

PERSONAL  
INFORMATION

BUGA ANDREEA-AURORA-MARIA

 Craiova, Dolj, Romania  [andreea.buga@edu.ucv.ro](mailto:andreea.buga@edu.ucv.ro)Nationality: RomanianDate of birth 30.11.1995

## WORK EXPERIENCE

2020 - present

**University Assistant**

University of Craiova, Faculty of Physical Education And Sport

EDUCATION AND  
TRAINING

2024

**Doctor's Degree in Sport Science and Physical Education**

University of Craiova, Faculty of Physical Education and Sport

2020-2023

Doctoral School of Social Sciences and Humanities,  
Field of Sports Science and Physical Education, PhD student

2018-2020

**Master's Degree in Extracurricular and Curricular Motor Activity**

University of Craiova, Faculty of Physical Education and Sport

**Psychopedagogical training program for teaching profession certification, level II**  
**Graduation certificate level II**

2015-2018

**Bachelor's Degree in Physical Education**

University of Craiova, Faculty of Physical Education and Sport

**Psychopedagogical training program for teaching profession certification, level I**  
**Graduation certificate level I**

## Training activities

2024

- Participation in the continuing professional development program dedicated to romanian researchers, organized at the University of Craiova, as part of the "Researchers of the future" project. Project code 1/16.11.2022

- Study visit within the Interreg Europe Cycle Right project, Sopron, Hungary. 30<sup>th</sup> of September – 3<sup>rd</sup> of October 2024.
- Certificate of Participation within ERASMUS+SMALL SCALE PARTNERSHIP, ERASMUS-SPORT-2022-SSCP  
“Explore the talent in act with play”, online workshop held on October 29,2024.
- Participation in the Summer School ROSE project, no. 304/SGU/PV/III "Sport - motivational factor for success".

## 2023

- SGU Secondary Education Project - ROSE (AG365), "We succeed together through sport", financed by the International Bank for Reconstruction and Development, January-March 2023, Tutor.
- Graduation Certificate for the professional training program for key competences: "Digital competences for using information technology as a learning and knowledge tool" organized by the Association of Employers of Young Entrepreneurs from Romania. Nr. Identification 40/773/19.02.2020 (14.11-13.12.2023)
- Doctoral scholarship within the POCU/993/6/13/153178 research performance project.

## 2022

- Certificate of participation within the „1st International Workshop „Health, Fitness, and Physical Activity Research”. November 4-5. 2022, Craiova, Romania
- "Creative thinking and entrepreneurship" Course, „HEInnovaSport – Building innovation capacity and fostering entrepreneurship in sport science higher education institutions” project.
- Member of the organizing committee of the National Scientific Conference "The role of physical exercise in optimizing the psychomotor skills of preschoolers, schoolchildren and students"organized by FEFS, Craiova.
- Certificate of Recognition for participation in the sporting event Special Olympics Romania. The project: "Development of motor skills in people with Syndrome Down - essential stage towards an independent life" SEE 2009-2014.

- 2020** Certificate of membership of the International Organization for Health, Sports and Kinesiology (IOHKS). June 1, 2020
- 03.06. – 09.06.2019** Certificate of practice: "Extracurricular Motor Activities Internship", Practice center Directorate for Sport and Youth Dolj. Within the project "Internships for students of the Faculties of Physical Education and Sport, Social Sciences and Law", project co-financed by the Program Operational Human Capital 2014-2020
- 2019** Volunteering certificate "Development of motor skills in people with Down Syndrome".
- May 12, 2017** Certificate of membership of the organizing team within the County Competition Sports "SPORT for SMART KIDS", 3rd edition. GPP Petrache Poenaru.
- May 18, 2017** Certificate of volunteering obtained during the Cup sports event "Victorina Simion" (female football), 6th edition.
- October 8, 2016** Certificate of participation in the workshop "Current Conceptual Landmarks of motor skills on educational cycles".
- May 2016** Certificate of volunteering obtained during the County Sports Competition "Sport, Health, Harmony".
- 2016** Title of "Cel mai tare voluntar în domeniul sportului" obtained at "Ești tare voluntare" Gala, organised by County Directorate for Sport and Youth, Dolj.

**Mother tongue(s)** Romanian

<b>Other language(s)</b> <b>Self Assessment</b> <b>European level (*)</b>	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2

(\*) Level of the Common European Framework of Reference for Foreign Languages

### Communication skills

- Communication and teamwork skills;
- Ability to engage with interdisciplinary fields and integrate knowledge from education, sports science, psychology and pedagogy.
- Good entertainer skills - acquired following participation as a volunteer in numerous activities and competitions.
- Interpersonal communication – building positive relationships with students, colleagues and administrative staff.
- Constructive feedback delivery.
- Managing groups dynamics during practical sports activities.

### Organizational skills

- Good organizational skills, acquired as a result of organizing several sports activities together with other students and professors of the faculty.
- Member of the Organizing Committees of the Conferences undertaken by the Faculty of Physical Education and Sport, Craiova.
- Team coordination and collaboration – working efficiently with faculty members, students, coaches and administrative staff.
- From 2023 I am the technical manager of a social entrepreneurship project that deals with the organization of sports events among the community, the project is called "Olteniada" and is supported by Educot in partnership with CRAFord.

### Digital competences

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
PROFICIENT USER	PROFICIENT USER	PROFICIENT USER	PROFICIENT USER	PROFICIENT USER

- PROEFS member
- IOHSK member
- OLTENIADA (Social entrepreneurship project) member

## Publications

- Articles in international scientific journals and conferences, indexed by BDI or published in conference proceedings.
- Representative publications:
  1. **Buga, A.A.M.** (2021). *Free Time Activities In The Time Of Covid-19 Pandemic*. Annals of the University of Craiova, 43 (1), 123-8.
  2. Albină, A.M., **Buga, A.A.M.**, Ion, L., Burchel, L.O. (2023). *How introducing isoinertial exercises using a flywheel can improve the training of athletes : a systematic review*. Bulletin of the Transilvania University of Braşov. Series IX: Science of Human Kinetics • Vol. 16(65) No.1
  3. **Buga, A.A.M.**, Cosma, G. (2023). Student Classroom Management And Leadership To Improve School Resilience. University Journal of Sociology, Issue 2, 350-357.
  4. Popescu, A. M., & **Buga, A. A. M.** (2023). Comparative Analysis Of The Life Quality Of Students From Romania And The European Union. *Annals of the University of Craiova, Series Psychology, Pedagogy, 45(2, Supplement), 96-105.*
  5. **Buga A.A.M.**, Albină A.-M., Popescu C., Albină A.E., Nanu M.C. (2024): *How Stretching Exercises Improve the Joint Mobility and Muscle Flexibility of Students From Non-Professional Study Programs*", Journal of Sport and kinetic Movement No.43, Vol. 1/2024.
  6. Popescu, A. M., & **Buga, A. A. M.** (2025). Mentoring And Training Of University Teaching Staff. *Annals of the University of Craiova, Series Psychology, Pedagogy, 47(1), 322-331.*
  7. AM Albina, HA Burileanu, **AAM Buga**, RV Munteanu (2025), *Comparison between Isoinertial Training and Classical Training in Junior Athletes: Analysis of Hip Extension Test Results*, in Bulletin of the Transilvania University of Braşov, Series IX, Vol. 18(67) No. 1 (2025), p. 27-34.