

PERSONAL INFORMATION



COSMA GERMINA-ALINA

📍 146 Brestei Street, Craiova

☎ +40 251 422 743

✉ germina.cosma@edu.ucv.ro

PROFESSIONAL EXPERIENCE

- 2020-present PhD Professor
University of Craiova, Faculty of Physical Education and Sport
Teaching and research activity in the field of Sport Science and Physical Education
[Education and research](#)
- 2019-present Head of Department 05 Theory and Methodology of Motor Activities
University of Craiova, Faculty of Physical Education and Sport
• Management activity in department 05
- 2016-2020 PhD University Lecturer
University of Craiova, Faculty of Physical Education and Sport
- 2011-2016 University lecturer PhD
University of Craiova, Faculty of Physical Education and Sport
- 2003-2011 University Preparator/Assistant
University of Craiova, Faculty of Physical Education and Sport
- 2002-2003 Teacher Physical Education
"Ilie Murgulescu" School Group, Craiova

EDUCATION AND TRAINING

- 2018 Habilitation certificate in Sport Science and Physical Education
National University of Physical Education and Sport, Bucharest, Romania
- 2007-2010 PhD in Physical Education and Sport
University of Pitesti, Faculty of Physical Education and Sport, I.O.S.S.U.D
- 2003-2005 Master in Sport and Sport Management
University of Craiova, Faculty of Physical Education and Sport
- 1998-2003 Bachelor Degree in Physical Education

University of Craiova, Faculty of Physical Education and Sport

REPRESENTATIVE
PORTFOLIO

- 2023 - Graduate Postgraduate Program **Personal Development for Inclusive Education at the level of academic communities**, organized by the ROMANIAN ACADEMY.
- 2023- Graduated from the training course **TRAINER**, COR Code - 242401.
- 2023 - **Member of scientific committee** INTERNATIONAL SCIENTIFIC CONFERENCE "PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT" 23 rd edition, Constanta, Romania
- 2023 - Evaluation member in the committee for the awarding of scholarships abroad for master's and doctoral studies, postdoctoral and research internships, according to HG 118/2023.
- 2023-present **Director Interdisciplinary Laboratory INCESA** - InnovaSport Craiova
- **2022- Scientific committee member** 8th International Conference of the Universitaria Consortium "Education for Health and Performance" Cluj-Napoca, Romania, on the 21st - 22nd of October 2022.
- 2022 - **Coordinator** 1st International Workshop *Health, Fitness And Physical Activity Research*, Craiova
- 2022 - Graduate of the course **Statistical analysis using IMB SPSS Statistics**, organized by ROMSYM IT Training Center.
- 2022 - Vice-President for Europe of the International Organization for Health, Sport and Kinesiology (**IOHSK**), USA.
- 2022 - **Member of the Scientific Committee** International Student Scientific Conference "Future Specialists in Physical Education, Sport and Physical Therapy Aiming for Excellence"- 5th edition
- 2021 - **Scientific committee member** FIRST INTERNATIONAL CONFERENCE FOR PHD STUDENTS AND PHD GRADUATES IN SPORT SCIENCE *New Trends of Fundamental Research in Sport Science From research to performance*, University of Craiova
- 2021 - present -member in Editorial Review Committee of the Journal of Health, Sports and, Kinesiology;
- 2020 - Graduate "**Specialization Course in Sports Psychology**", organized by the Association for the Development of Psychology - Smart Psi Bucharest.
- 2020-present member of the **Senate of the University of Craiova**;
- 2020-2021 - **IOSK** Ambassador in Romania;
- 2019 - Program Director **ALDO-CET** Romania, member of the Board of Directors of the Association.
- 2019- present - PhD supervisor **IOSUD** University of Craiova, Doctoral School of Social Sciences and Humanities.
- 2019-present Official referee for the public defense of doctoral dissertations at **Babeş-Bolyai University, UNEFS Bucharest, Craiova University, A.I. Cuza University, Iasi, Danube University of Galati.**
- 2018 - present **Secretary General** of the Romanian Sports Science

Council

- 2016 - Graduate of the course **PROJECT MANAGER**, COR Code - 2421.0.1
- 2016-present - member of the Council of the Faculty of Physical Education and Sport, University of Craiova
- 2015-present - editorial board member The Swedish Journal of Scientific Research (SJSR)
- 2013-present **editor-in-chief Journal of Sport and Kinetic Movement**
- 2012-2016 - Member of the **Council of the European Funds Department** - University of Craiova
- 2012- 2019 - Member of the **Council of the Department of Relations with the socio-economic and cultural environment - University of Craiova**,
- 2012 - present - member of the Evaluation and Quality Assurance Committee of ETF Craiova
- 2012-2021 - **coordinator** G.L.-Psychopedagogy of motor activities within the **CENTER OF STUDY AND RESEARCH OF HUMAN MOTOR STUDIES AND RESEARCH UCV. Craiova**
- 2011-2019- **member of the Board of Directors** of the 05 FEFS-Theory and Method of Motor Activities, responsible for scientific research.
- 2010- 2018 - Member of **the CSSR** Board of Directors
- 2010- 2013 - member of the Editorial Board of the **Journal of Romanian Sport Medicine** (The Journal of Romanian Sport Medicine Society), CNCSIS B +
- 2009 - **editorial secretary** of the specialized magazine "Viitorul", Craiova
- 2008-2015- Member of the Organizing Committee/Scientific Committee of the International Conference "Physical Exercise - a modern and complex way to promote healthy living"
- 2007 - 2009 - editor of the specialized magazine "Viitorul", Craiova, Dolj
- Since 2004 - present **coordinator of** the FEFS Craiova aerobic gymnastics and dance team, participant and medalist at the National Championships Univ.

Mother tongue(s) English

Other known foreign languages

	INTELEGERE		TALK	WRITE	
	Listening	Read	Join the conversation	Oral speech	
English language	C 1	C 1	C 1	C 1	B2

Research awards scientific

- 2021 - PRECISI2021 Award (PN-III-P1-1.1-PRECISI2021-62874) - Cosma, G.-A., Chiracu, A., Stepan, A.R., Cosma, M.A., Nanu, M.C., Voinea, F., Bibi, K.W., Păunescu, C., Haddad, M. (2021). COVID-19 Pandemic and Quality of Life among Romanian Athletes. *Int. J. Environ. Res. Public Health*, 18, 4065; IF-3.390;
- 2021 - PRECISI2021 Award (PN-III-P1-1.1-PRECISI2021-67563) - Washif, J.A., Farooq, A., Krug, I. et al. (2021). Training During the COVID-19 Lockdown: Knowledge, Beliefs, and Practices of 12,526 Athletes from 142 Countries and Six Continents. *Sports Medicine*; IF-11.140 (2020);
- 2017 - First place - The Influence of the dance for people with Down Syndrom,
- Poster Competition, Youth in the perspective of the Olympic Movement, Brasov, 2017
- <http://www.unitbv.ro/Portals/24/Ypom%202017/poster%20competition%201.pdf>
- 2014- Best Presentation Award, International Multidisciplinary Scientific Scientific Conferences on Social Sciences and Arts (SGEM 2014), BULGARIA
- <http://sgemsocial.org/index.php/sgem-social-deadlines/sgem-social-awards2014>
- 2014 - BEST PAPER 6th Edition of the National Scientific Forum of Sport, Final Scientific Competition
- 2013 - PRIZE (PN-II-RU-PRECISI-2013-7-3117) RUSU, L., **COSMA, G.**, CERNAIANU, S., MARIN, M., RUSU, F., CIOCANESCU, NEFERU, F. (2013) *Tensiomyography method used for neuromuscular assessment of muscle training*, *Journal of Neuroengineering and Rehabilitation*, 10:67, impact factor 2.622 in 2013.
- 2012- Diploma of Scientific Merit, **Cosma Germina** 4th Edition of the National Scientific Forum of Sport, Final Scientific Competition, Izvorani, Romania
- 2011- Diploma of Scientific Merit **Cosma Germina**, Orțănescu Dorina, Enescu-Bieru Denisa, 3rd Edition of the National Scientific Forum of Sport, Final Scientific Competition, Izvorani, Romania
- 2011- Diploma of Scientific Merit, Orțănescu Dorina, **Cosma Germina**, Dumitru Roxana, 3rd Edition of the National Scientific Forum of Sport, Final Scientific Competition, Izvorani, Romania

Research/development projects

- 2011- Diploma of Scientific Merit, Lică Eliana, Dragomir Mihai, **Cosma Germina**, Cosma Alexandru ^{3rd} Edition of the National Scientific Forum of Sport, Final Scientific Competition, Izvorani, Romania
- 2009- 3rd place, Young PhD Students Olympiad, C.C.C.P.U., University of Pitesti, F.E.F.S
- **2009-** Best Free Communication Young Investigator Award - Sport Performance section, International Conference "PHYSICAL EXERCISES A COMPLEX AND MODERN WAY TO PROMOTE HEALTHY LIVING", University of Craiova
 - EU Horizon Europe 2021 - 2027 ("HE"), project entitled "HEInnovaSport - Building innovation capacity and fostering entrepreneurship in sports science higher education institutions", Contract nr. 220822, 2022-2024 - Project Manager University of Craiova, project value Partner UCv. 100.108,00 euro.
 - Erasmus + Innovation and dynamic learning for caregivers, social workers and trainers specialized in physical education of elders, through cross-sectoral approach of both CVT fields, 022-1-RO01-KA220-VET-000089776 , 2022-2024, coordinator activities, project value Partner UCv. 43.208,00 euro
 - Erasmus+ 623073-EPP-1-2020-1-ES-SPO-SCP entitled "IMPLEMENTATION OF COLPBOL SPORT AT EUROPEAN LEVEL AS A TOOL TO IMPROVE THE QUALITY OF LIFE PERSONS WITH INTELLECTUAL DISABILITIES" - coordinator activities, total project value 30.635,00 euro
 - SGU Project on Secondary Education - ROSE (AG21), Summer School "Be Active in Summer through Sport", financed by the International Bank for Reconstruction and Development, period 2017-2019, project value - 54151525 lei, project manager
 - Contract Erasmul + Strategic Partnerships , TRAINING PROGRAM FOR IMPROVING QUALITY OF LIFE OF PERSONS WITH DOWN SYNDROME THROUGH INCLUSIVE LEISURE (DS LEISURE), period 2017-2019, project value 219782 euro, project manager University of Craiova
 - Erasmus+ contract INVOLVING PERSONS WITH DOWN SYNDROME IN THE IMPLEMENTATION OF SUSTAINABLE DEVELOPMENT GOALS THROUGH SERVICE LEARNING, period 2020-2022, project manager ALDO-CET
 - Expert teaching within the Grant Agreement no. 304/SGU/PV/III dated 18.06.2020 with the title "Sport motivational factor for success", total project value 152.985,62 lei, period 2021-2024.
 - Coordinator of activities within the Ersamus + Project no. 623073-EPP-I-2020-I-ESSPO-SCP entitled "Implementation of COLPBOL sport at european level as a tool to improve the quality of life persons with intellectual disabilities", total project value 30.635,00 euro, running period 2021-2022.
 - Expert 4 Transition from school to working life activities within the

framework of the Financing Contract POCU/626/6/13/132565 project co-financed by the Human Capital Operational Program 2020-2022 entitled "Innovative and interdisciplinary internships", total contract value 4.639.418,40 lei, period 2020-2022.

- Manager UCv. within the Erasmus + 2020-1-R001-KA226-KA226-VET-095462 Project entitled "Development of digital skills for online rehabilitation therapies/e-KINE", total project value 71.255,27 euro, running period 2021-2023.
- Internships for students from the Faculties of Physical Education and Sport, Social Sciences and Law - Project co-funded by POCU 2014-2020, POCU/90/6.13/6.14-106118 - Internship coordinator.
- Project manager within the Grant Agreement no. 21/SGU/PV/II of 28.07.2017 entitled "Be active in summer through sport", total project value 541.525,23 lei, 2017-2019 period of implementation
- Contract Erasmul + - HEALTHY DS, 2015-2017 , 01.09.2015 - 31.08.2017; - member of the project implementation team
- Internal research grant "Rhythmic games and their role in the development of coordination skills of primary school students", 2014-2015, project value 12000 lei, grant director
- Research contract - "Europa-Dissart", funded by the European Commission through the program "Joint Actions, Socrates, Leonardo da Vinci&Youth - 2005-2006 - Project Director - Vâlsan Maria, value 240225 Euro, member of the implementation team
- Research contract - "Different Ways of Seeing the World", funded by the Netherlands Cooperation Foundations for Central and Eastern Europe - 2006-2007 - Project Director - Vâlsan Maria Vâlsan, value 86954 Euro, member of the implementation team
- Development project - "Educational Center Teodora", financed by the European Commission through the Phare program - Social Access - 2005-2006 -, value 74430 Euro - member of the implementation team
- Supervisor in the project " YOUR PRACTICE FOR FUTURE EDUCATION"- 33675. No.: POSDRU 60/2.1/S/33675. Project funding source: European Social Fund "Investing in People". Operational Program Human Resources Development Sector 2007 - 2013. Main partner: West University. Partners: University of Craiova, Department for Teacher Training - member of the implementation team
- Mobilities Project, The Improvement of The Motor Capacities On The Disabled Peole Using The Dance Methods, CNCSIS Competition : MC/15/JUNE 2007, Project Director
- CNCSIS - PN -II IDEI Program "Research on the effects of using physical exercise in the prophylaxis and treatment of metabolic syndrome in adolescents and young people", project director conf.univ.dr. Vasilescu Maria Mirela 2009-2011, member of the implementation team

- Dance, Stage movement
 - 2003 - 2005 Program Director of the Aerobics with Germina column on the TV program De la 8 la 10 of Oltenia TV.
 - 2005-2006 Producer of *the Aerobics* column on the TV program "Buna dimineata" of 3 TV Craiova.
 - 2010-2013- co-host of Sport Arena program on Radio Oltenia Craiova
 - 2007- choreography and stage movement director for the international project Europa Dissart;
 - 2007- Collaboration with the MARIN SORESCU National Theatre in Craiova for the realization of the scenic movement for the play CANTA MAICA-MEA ÎN FAR, directed by Alexandru Boureanu;
 - 2010 - the award for the best choreographic composition at the National Dance Festival "Polidans Fest" Bucharest;
 - 2011 - Best Performance Award at the National Dance Festival "Polidans Fest" Bucharest;
 - 2012 - Award for best artistic performance at the National Dance Festival "Polidans Fest" Bucharest;
 - 2013 - Special Jury Prize at the National Dance Festival "Polidans Fest" Bucharest;
 - 2015- Special Jury Prize at the National Dance Festival "Polidans Fest" Bucharest;

Publications

- 2 books as sole author
- 2 book chapters in international publishing (A1)
- 6 co-authored books
- 2 course supports for the undergraduate cycle
- 1 course support for the master cycle
- Over 200 articles and publications in international scientific journals and conferences, indexed ISI/BDI or published in conference proceedings.

Reviewer

- Symmetry,
- Journal of Clinical Medicine,
- International Journal of Environmental Research and Public Health,
- Sustainability,
- Healthcare,
- Frontiers in Physiology,
- Frontiers in Education,
- Frontiers in Sports and Active Living,
- Journal of Back and Musculoskeletal Rehabilitation,
- Journal of Sports Science,
- Journal of Sport and Kinetic Movement,
- BMC Research Notes.

Memberships

- Vice President Europe IOHSK
- IASK Member
- CSSR Member
- Founding member PROEFS
- ALDO-CET Member
- Founding member AS Fabrica de Volei
- SSEUSU Member