, Romania
- November 2016 – April 2017 **Certificate of graduation of the psycho-pedagogical training program level I**
"Alexandru Ioan Cuza" University, Department for Teaching Staff Training
Iași, Romania
- 3 – 4 December, 2016 **Trigger Points Therapy**
Physio Sport Therapy Academy
Iași, Romania
- 24 October, 2014 – 17 April, 2015 **Neuro-Linguistic Programming - Master**
European Association for Neuro-Linguistic Programming
Association - Alternatives for personal and mental transformation, Iasi, Romania
- January 18, 2014 **Graduation certificate - REIKI - level I**
Usui Shiki Ryoho
Iași, Romania
- December 14 - 15, 2013 **Graduation certificate - "Electrotherapy, laser therapy - practical applications in physiotherapy"**
Muntenia Professional Association of Physiotherapists, Bucharest
Romanian Student Physiotherapy Association, Bucharest, Romania
- December 12, 2013 – March 16, 2014 **Graduation Certificate - Massage Technician**
Valmedica - Complementary Medicine S.R.L.
Iași, România

- 2013 –2015 **Master's degree - Physical therapy in sports traumatology**
 "Alexandru Ioan Cuza" University, Iasi, Romania
 Faculty of Physical Education and Sport
- April 6 – 7, 2013 **Degree of Kinesiology Taping Therapy – Clinic Pediatric**
 Korea Kinesiology Taping Academy
 Muntenia Professional Association of Physiotherapists, Bucharest, Romania
- March 2 – 3, 2013 **Degree of Kinesiology Taping Therapy - Advanced**
 Korea Kinesiology Taping Academy
 Muntenia Professional Association of Physiotherapists, Bucharest, Romania
- February 17 – 24, 2013 **Graduation Certificate - YUMEIHO Therapy - Level I**
 Romanian Zumeiho Society
 Iasi Romania
- January 25 – July 14, 2013 **Graduation Certificate - Neuro-Linguistic Programming - Practitioner**
 European Association for Neuro-Linguistic Programming
 Association - Alternatives for personal and mental transformation, Iasi, Romania
- January 12 – 13, 2013 **Degree of Kinesiology Taping Therapy - Basic**
 Korea Kinesiology Taping Academy
 Muntenia Professional Association of Physiotherapists, Bucharest, Romania
- February 30 – June 23, 2012 **Erasmus - Physical Education and Sports**
 Institution Superior da Maia, Portugal
 Faculty of Physical Education and Sport
- January 30 – February 24, 2012 **Portuguese language course certificate - Level 1**
 Erasmus, intensive language courses
 Beira Interior University, Covilha, Portugal
- August 29 – September 3, 2011 **Graduation Certificate - "Principles of Traditional Chinese Medicine Applied in Physical Education and Physiotherapy" Summer School**
 "Alexandru Ioan Cuza" University, Iasi, Romania
 Faculty of Physical Education and Sport
- 2010 - 2013 **Bachelor's degree - Physical Therapy and Special Motor Skills**
 "Alexandru Ioan Cuza" University, Iasi, Romania
 Faculty of Physical Education and Sport
- July 9 – 27, 2010 **Graduation certificate - Trainer**
 INTELINVEST CONSULTING
 Iași, România
- 2006 - 2010 **School graduation diploma**
 "Grigore Moisil" High School of Informatics, Iași, Romania

PERSONAL SKILLS

Native language Romanian

Other known foreign languages

	UNDERSTANDING		SPEAKING		WRITING
	Ascoltare	Citire	Participare la conversație	Discurs oral	
English	C1	C1	C1	C1	C1
Portuguese	B1	B1	A2	A2	B1
Japanese	A2	A1	A2	A2	A1

Levels: A1/2: Basic User - B1/2: independent user - C1/2: Experienced user
Common European Framework of Reference for Languages

Communication skills

- Good communication skills acquired in the Neuro-Linguistic Programming course and practiced as a member of a non-governmental student association.
- Ability to easily adapt to a multicultural environment
- Experience working with a wide range of people (volunteer at the climbing hall).

Organizational / managerial skills

- Leadership
- Team management skills

Computer skills

- Advanced skills acquired while studying at the High School of Computer Science in:
- Windows and Linux Operating systems
 - Microsoft Office suite
 - Oracle, SQL
 - Basic programming skills (C ++, HTML, CSS)
- Intermediate digital graphic skills obtained as an amateur photographer in:
- Adobe Lightroom, Adobe Photoshop CS5
 - CorelDraw
 - Sony Vegas

Other skills

Photography

Driver license

- B category

ADDITIONAL INFORMATION

Articles and Works

- *Contribution of Physical Therapy to the Rehabilitation of Patients with Acute Stroke*, The 5th International Conference of the Universitaria Consortium -Education for Health and Performance- Cluj Napoca, 2019, <http://www.edlearning.it/proceedings/moreinfo/20191011.htm>
- *Correction of Posture Deviations in the Sagittal Plane Using the Pilates Method*, SPORT AND SOCIETY Interdisciplinary Journal of Physical Education and Sports, 2019, <https://www.sportsisocietate.ro/articol/455>
- *The Role of Proprioceptive Training as a Method of Functional Rehabilitation of Ankle Sprains in Futsal Players*, SPORT AND SOCIETY Interdisciplinary Journal of Physical Education and Sports, 2019, <https://www.sportsisocietate.ro/articol/457>
- *Use Of Tai Chi Elements To Increase Respiratory Amplitude*, SPORT AND SOCIETY Interdisciplinary Journal of Physical Education and Sports, 2019 , <https://www.sportsisocietate.ro/articol/441>

- *Use of Tai Chi Forms to Increase ROM in Athletes*, The 4th International Conference of the Universitaria Consortium - The Impact of Sport and Physical Education Science on Today's Society, Iași, 2018, <http://www.edlearning.it/proceedings/moreinfo/20181123.htm>

Presentations Projects

- "#healthylifestyle 3" - Erasmus+ Project, Synergy România, Iași, Romania, 5 - 11 December 2016
- "Vestibular Rehabilitation" - First National Conference of Physiotherapy Students, Iași, Romania, November 15 - 16, 2013
- "WithAMIn" – Youth in Action project, Snina, Slovak Republic, May 2– 9, 2014
- "Living with Sport Culture" – Youth in Action project, Istanbul, Turkey, April 18 – 24, 2014
- "Youth Employment and Youth Entrepreneurship – Mission Possible" - Youth in Action project, Chernomorets, Bulgaria, October 20 – 26, 2012

Conferences

- International Conference of the University Consortium, Iași, Romania, November 23 - 25, 2018
- International Festival of Physiotherapy and Physical Training, Bucharest, Romania, April 20 - 22, 2018
- National Congress of Physiotherapy 10th Edition Romanian Federation of Physiotherapy Associations, Bucharest, Romania
- The International Pilates, Aerobic & Functional Training Convention of Romania, 2nd Edition, Iasi, Romania, October 26 – 28, 2012
- 7th National Congress of Kinesiotherapy, Iasi, Romania, October 21 – 23, 2011