

PERSONAL INFORMATION

ALBINĂ ANDREEA-MIHAELA

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<https://www.webofscience.com/wos/author/record/HZL-6013-2023>

Gender FEMININ | Date of birth 30/05/1997 | Nationality Română

PROFESSIONAL EXPERIENCE

fixed-term position 2021-2024

PhD Assistant, University of Craiova – Faculty of Physical Education and Sports Department 05-Theory and Methodology of Motor Activities Discipline: Physical Education

2024-present
2023-present
2023-present
2022-present

Member of "The Sport Science Physical Activity Innovation and Entrepreneurship Partnership (SPIEP) European project
Manager of the "Olteniada" social entrepreneurship project
Member of INNOVASPORT Interdisciplinary Laboratory – European project
Representative of doctoral students in the Commission of the Doctoral School of Social Sciences and Humanities, Craiova

EDUCATION

2021-present

Student at the Doctoral School of Social Sciences and Humanities, Specialization: Doctorate in Sport Science and Physical Education, Day, Budget

2019-2021

Cycle II - University Master's studies, Sport Science and Physical Education field, Sport Performance specialization, University of Craiova, Faculty of Physical Education and Sport - Average 10 (ten)

2019-2021

Level II - Psycho-pedagogical training program, Department for the Training of Teaching Staff, University of Craiova, field of Educational Sciences, specialization Psycho-pedagogical training program – Grade 10 (ten)

2020

Athletics referee card, national level

2017-2020

Cycle I – university undergraduate studies, Physical Education and Sports field, Physical Education and Sports specialization, University of Craiova, Faculty of Physical Education and Sports – Average 10 (ten)

2017-2020

Level I – Psychopedagogical training program, Department for the Training of Teaching Staff, University of Craiova, Physical and Sports Education - Middle 10 (ten)

2016-2019

Cycle I – undergraduate studies, field of Physiotherapy, specialization Physiotherapy and special motor skills, University of Craiova, Faculty of Physical Education and Sport – Average 10 (ten)

2016-2019

Level I – Psychopedagogical training program, Department for the Training of Teaching Staff, University of Craiova, Physiotherapy and Special Mobility – Average 9.83 (nine 83%)

Jan.-Mar. 2018

ERASMUS+ scholarship, at the Poncet Physiotherapy clinic - France

2016

Baccalaureate diploma (Average 8.18), issued by the Elena Cuza National College, Craiova

PERSONAL SKILLS

Mother tongue

Romanian language

Other known foreign languages

English

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Participating in the conversation	Oral speech	
English	B2	C1	B2	B2	B2

French	B1	B1	B1	A2	A2
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Levels: A1/2: Elementary user - B1/2: Independent user - C1/2: Experienced user
Common European Framework of Reference for Foreign Languages

Communication skills

- Good public speaking skills - acquired following participation in numerous Scientific Conferences, during which I presented my scientific research works in the field of physical therapy and special motor skills as well as in the field of physical education and sports before the participants and evaluation committees.
- Good entertainer skills - acquired following participation as a volunteer in numerous activities and competitions;

Organizational/managerial skills

- Leadership
 - From 2023 I am the 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 Educol in partnership with CRAFord
 - In the period 2016/2019 I was responsible for the year, representing my colleagues in front of the teachers and making sure they had all the necessary information regarding daily courses, exams, practical and scientific student events)
- Member of the organizing committees of the Conferences undertaken by the Faculty of Physical Education and Sport, Craiova in 2020, 2021, 2022.
- Good organizational skills, acquired as a result of organizing several sports activities together with other students and professors of the faculty, but also being part of the organizing committee of students in the National Scientific Conferences organized by the Faculty of Physical Education and Sports in Craiova in 2018 (November 1), 2019 (November 1-2), 2020 (November 6-7), 20221 (November 26-28), 2022 (November 18-19) and "First International Conference For Phd Students And Phd Graduates In Sport Science " (October 29-31, 2022)

Computer skills

Information processing	Communication	Content creation	Security	Solving problems
Experienced user	Experienced user	Experienced user	Independent User	Independent user

Levels: Elementary user - Independent user - Experienced user Digital skills - Self-assessment grid

- good knowledge of Microsoft Office™ tools (Microsoft Word, Microsoft Excel, Microsoft Frontpage, PowerPoint)
- good knowledge of using the internet and social platforms
- good knowledge of photo/video editing programs

Other skills

research skills and writing of scientific papers and articles (according to the APA model)

Driving license

AM, B1, B (from 26.06.2015- in present)

ADDITIONAL INFORMATION

Publications (Articles)

Albina, A. M., Burileanu, H. A., Buga, A. A. M., & Munteanu, R. V. (2025). Comparison between Isoinertial Training and Classical Training in Junior Athletes: Analysis of Hip Extension Test Results. Bulletin of the Transilvania University of Brașov. Series IX: Sciences of Human Kinetics, 27-34.

Waer, F. B., Alexe, D. I., Chaari, F., Alexe, C. I., Laatar, R., Badau, D., ... & Sahli, S. (2024). Caffeine optimizes Zumba training benefits on functional performances in middle-aged women: a randomized trial study. *Scientific Reports*, 14(1), 25657.

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. I/2024

Albină A.-M., Cosma G.A., & Buga A.-A.-M. (2024). Identification of the Use of Isoinertial Training in the Training of Athletes from Romania. Proceedings of The 9th International Conference of Universitaria Consortium „FEFSTIM: Physical Education, Sports and Kinesiotherapy – Active People for a Healthy Future” ISBN 979-12-80225-75-7, DOI 10.26352/HX19-FEFSTIM2023

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 Brasov, Series IX: Sciences of Human Kinetics, Vol. 16(65) No. 1 (2023) DOI: <https://doi.org/10.31926/but.shk.2023.16.65.1.2>

Dragos, O., Alexe, D. I., Ursu, E. V., Alexe, C. I., Voinea, N. L., Haisan, P. L., Panaet, A.E., Albina, A.M. &

Monea, D. (2022). Training in hypoxia at alternating high altitudes is a factor favoring the increase in sports performance. In *Healthcare* (Vol. 10, No. 11, p. 2296). MDPI.

Albină A. E., Albină C. & Albină A.-M. (2020). The problem of specific preparation for the 400m flat test in the vision of specialists. *Journal of Sport and Kinetic Movement No. 36, Vol. II/2020*

Albină A.E., Albină C. & Albină A.-M. (2020). Scientific references for the implementation of physical education and sport syllabus. *Journal of Sport and Kinetic Movement No. 36, Vol.II/2020*

Burcea G.B., Rădoi M.E., Brăbescu- Călinescu L., Albină A.E., Albină A.-M. (2019). The transformation of the two – pivot player attack game, in cne râmniciu - vâlcea - under 17 training programs. *Journal of Sport and Kinetic Movement No. 34, Vol. II/2019*

Scientific papers

Albina, A. M., Burileanu, H. A., Buga, A. A. M., & Munteanu, R. V. (2025). Comparison between Isoinertial Training and Classical Training in Junior Athletes: Analysis of Hip Extension Test Results. *Bulletin of the Transilvania University of Brașov. Series IX: Sciences of Human Kinetics*, 27-34.

Albină A.-M., Buga A.-A.-M., Albină A.-E., Cosma G.-A. (2024). An analysis of lower limb asymmetries in junior athletes following isoinertial training: effects on speed, range of motion, power, and force- a confirmatory study. "10th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy", November 22-24, Iași, Romania

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. International Scientific Conference "Youth in the Perspective of the Olympic Movement 2024," February 22-24, Transilvania University of Brașov, Faculty of Physical Education and Mountain Sports, Brașov, Romania.

Albină A.-M., Cosma G.-A., Buga A.-A.-M. (2023). Identification of the Use of Isoinertial Training in the Training of Athletes from Romania. The 9th International Conference of the Universitaria Consortium "FEFSTIM: Physical Education, Sports and Kinesiotherapy – Active People for a Healthy Future," October 19-21, Timișoara, Romania.

Buga A.-A.-M., Albină A.-M., Albină C., Popescu A.M., Stepan A.-R., Cosma G.A. (2023). The Role of Physical Exercises on the Satisfaction of Basic Psychological Needs and Self-Compassion of University of Craiova Students. The 17th European FIEPS Congress "100 Years of FIEPS" and the 7th Edition of the International Scientific Conference "Sport, Education, Culture - Interdisciplinary Approaches in Scientific Research" – SEC – IASR, May 24-28, Galați, Romania.

Albină A.-M., Buga A.-A.-M., Cosma G.-A. (2023). Optimizing Sports Training by Introducing Isoinertial Exercises Using a Flywheel: A Systematic Review. International Scientific Conference "Youth in the Perspective of the Olympic Movement 2023," March 9-11, Transilvania University of Brașov, Faculty of Physical Education and Mountain Sports, Brașov, Romania.

Buga A.-A.-M., Albină A.-M., Cosma G.A. (2023). Study Regarding the Perception About Practicing Physical Exercises on Students. International Scientific Conference "Youth in the Perspective of the Olympic Movement 2023," March 9-11, Transilvania University of Brașov, Faculty of Physical Education and Mountain Sports, Brașov, Romania.

Albină A.-M. (2022). Optimizing Sports Training by Introducing Isoinertial Exercises Using a Flywheel: A Systematic Review. First International Conference for PhD Students and PhD Graduates in Sport Science - New Trends of Fundamental Research in Sport Science From Research to Performance, October 29-31, University of Craiova, Faculty of Physical Education and Sport, Craiova, Romania.

Popescu E. D., Albină A.-M., Cosma A., Cosma G.A. (2022). The Restructuring of the Physical Education Class and the Impact of Modern Technology on the Optimization of the Motor Capacity of Students from Rural Areas. The 8th International Conference of the Universitaria Consortium - Education for Health & Performance, November 21-22, Babeș-Bolyai University, Cluj-Napoca, Romania.

Albină A.-M., Buga A.-A.-M., Popescu E. D. (2021). The Importance of Improving and Modernizing the Speed Training of Sprinters: A Systematic Literature Review. Scientific Conference "The Role of Physical Exercise in Optimizing Psychomotricity in Preschoolers, Schoolchildren, and Students," November 26-28, University of Craiova, Faculty of Physical Education and Sport, Craiova, Romania.

Popescu E. D., Albină A.-M., Buga A.-A.-M. (2021). The Use of Hop Sport and Brain Breaks Systems in Physical Education Classes. Scientific Conference "The Role of Physical Exercise in Optimizing Psychomotricity in Preschoolers, Schoolchildren, and Students," November 26-28, University of Craiova, Faculty of Physical Education and Sport, Craiova, Romania.

Buga A.-A.-M., Popescu E. D., Albină A.-M. (2021). The Role of Physical Exercise in Optimizing the Psychomotricity of Students. Scientific Conference "The Role of Physical Exercise in Optimizing Psychomotricity in Preschoolers, Schoolchildren, and Students," November 26-28, University of Craiova, Faculty of Physical Education and Sport, Craiova, Romania.

Bieru Enescu, D., Brăbiescu Călinescu, L., Albină, A. E., & Albină, C. (2019, December 6-7). Differences between sports in terms of cortical zone exercises. In The 11th International Conference "Physical Exercise - A Complex and Modern Way to Promote Healthy Living". Spiru Haret University, Bucharest.

Albină, A. M. (2019, November 15). The Role of Physical Exercise in the Lives of High School Students. In The 2nd International Scientific Conference of Students "Interdisciplinary Research in the Training of Future Professionals in Sports Science and Physical Education". Vasile Alecsandri University, Bacău.

Dumitru, B. R., Țacu, A., & Albină, A. M. (2019, November 1-2). Therapeutic Possibilities in Duchenne Muscular Dystrophy. In The National Scientific Conference "Physical Exercise from Prophylaxis to Performance" (2nd Edition). University of Craiova.

Albină, A. M., Lupu-Bangă, A., & Chircă, C. (2019, November 1-2). Health-Beneficial Exercises - Aerobic Exercises. In The National Scientific Conference "Physical Exercise from Prophylaxis to Performance" (2nd Edition). University of Craiova.

Gheorghe, S., Țacu, A., & Albină, A. M. (2019, May 17). The Importance of Electrotherapy in the Management of Cervicobrachial Neuralgia. In The Scientific Conference "Future Specialists in Physical Education, Sports and Kinesiotherapy". Ovidius University, Constanța.

Țacu, A., Albină, A. M., & Gheorghe, S. (2019, May 17). The Importance of Quadrupedal Acquisition in Child Development. In The Scientific Conference "Future Specialists in Physical Education, Sports and Kinesiotherapy". Ovidius University, Constanța.

Albină, A. M., Gheorghe, S., & Țacu, A. (2019, May 17). The Influence of Muscular Activation in Chronic Ankle Instability. In The Scientific Conference "Future Specialists in Physical Education, Sports and Kinesiotherapy". Ovidius University, Constanța.

Albină, A. M. (2019, May 15). The Role of Movement Games in the Psychomotor Development of Primary School Students. In The Scientific Session of Students and Masters "Novelties, Trends, and Creativity in Human Motor Sciences". Spiru Haret University, Bucharest.

Albină, A. E., Albină, C., & Albină, A. M. (2018, November 1-3). Multivalent Jump Training for Junior Athletes of Stage III. In The 10th International Conference "Physical Exercise - A Complex and Modern Way to Promote Healthy Living". University of Craiova.

Albină, C., Albină, A. E., & Albină, A. M. (2018, November 1-3). Specific Athletics Means of Improving Physical Endurance in Primary School Students. In The 10th International Conference "Physical Exercise - A Complex and Modern Way to Promote Healthy Living". University of Craiova.

Albină, A. M., Gheorghe, S., & Țacu, A. (2018, November 1). The Importance of Kinesiotherapy in the

Rehabilitation of the Hand in Patients with Rheumatoid Arthritis. In The National Conference of Scientific Students "Physical Exercise from Prophylaxis to Performance". University of Craiova.

Țacu, A., Albină, A. M., & Gheorghe, S. (2018, November 1). Lymphedema - Rehabilitation Possibilities. In The National Conference of Scientific Students "Physical Exercise from Prophylaxis to Performance". University of Craiova.

Gheorghe, S., Țacu, A., & Albină, A. M. (2018, November 1). The Importance of Electrotherapy in Meniscus Injuries of the Knee. In The National Conference of Scientific Students "Physical Exercise from Prophylaxis to Performance". University of Craiova.

Albină, A. M. (2018, November 1). Injury Risks in Running on Varied Terrain. In The National Scientific Student Conference "Physical Exercise from Prophylaxis to Performance". University of Craiova.

Albină, A. M. (2018, May 18). Postoperative Recovery in Case of Elbow Fracture. In The Scientific Conference "Future Specialists in Physical Education, Sports and Kinesiotherapy". Ovidius University, Constanța.

Albină, A. M., Țacu, A. M., & Pricină, B. M. (2017, June 8-9). The Role of Strength Exercises in Harmonious Physical Development. In The National Session of Scientific Studies. University of Pitești.

Țacu, A. M., & Albină, A. M. (2017, June 8-9). Motor Qualities - Generalities. In The National Scientific Student Session. University of Pitești.

Albină, A., Gheorghe, S. M., & Țacu, A. (2017, May 19-20). Ways of Evaluating Back Pain in Students. In The Scientific Conference "Physical Education, Sports Performance, and Kinesiotherapy". Ovidius University, Constanța.

Țacu, A., Albină, A., & Gheorghe, S. M. (2017, May 19-20). The Role of Physical Exercise in Achieving Correct Posture. In The Scientific Conference "Physical Education, Sports Performance, and Kinesiotherapy". Ovidius University, Constanța.

Țacu, A. M., Albină, A. M., & Gheorghe, S. M. (2017, May 18-19). Finding a Study on Effort Dynamics in Training Advanced and Beginner Fencers. In The 1st International Scientific Student Conference. Vasile Alecsandri University, Bacău.

Projects

Jul. 2025

”Summer Sport” Project - Direcția Județeană pentru Sport și Tineret Dolj, Nr. 789 din 28/05/2025

2024-present

”The Sport Science Physical Activity Innovation and Entrepreneurship Partnership (SPIEP) European project

Jun. 2024

ROSE Project - "Sport as a motivational factor for success" Grant agreement no. 304/SGU/PV/III dated 18.06.2020

2023-2024

Educol Project: ”Olteniada”

2023- 2024

HEInnovaSport European Project

Jun. 2023

ROSE Project - "Sport as a motivational factor for success" Grant agreement no. 304/SGU/PV/III dated 18.06.2020

Conference

/ Seminars

University of Craiova, Faculty of Physical Education and Sport (2025, 30 Oct.- 01 Nov.). Certificate of Participation in *11th International Conference "Physical Exercises - A Complex And Modern Way To Promote Healthy Living"*. Craiova, România.

Transilvania University of Brașov, Faculty of Physical Education and Mountain Sports. (March 13-15, 2025). Certificate of Participation in the International Scientific Conference "Youth in the Perspective of the Olympic Movement 2025". Brașov, Romania.

Transilvania University of Brașov, Faculty of Physical Education and Mountain Sports. (February 22-24, 2024).** Certificate of Participation in the International Scientific Conference "Youth in the Perspective of the Olympic Movement 2024". Brașov, Romania.

Universitaria Consortium. (October 19-21, 2023).** The 9th International Conference of the Universitaria Consortium "FEFSTIM: Physical Education, Sports and Kinesiotherapy – Active People for a Healthy Future". Romania.

Transilvania University of Brașov, Faculty of Physical Education and Mountain Sports. (March 9-11, 2023).** Certificate of Participation in the International Scientific Conference "Youth in the Perspective of the Olympic Movement 2023". Brașov, Romania.

University of Craiova, Faculty of Physical Education and Sport. (November 18-19, 2022).** Certificate of Participation in the National Scientific Conference "The Role of Physical Exercise in Optimizing Psychomotricity in Preschoolers, Schoolchildren, and Students". Craiova, Romania.

University of Craiova, Faculty of Physical Education and Sport. (October 29-31, 2022).** Certificate of Participation in the "First International Conference for PhD Students and PhD Graduates in Sport Science - New Trends of Fundamental Research in Sport Science: From Research to Performance". Craiova, Romania.

University of Craiova. (October 29, 2022).** Certificate of Participation in the "Conference on the Dissemination of Colpol in Romania". Craiova, Romania.

Babeș-Bolyai University. (October 21-22, 2022).** Certificate of Participation in the "VIIth International Conference of the Universitaria Consortium - Education for Health & Performance". Cluj-Napoca, Romania.

University of Craiova, Faculty of Physical Education and Sport. (November 26-28, 2021).** Certificate of Participation in the Scientific Conference "The Role of Physical Exercise in Optimizing Psychomotricity in Preschoolers, Schoolchildren, and Students". Craiova, Romania.

"Ovidius" University of Constanța. (May 20, 2021).** Certificate of Participation in the "21st International Scientific Conference – Perspectives in Physical Education and Sport". Constanța, Romania.

University of Craiova, Faculty of Physical Education and Sport. (November 6-7, 2020).** Certificate of Participation in the National Scientific Conference "The Role of Physical Exercise in Optimizing Psychomotricity in Preschoolers, Schoolchildren, and Students". Craiova, Romania.

"Spiru Haret" University. (May 15, 2019).** Certificate of Participation in the Students and Masters Scientific Session – "Current Trends and Creativity in the Science of Human Motricity". Bucharest, Romania.

"Ovidius" University of Constanța. (May 17, 2019).** Certificate of Participation in the Scientific Conference "The Specialists of the Future in Physical Education, Sport, and Kinesiology". Constanța, Romania.

University of Craiova, Faculty of Physical Education and Sport. (November 1-2, 2019).** Certificate of Participation in the National Scientific Conference "Physical Exercise from Prophylaxis to Performance", 2nd Edition. Craiova, Romania.

"Vasile Alecsandri" University of Bacău. (November 15, 2019).** Certificate of Participation in the "2nd International Students Scientific Conference – Interdisciplinary Research in the Training of Future Professionals in the Field of Sports Science and Physical Education". Bacău, Romania.

"Vasile Alecsandri" University of Bacău. (November 15-16, 2019).** Certificate of Participation in the "8th International Scientific Conference – Achievements and Prospects in the Field of Sports Science and Physical Education within the Interdisciplinary European Education System". Bacău, Romania.

"Spiru Haret" University. (December 6-7, 2019).** Certificate of Participation in the "11th International Conference – Physical Exercises: A Complex and Modern Way to Promote Healthy Living". Bucharest, Romania.

"Ovidius" University of Constanța. (May 18, 2018).** Certificate of Participation in the Scientific Conference "The Specialists of the Future in Physical Education, Sport, and Kinesiology". Constanța, Romania.

University of Craiova, Faculty of Physical Education and Sport. (November 1, 2018).** Certificate of Participation in the National Student Scientific Conference "Physical Exercise from Prophylaxis to Performance". Craiova, Romania.

University of Craiova, Faculty of Physical Education and Sport. (November 1-3, 2018).** Certificate of Participation in the "10th International Conference – Physical Exercises: A Complex and Modern Way to Promote Healthy Living". Craiova, Romania.

International Physiotherapy Conference. (November 25, 2017).** Certificate of Participation. Bucharest, Romania.

University of Pitești. (June 8-9, 2017).** Certificate of Participation in the National Student Scientific Session. Pitești, Romania.

Awards

"Ovidius" University of Constanța. (May 19-20, 2017).** Certificate of Participation in the Scientific Conference "Physical Education, Performance in Sport, and Kinesiology". Constanța, Romania.

"Vasile Alecsandri" University of Bacău. (May 18-19, 2017).** Certificate of Merit in the "1st International Students Scientific Conference – Interdisciplinary Research in the Training of Future Professionals in the Field: Science of Sport and Physical Education". Bacău, Romania.

January 22, 2023 - Mention at the "Gala of Scientific Research" University of Craiova, 8th edition, 2023
March 9-11, 2023 - Second Prize - Poster: "Optimizing sports training by introducing isoinertial exercises using a flywheel: a systematic review" at the "International Scientific Conference" Youth in the Perspective of the Olympic Movement 2023", Transilvania University of Brașov, Faculty of Physical Education and Mountain Sports

March 9-11, 2023 - First Prize - Poster: "Study regarding the perception about practicing physical exercises on students" at the "International Scientific Conference" Youth in the Perspective of the Olympic Movement 2023", Transilvania University of Brașov, Faculty of Physical Education and Mountain Sports

January 15, 2021 - Merit Scholarship IOHSK (International Organization for Health, Sport and Kinesiology)
November 15, 2019 - Merit Diploma for the poster: "The role of physical exercise in the life of middle school students", at the 2nd International Students Scientific Conference "Interdisciplinary Research in the Training of Future Professionals in the Field of Sports Science and Physical Education", "Vasile Alecsandri" University, Bacău

November 1-2, 2019 - First Prize - Poster: "Exercise benefits for health - aerobic exercises" - Physical Education and Sport section, at the National Scientific Conference "Physical Exercise from Prophylaxis to Performance", 2nd Edition, University of Craiova

May 18, 2018 - Third Prize - Poster: "Post-operative recovery in elbow fracture", at the Scientific Conference "Specialists of the Future in Physical Education, Sport, and Kinesiology", "Ovidius" University of Constanța

May 18-19, 2017 - Merit Diploma, at the "1st International Students Scientific Conference", "Vasile Alecsandri"

Workshop
04-05.11.2017
2020

University, Bacău

May 19-20, 2017 - First Prize for the paper "Methods of evaluating back pain in students", presented at the Scientific Conference "Physical Education, Sport Performance, and Kinesiology" in Constanța

June 8-9, 2017 - Second Place for the paper: "Motor Skills - Generalities", at the National Student Scientific Session in Pitești

April 3, 2015 - Third Place at the "National Competition Unity and Diversity in the European Union. European Union Citizens", County stage, PowerPoint Section - competition registered in CAEN 2015, section 10, position no. 29

"Initiation in kinesiotaping techniques", Craiova
Training course for athletics referees, national level