



PERSONAL INFORMATION

ALBINĂ ANDREEA-MIHAELA

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Gender FEMALE | Date of birth 30/05/1997 | Nationality Romanian

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

2023-prezent
2023-prezent
2022-prezent

Manager of the "Olteniada" social entrepreneurship project
Member of INNOVASPORT Interdisciplinary Laboratory
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

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Participating in the conversation	Oral speech	
English	B2	C1	B2	B2	B2
French	B1	B1	B1	A2	A2

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



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

Scientific papers

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 Braşov, Faculty of Physical Education and Mountain Sports, Braşov, 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 Braşov, Faculty of Physical Education and Mountain Sports, Braşov, 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 Braşov, Faculty of Physical Education and Mountain Sports, Braşov, 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, Babeş-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

