



Florentina-Petruța Martinaș

Date of birth: 12/04/1995 | **Nationality:** Romanian | **Gender:** Female |

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WORK EXPERIENCE

02/2021 – CURRENT – Iași, Romania

UNIVERSITY ASSISTANT – „ALEXANDRU IOAN CUZA” UNIVERSITY OF IAȘI, FACULTY OF PHYSICAL EDUCATION AND SPORT

- Teaching activity: holding courses, seminars and practical works in the first cycle of undergraduate studies.
- Research activity: writing and publishing scientific articles, participating in national and international scientific events.
- Tutor of the year: Physical Education and Sports specialization
- Disciplines: TECHNIQUES AND METHODS FOR THE DEVELOPMENT OF MOTOR QUALITIES, THEORY AND METHODOLOGY OF PHYSICAL EDUCATION AND SPORTS, MOTOR AND SOMATO-FUNCTIONAL EVALUATION, THEORY AND PRACTICE IN WINTER SPORTS, etc.

10/2018 – 01/2021 – Iași, Romania

ASSOCIATE TEACHER – „ALEXANDRU IOAN CUZA” UNIVERSITY OF IAȘI, FACULTY OF PHYSICAL EDUCATION AND SPORT

- Teaching activity: holding seminars and practical works in the first cycle of undergraduate studies.

09/2017 – 06/2021 – Iași, Romania

PHYSICAL EDUCATION AND SPORTS TEACHER – SECONDARY SCHOOL “B.P.HASDEU”

- Teaching activity: preparation of classes, preparation of representative teams, preparation of folk dance ensemble, preparation of multicultural dance ensemble, preparation of the cheerleading team, etc.
- Administrative activity: class master, head of the Methodical Commission-Physical Education and Sports, member of the Curriculum Committee, member of the Enrollment Commission - 8th grade graduates, member of the Commission for the Prevention of Violence, member of the Commission of extracurricular educational activities .
- Extracurricular educational activities: organization of cultural and artistic events, organization of sports competitions, etc.

EDUCATION AND TRAINING

10/2019 – CURRENT – Str. Toma Cozma, Nr. 3, Iași, Romania

PHD – „Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport

Field(s) of study

- Doctoral School in Area of Study Science of Sports and Physical Education

<http://www.sport.uaic.ro>

10/2017 – 07/2019 – Str. Toma Cozma, Nr. 3, Iași, Romania

MASTER'S DEGREE GRADUATE – „Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport

- Gymnastics programs for body aesthetics
- Medical control in motor activities
- First aid in sports traumatology
- Psychomotricity
- Ergophysiology and physiology in motor activities

Field(s) of study

- Fitness and Body Aesthetics

Thesis: 9.75

9.75 | <http://www.sport.uaic.ro>

2017 – 2019 – Str. Toma Cozma, Nr. 3, Iași, Romania

CERTIFICATE OF GRADUATION OF THE PSYCHO-PEDAGOGICAL MODULE LEVEL II – “Alexandru Ioan Cuza” University of Iași, Department for Teaching Staff Training

<https://www.psih.uaic.ro/dppd/>

10/2014 – 07/2017 – Str. Toma Cozma, Nr. 3 , Iași, Romania

DEGREE IN PHYSICAL EDUCATION AND SPORTS – „Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport

- Theory and methodology of physical education and sports
- Optimization of motor capacity
- Kinesiology
- Methodology of teaching sports
- Functional anatomy
- Health education and first aid

Field(s) of study

- Physical education and sport

Thesis: 10

9.77 | <http://www.sport.uaic.ro>

2014 – 2017 – Str. Toma Cozma, Nr. 3, Iași, Romania

CERTIFICATE OF GRADUATION OF THE PSYCHO-PEDAGOGICAL MODULE LEVEL I – “Alexandru Ioan Cuza” University of Iași, Department for Teaching Staff Training

<https://www.psih.uaic.ro/dppd/>

2018 – 2019 – Strada Mihail Sturza, nr. 43, Iași, Romania

DEGREE IN CHOREOGRAPHY - CHOREOGRAPHER INSTRUCTOR – Popular School of Arts “Titel Popovici”

- The history of ballet
- Stage elements and performing arts
- Stage movement and theater
- Music and rhythm

Field(s) of study

- Choreography

Thesis: 10

10 | <https://scoaladearteiasi.ro/>

2018 – Strada Nicolae Bălcescu, nr. 26, Iași, Romania

DEFINITIZATION IN EDUCATION – Iași County School Inspectorate

<http://www.isjiasi.ro/>

05/2018 – Iași, Romania

RUGBY READY WORLD RUGBY TRAINING COURSE – Romanian Rugby Federation

<https://rugbyromania.ro/>

10/2017 – Iași, Romania

RUGBY TAG INSTRUCTOR LEVEL 1 – Romanian Rugby Federation

<https://rugbyromania.ro/>

09/2017 – Str. Toma Cozma, Nr. 3, Iași, Romania

VOLUNTEER / ORGANIZER FITSPORT – „Alexandru Ioan Cuza” University of Iași, Faculty of Physical Education and Sport

<http://www.sport.uaic.ro>

09/2010 – 06/2014 – Str. Alexandru cel Bun, nr. 19, Piatra Neamț, Romania

GRADUATE OF HIGH SCHOOL THEORETICAL STUDIES, HUMANITIES, SPECIALIZATION IN SOCIAL SCIENCES – National College “Calistrat Hogaș”

<http://www.calistrathogas.ro/>

2020 – 2021 – Iași, Romania

INDIVIDUAL CONSULTANT – “Alexandru Ioan Cuza” University - Summer school “How do I become a teacher / coach? “CAPA

● LANGUAGE SKILLS

Mother tongue(s): **ROMÂNĂ**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
LIMBA ENGLEZĂ	B1	B1	B1	B1	B1
LIMBA FRANCEZĂ	B1	B1	B1	B1	B1

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

● **DIGITAL SKILLS**

Microsoft Office | Zoom | Cisco Webex | GSuite Google (Google Classroom Google Meet Google Docs Google Forms etc) | Social Media | SPSS - intermediary level

● **DRIVING LICENCE**

Driving Licence: B

● **MANAGEMENT AND LEADERSHIP SKILLS**

Active involvement in various projects, sports events, cultural and artistic activities, scientific activities

- Responsible and member of various commissions in pre-university education
- Tutor of the year: Physical Education and Sports specialization
- Leading teacher
- Organization of numerous competitions at school level but also at local and regional level (badminton, rugby tag, athletics, football)
- Involvement in organizing cultural and artistic activities (Festival of winter customs and habits "Bună seara, gospodari!", International Festival of Romanian culture and civilization "Românașul", etc.)

● **COMMUNICATION AND INTERPERSONAL SKILLS**

Good communication skills acquired through teacher experience

- Ability to communicate with pupils and students
- Collaboration in various projects, activities
- Ability to communicate effectively in a foreign language
- Teamwork
- Participation in seminars, conferences, training workshops

● **PUBLICATIONS**

The effect of a five-week training on upper limbs specific endurance-speed motor ability in elite athletes of qwan ki do martial arts

<http://www.edlearning.it/ebook/EY12.pdf> – 2021

Cojocariu, A., Abalasei B.A., Ungurean, B.C., Martinaș, F.P. (2021), The effect of a five-week training on upper limbs specific endurance-speed motor ability in elite athletes of qwan ki do martial arts, The 7th International Conference of the Universitaria Consortium In Physical Education, Sports and Physiotherapy, Iasi, 12-13 November 2021, <http://www.edlearning.it/ebook/EY12.pdf>, pp.97-101

Evaluation of conscientiousness among rugby players during puberty

<http://www.edlearning.it/ebook/EY12.pdf> – 2021

Martinaș, F.P., Cojocariu, A. (2021), Evaluation of conscientiousness among rugby players during puberty, The 7th International Conference of the Universitaria Consortium In Physical Education, Sports and Physiotherapy, Iasi, 12-13 November 2021, <http://www.edlearning.it/ebook/EY12.pdf>, pp. 309-315.

AGGRESSION IN WOMEN'S RUGBY: CORRELATION WITH AEROBIC AND ANAEROBIC EXERCISE CAPACITY

<https://doi.org/10.51267/icehbm2021bp09> – 2021

Martinaş F.P., Lepciuc G., Trofin P.F., (2021), AGGRESSION IN WOMEN'S RUGBY: CORRELATION WITH AEROBIC AND ANAEROBIC EXERCISE CAPACITY, Book of Proceedings of the 11th International Congress of Education, Health and Human Movement, pp. 101-109

Correlations Between Agility, Speed And Effort Capacity In Women's Soccer, Handball And Rugby

<https://doi.org/10.18662/wlc2021/52> – 2021

Nichifor, F., Trofin, P.F., Martinaş, F.P., 2022. Correlations Between Agility, Speed And Effort Capacity In Women's Soccer, Handball And Rugby, in: World Lumen Congress 2021. World Lumen Congress 2021. doi: 10.18662/wlc2021/52

CORRELATIONS BETWEEN BODY COMPOSITION AND STRENGTH IN WOMEN'S SOCCER, HANDBALL AND RUGBY

<https://analefeffs.ro/anale-feffs/2021/i2-supplement/pe-autori/56.TROFIN.PETRUȚ-FLORENTINA%2C.LEPCIUC.GABRIELA%2C.MARTINAȘ.FLORENTINA-PETRUȚA.pdf> – 2021

Trofin P.F., Lepciuc G., Martinaş F.P., CORRELATIONS BETWEEN BODY COMPOSITION AND STRENGTH IN WOMEN'S SOCCER, HANDBALL AND RUGBY, Ovidius University Annals, Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH Vol. XXI, ISSUE 2 Supplement, 2021, 21 (2): 567 - 573, Romania

Changes in the values of the explosive force of the lower limbs in rugby tag players (U12)

<https://www.webofscience.com/wos/woscc/full-record/WOS:000682773700018> – 2020

Martinaş F.P., Trofin P.F., Changes in the values of the explosive force of the lower limbs in rugby tag players (U12), PROCEEDINGS OF THE 6TH INTERNATIONAL CONFERENCE OF UNIVERSITARIA CONSORTIUM FEFSTIM: PHYSICAL EDUCATION, SPORTS AND KINESIOTHERAPY - IMPLICATIONS IN QUALITY OF LIFE 2020, pp. 119-124

Personality profile of rugby 7`s players male

<https://www.sportsisocietate.ro/articol/534> – 2020

Martinaş F.P., Lepciuc G., Personality profile of rugby 7`s players male, SPORT AND SOCIETY, Interdisciplinary Journal of Physical Education and Sports, Volume 20 Issue 2 (2020), <https://doi.org/10.36836/2020/2/2>

Study on the evolution of anthropometric indices in primary school students

<https://doi.org/10.29081/gsjesh.2020.21.1s.01> – 2020

STegariu V.I., Muntianu V.A., Martinaş F.P., Study on the Evolution of Anthropometric Indices in Primary School Students. GYMNASIUM, [S.I.], v. XXI, n. 1 (Supplement), p. 5-17, june 2020. ISSN 2344-5645, <https://doi.org/10.29081/gsjesh.2020.21.1s.01>

Participation in organized sports activities and evaluation of self-esteem among children in puberty

<https://www.sportsisocietate.ro/articol/524> – 2020

Martinaş F.P., Voinea N.L., Participation in organized sports activities and evaluation of self-esteem among children in puberty, SPORT AND SOCIETY, Interdisciplinary Journal of Physical Education and Sports, Volume 20 Issue 2 (2020), <https://doi.org/10.36836/2020/2/8>

Statistical Analysis of Specific Team Sports Traumatology -Rugby Women's 7

<http://www.edlearning.it/ebook/CX11.pdf> – 2019

Martinaş F.P., Statistical analysis of specific team sports traumatology- rugby women's 7, 5th International Conference of the Universitaria Consortium "Education for Health and Performance" („Educație pentru Sănătate și Performanță”), 11-12 Octombrie 2019, Universitatea „Babeş-Bolyai”, Cluj-Napoca, <http://www.edlearning.it/ebook/CX11.pdf>

TECHNICAL-METHODICAL ISSUE REGARDING BALANCE MANAGEMENT IN PUBERTY AGE

<https://www.sportsisocietate.ro/articol/432> – 2018

Martinaş F.P., Dumitru I.M., TECHNICAL-METHODICAL ISSUE REGARDING BALANCE MANAGEMENT IN PUBERTY AGE Sp Soc Int J Ph Ed Sp 2018 -Volume 18 -Issue 2

● NATIONAL AND INTERNATIONAL SCIENTIFIC EVENTS

12/11/2021 – 13/11/2021

The 7th International Conference of the Universitaria Consortium in Physical Education, Sports and Physical Therapy

„Alexandru Ioan Cuza” University of Iași, Romania

19/09/2021

9th INTERNATIONAL SCIENTIFIC CONFERENCE ON KINESIOLOGY

Opatija- Croația

26/05/2021

World LUMEN Congress 2021

Iași- România

20/05/2021

The 21st INTERNATIONAL SCIENTIFIC CONFERENCE “PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT”

Constanța- România

10/06/2021

International Congress of Education, Health and Human Movement

București- România

19/03/2021

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

Brașov- România

05/11/2020

Scientific Conference with International Participation Autonomy, integrity, the fight against doping and corruption in sport

Chișinău- Republica Moldova

11/12/2020

National Conference of Doctoral Schools

Cluj-Napoca- România

06/11/2020

The 6th International Conference of Universitaria Consortium „FEFSTIM: Physical Education, Sports and Kinesiotherapy – implications in quality of life”

Timișoara- România

15/11/2019

8th International Scientific Conference: Achievements and Projects in the Field of Sports Science and Physical Education within the Interdisciplinary European Education System

Universitatea „Vasile Alecsandri” din Bacău- România