

Curriculum vitae Europass



Personal information

Last name/First name

HONCERIU Cezar

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Citizenship

Romanian

Birth date

11.12.1974

Sex

M

**Desired job /
Occupational field**

**Alexandru Ioan Cuza University, Iași
Faculty of Physical Education and Sport**

Work experience

Period 2000 - 2002 – Junior Teaching Assistant within the “Gh. Asachi” Technical University Iași.
 2000 – 2002 – Coach of the “ASSCU Iași” soccer team (The Student Sports Association within the University Centre Iași).
 July – August 2002 - Traineeship for juniors organized by The “Racing Club Paris” Soccer Club in collaboration with The Association of the Soccer Coaches in Paris. (Christian PORNIN 0033.6.16.98.14.10)
 2002-2007 – Junior Teaching Assistant within the Faculty of Physical Education and Sport – “Alexandru Ioan Cuza” University Iași.
 22.04. – 2.05.2004 - Coach of the soccer team of the University Centre Iași that participated to The International University Soccer Tour, organized by The University Sport Federation and The Soccer Federation in The Republic of Moldova, in Chishinew.
 2004 – 2005 - Counsellor for physical training issues at the Soccer Federation of the Republic of Moldova.
 2002 - 2004 - The coordinator of “Universitariada” (student sports competition organized on 9 sports and sports events within the National Student Festival). (Director Sorin Iacoban).
 April 2005 – Courses presented at the Sophia Antipolis University of Nice (France) through the program Socrates. Course topic: Teambuilding in the practice of sports teams.
 Mai 2007 – Courses presented at the Sophia Antipolis University of Nice (France) through the program Socrates. Teambuilding through ludic activities. (Prof. Denis PARISOT, PhD)
 2008, 2009, 2011, 2012, 2013 – Courses presented at University Lille 2 (France). Course topic: Physical training in a professional soccer team; Physical evaluation tests in soccer players; Physiological and biochemical evaluation in performance athletes, (Assoc. Prof. Gregory DUPONT Physical coach of national team of France)
 2004- 2008 - Physical trainer – F.C. Politehnica Iași (Romania) League I. Coach: POPA Ionuț
 2010 – 2011 – Physical trainer within the Davis Cup team (tennis) – qualification at the World Cup.
 2008 – 2011 – Physical trainer of the athlete Victor HĂNESCU (tennis).
 2010 – 2012 – Lector invited in the improvement courses of tennis coaches (Bucharest, Craiova, Iași, Cluj) organized by The Romanian Tennis Federation.
 2011-2012 – Physical trainer within Sporting Club Vaslui (participation in the Europa League groups), Coach Viorel HIZO.
 Since 2009 – Lecturer, PhD at FEFS – “Alexandru Ioan Cuza” University Iași.
 Since 2011 – Manager of The Centre of Interdisciplinary Research in Human Motricity Science (UAIC).
 2012 – 2013 – Physical trainer at the Centre of children and juniors of CSMS Iași.
 2013 - 2014 – Physical trainer of the CSMS team Iași (coach Marius Lăcătuș).
 2014 – 2016 - Physical trainer of the CSMS team Iași / 2016 participation in Europa League (coach Nicolo Napoli).
 2016 – 2017 – Physical trainer of the CSM team Politehnica Iasi / first place in the play out (coach Eugen Neagoe)
 2019 - 2021 – Staff member CSM Politehnica Iasi (Antrenori: Mircea Rednic / Daniel Pancu / Andrei Cristea / Nicolo Napoli)
 Since 2019 – Professor PhD at Faculty of Physical Education and Sports, “Alexandru Ioan Cuza” University Iași.
 Since 2021 – Manager Football Academy CSM Politehnica Iași

Function or position

Professor PhD

Main activities and responsibilities

Courses:
 Theoretical and practical bases of soccer (bachelor's studies first year),
 Methodics of teaching soccer in school (bachelor's studies second year)
 General and physical effort physiology (bachelor's studies second year)
 Physiology and ergophysiology of physical activities (master studies first year)
 Manager of The Centre of Interdisciplinary Research in Human Motricity Science
 Member in the editorial/reviewing board of the “Sport and Society” journal (IDB+)
 Member in the SENAT of “Alexandru Ioan Cuza” University Iași.

Name and address of the employer
 type of sector of activity

Alexandru Ioan Cuza University Iași
 Higher education

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Pentru mai multe informatii accesati pagina: <http://europass.cedefop.eu.int/>

Nume Prenume

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Education and training

Period	September 2010
Qualification/ degree	Certificate – Traineeship in the field of evaluating motor and physiological skills in performance athletes
Principal subjects covered or skills acquired	Ergophysiology, biomotor assessment.
Name and type of organisation providing education and training	CRESS Bordeaux (Cabinet de Recherche et d'Expertise en Sport et Santé), France.
Level in national or international classification	Postgraduate
Period	2005-2008 Doctorate
Qualification/ degree	Doctor – Fundamental field: Biology, Subfield: Physiology of sport
Principal subjects covered or skills acquired	General physiology Ergophysiology
Name and type of organisation providing education and training	Alexandru Ioan Cuza University Iași
Level in national or international classification	Postgraduate
Period	May 2007
Qualification/ degree	Graduation degree – practical activity course Sport Nature.
Principal subjects covered or skills acquired	Alpinism, via ferrata, climbing.
Name and type of organisation providing education and training	UFR STAPS within “Sophia Antipolis” University Nice. Person in charge: Claude Rogero.
Level in national or international classification	Postgraduate
Period	2004 -2005
Qualification/ degree	Physical trainer degree, course organized by The Federal School of Coaches of the Romanian Soccer Federation.
Principal subjects covered or skills acquired	Physiology, biochemistry, ergophysiology, methodics of sports training, planning and scheduling the physical factor in the soccer game, assessing physical skills in soccer players.
Name and type of organisation providing education and training	The Romanian Soccer Federation.
Level in national or international classification	Postgraduate
Period	2002 - 2003
Qualification/ degree	Fitness instructor (degree obtained following the final traineeship).
Principal subjects covered or skills acquired	Fitness, ergophysiology, biomotor assessment, ludic activities.
Name and type of organisation providing education and training	The Romanian Federation of Sports for All.
Level in national or international classification	Postgraduate

Personal skills and competences

Mother tongue(s)

Romanian

Other language(s)

Self-assessment

European level (*)

Language

Language

Understanding		Speaking		Writing
Listening	Reading	Spoken interaction	Listening	Reading
French	C 2	C 2	C 2	C 1
English	B 1	B 1	B 1	B 1

(*)Common European Framework of Reference for Languages

Social skills and competences

Communication, leadership competences, capacity of making and assuming decisions, capacity of analysis and synthesis, capacity of assimilating new information, acquired by training and professional experiences.

Organisational skills and competences

Analytical spirit, capacity of organizing groups, capacity of analyzing tasks and ascribing responsibilities, teamwork, spirit of assessment and improvement, monitoring the teamwork. These competences were acquired by covering the training courses and/or professional experiences.

Technical skills and competences

Assessing the motor qualities and the physical exercise capacity of performance athletes. Scheduling and planning the physical factor within the sports training. Teambuilding through ludic activities.

Computer skills and competences

Use of MS Office (word, excel, power point), Windows, Internet explorer. Use of technical software (vameval, optojump, microgate).

Published works

Books or book chapters

Fotbal, teoria jocului, Constantinescu Dan, Honceriu Cezar, Enache Petronel, ISBN 973-8173-56-6, Editura Cantes, Iași, 2004.

60 situations sportives et recreatives pour optimiser la cohesion d'equipe, Honceriu Cezar, Bernard Massiera, ISBN 2 9524948 1 9, Editura Universității Sophia Antipolis, Nice, September 2005.

Pentru profesorul de educație fizică și sport (co-author), Rus, C., Honceriu, C., ISBN : 987-973-703-551-6, Editura Universității « Al. I. Cuza » Iași, 2010.

Forme ludice în activitățile curriculare și extracurriculare. Aplicații în educație fizică și sport. Honceriu, C., Ceobanu, C., Trofin, P.T., Rugină. E., Tanase, V. Editura PIM, ISBN 978-606-13-2139-1, Iași, 2014.

Efortul aerob în jocul de fotbal. Honceriu Cezar. Editura PIM, Iași, 2014. ISBN 978-606-13-2162-9.

Fiziologia efortului fizic. Honceriu Cezar. Editura PIM, Iași, 2015. ISBN 978-606-13-2868-0.

Un retur de poveste în cifre. Honceriu Cezar. Editura Pim, Iași, 2016. ISBN 978-606-13-3323-3.

ISI/IDB indexed papers

Connections between Different Sports and Ergogenic Aids-Focusing on Salivary Cortisol and Amylase. Honceriu, C., Curpan, AS., Ciobica, A., Trus, C., Timofte, D. *MEDICINA-LITHUANIA* 2021, Volume 57, Issue 8, article Number 753, DOI10.3390/medicina57080753. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8400367/>

<https://www.webofscience.com/wos/woscc/full-record/WOS:000689460400001>

A review on the role of angiotensin II in the skeletal muscle hypertrophy and muscle strength. Ciobica, A., Honceriu, C., Bild, W. *NOBEL MEDICUS* 2020, Volume: 16 Issue: 2 Pages: 5-12.

https://apps.webofknowledge.com/InboundService.do?product=WOS&Func=Frame&DestFail=http%3A%2F%2Fwww.webofknowledge.com&SrcApp=RRC&locale=en_US&SrcAuth=RRC&SID=F2Np89KHkyC6a4Lfmj6&customersID=RRC&mode=FullRecord&IsProductCode=Yes&Init=Yes&action=retrieve&UT=WOS%3A000567111500001

An Original Study on the Correlations Between Magnesium and Depression and Their Cardiovascular Relevance. Stătescu, C., Honceriu, C., Jurcau, R.N., Trus, C. *Revista de chimie*, Volume: 70 Issue: 11 (2019), Pages: 4102-4104. <https://www.webofscience.com/wos/woscc/full-record/WOS:000503185300068>

Does Magnesium Deficient Diet and its Associated Metabolic Dysfunctions Induces Anxiety-like

Symptoms Further cardiovascular relevance. Statescu, C., Honceriu, C., Trus, C. Revista de chimie, 2019, Volume: 70 Issue: 10 Pages: 3579-3581. <https://www.webofscience.com/wos/woscc/full-record/WOS:000500795900027>

The Role of Saline Aerosols in the Prevention and Therapy of Cardio-respiratory and Osteo-muscular Afflictions. Sandu, IG., Vasilache, V., Sandu, AV., Chirazi, M., Honceriu, C., Crisan-Dabija, R., Vladescu, A., Cotrut, CM., Sandu, I. Revista de chimie, 2018, Volume: 69 Issue: 10 Pages: 2826-2832. <https://www.webofscience.com/wos/woscc/full-record/WOS:000451925300046>

The effect of exercising on oxidative stress status and pain in a valproic-acid induced model of autism possible relevance of oxytocin. Antioch, I., Ababei, D., Lefter, R., Ciobica, A., Honceriu, C., Bild, V. Revista de chimie, 2017, Issue 9, vol.68, p.2028-2033. <https://www.webofscience.com/wos/woscc/full-record/WOS:000416748800016>

Oxytocin Antioxidant Effects on Wistar Rats. Honceriu, C., Ciobica, A., Stoica, B., Chirazi, M., Padurariu, M. REVISTA DE CHIMIE, Volume 67, Issue11, Page2246-2249, Published NOV 2016. <https://www.webofscience.com/wos/woscc/full-record/WOS:000388361900025>

Preliminary Data Regarding Decreased Catalase Specific Activity in the Tears as a Result of Environmental Stress. Alexa, A.I., Cantemir, A., Ciobica, A., Gardikiotis, I., Antioch, I., Honceriu, C., Zamfir, C.L., Poroch, V. Revista de chimie, 2017, Issue 1, vol.68, p.90-93. <https://www.webofscience.com/wos/woscc/full-record/WOS:000395499200020>

Modulatory effects of vitamin C on the relation between physical exercising and oxidative stress at young smokers. Trofin, F., Ciobica, A., Honceriu, C., Cojocaru, S.I., Stoica, B. Cojocaru, D., Ciomea, E., Timofte, D. ROMANIAN BIOTECHNOLOGICAL LETTERS 2017, Volume 22, Issue 2,, Page12439-12447. <https://www.webofscience.com/wos/woscc/full-record/WOS:000403059300016>

Beyond the Finish Line: The Impact and Dynamics of Biomarkers in Physical Exercise—A Narrative Review. Alexandru-Dan Costache ,Irina-Iuliana Costache ,Radu-Ştefan Miftode, Celina-Silvia Stafie, Maria-Magdalena Leon-Constantin, Mihai Roca, Andrei Drugescu, Delia-Melania Popa,Ovidiu Mitu, Ivona Mitu, Larisa-Ionela Miftode, Dan Iliescu, Cezar Honceriu, Florin Mitu. JOURNAL OF CLINICAL MEDICINE 2021, 10, 4978. <https://doi.org/10.3390/jcm10214978> <https://www.mdpi.com/2077-0383/10/21/4978>

Racquet stringing, component of preparation in professional tennis. Brănişteanu, G., Honceriu, C., Hănescu, V., Sport and Society issue 1/2010.

The effect of the specific training upon the values of the choice reaction time at the level of the upper limbs in the lawn tennis (16-18 year-old), Cojocariu, A., Honceriu, C., Sport and Society issue 1/2011.

The effects training at different percentages of the maximal aerobic speed on the anaerobic threshold in football, Honceriu, C., Cojocariu, A., Sport and Society issue 1/2011.

Modifications of some hematological indexes in the situation of training at lower, equal or higher values of VO₂max, Honceriu, C., Cojocariu, A., Popescu, L., Stelescu, I., Scientific Yearbook of the Society of Science, Human Excellence and University Sport, Vol. III / 2011.

Comparative study regarding the developing method of the football players aerobic capacity and power, Honceriu, C., Popescu, L., Trofin, F.P., Gymnasium, issue 2 / 2012.

Comparative study on the assessment of vo₂max by ergospirometry or field test, Trofin P.F., Honceriu C., Cojocaru D., Sp Soc Int J Ph Ed Sp 2013 - Volume 14 -Issue 2.

Study regarding the validation of an assessment protocol of VO₂max on cycle ergometer. Trofin P.F., Honceriu C., Cojocaru D., Journal of Physical Education and Sport, Vol. 13, Issue 4, 2013.

The Influence of Vitamin c on the Oxidative Stress in Untrained Smoking Subjects, Trofin P.F., Honceriu C., Ciobica A., Cojocaru D., Proceedings of OPTIROB 2014.

Pre-administration of vitamin C reduces exercise-induced oxidative stress status in untrained

Articles published in journals
with referents

subjects. Trofin P.F., Chirazi M., Honceriu C., Drosescu P., Serban I. L., Grădinariu G., Vorniceanu A., Cojocaru D., Ciobica A., Ciornea E., Cojocaru S., *Archives of Biological Sciences Belgr.* 66, 3 (2014).

Increased oxidative stress in rat after five minutes treadmill exercise, Trofin P.F., Ciobica A., Cojocaru D., Chirazi M., Honceriu C., Trofin L., Șerban I. L., Cojocaru S., Aton E., *Central European Journal of Medicine*, 2014.

Timpul limită de menținere a vitezei de alergare la VO₂max (t_{lim}vo₂max), studiu comparativ între antrenaji și neantrenaji. Honceriu, C., Trofin, P.F., Ifrim, E., *Physical education and rehabilitation journal*, Vol. 7, issue 13/2014, Timișoara.

Evaluarea VO₂max prin metoda ergospirometriei versus astrand-ryhming, la canotoare. Honceriu, C., Trofin, P.F., *Gymnasium, Bacău*, 2014.

Analysis of the relation between the individual's social representation and physical development indices. *Studia universitatis Babes-Bolyai educatio artis gymnasticae*, Vol. 59, 2014, Issue 4.

Studiu privind capacitatea de efort aerob la fotbalisti, la începutul și sfârșitul perioadei competiționale. Honceriu, C., Trofin, P.F., *Sport and Society*, issue 2/2014.

Two weeks treadmill exercising is reducing anxiety, depression and memory deficits associated with a MPTP-induced rat model of Parkinson's disease. Lefter, R., Ciobica, A., Paulet, M., Trofin, F., Honceriu, C., Antioch, I., Balmus, I.M., Ababei, D., Anton, E., Timofte, D. *Volumul 4th International Congress on Neurobiology, and Psychopharmacology, ICNP 2015, Greece*.

Studying the correlations that might exist between physical exercise and cognitive status. Trofin, P.F., Ciobica, A., Honceriu, C., Anton, E., Timofte, D. *Volumul 4th International Congress on Neurobiology, and Psychopharmacology, ICNP 2015, Greece*.

Anisia Iuliana Alexa, Alina Cantemir, Alin Ciobica, Ioannis Gardikiotis, Iulia Antioch, Cezar Honceriu, Carmen Lacramioara Zamfir, Vladimir Poroch. *Preliminary Data Regarding Decreased Catalase Specific Activity in the Tears as a Result of Water-stress*. *REV.CHIM.(Bucharest)*, 68, No. 1, 2017.

Iulia Antochi, Dana Ababei, Radu Lefter, Alin Ciobica, Cezar Honceriu, Veronica Bild. *The Effect of Exercising on Oxidative Stress Status and Pain in a Valproic-acid Induced Model of Autism Possible relevance of oxytocin*. *REV.CHIM.(Bucharest)*, No. 9, 2017.

La representation utilitaire du sport en Roumanie, un frein au developpement de la pratique de loisir, Colloque International « Sport et Travail », Lille, 2007.

The interval training effects on 130% of the mass on the anaerobe lactacid capacity: comparative study between 17 and 25 years old football players, Congress of Balkan Award for Clinical Laboratory Research, 2007.

Studiu comparativ asupra evoluției lactatului sanguin în cazul antrenării la diferite procentaje din vVO₂max, *Sport and Society* issue 1 of 2008.

Aspecte teoretice asupra antrenamentului pe intervale. *Sport and Society* issue 2 of 2009.

Other skills and competences

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Driving licence

Category B, obtained in 1994.

Additional information

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Annexes

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