



Vlad Teodor Grosu



CONTACT



WORK EXPERIENCE

- **08/2015 – CURRENT** Cluj - Napoca, Cluj , Romania
Phd Lecturer Universitatea Tehnică Cluj
- **08/2013 – 07/2015** Cluj - Napoca, Cluj, Romania
Phd. Student Universitatea Tehnică Cluj Napoca
- **09/2012 – 08/2013** Gherla, Cluj, Romania
Physical education teacher secondary school Liceul "Petru Maior" Gherla
Physical education teacher
- **2011 – 2012** Câmpia Turzii, Cluj , Romania
Tennis coach Club sportiv municipal Câmpia Turzii
Tennis coach for children from the Sports Club
- **09/2011 – 06/2012** Câmpia Turzii, Cluj , Romania
Secondary school physical education tutor Școala Generală "Avram Iancu" Câmpia Turzii
Physical education teacher
- **2010 – 2011** Panticeu, Cluj, Romania
Secondary school physical education tutor Școala Generală Panticeu
Physical education teacher for the classes 1 to 8th.
- **06/2011 – 08/2011** Parma, Italy
Tennis instructor OK CLUB
Assisting and coordinating the tennis training for the beginners class students and the middle class students.
Address str.Rapallo 2D , Parma, Italy
- **01/2010 – 03/2010** Cluj, Romania
Ski and snowboard instructor Facultatea de Educație Fizică și Sport (FEFS) Cluj
Ski and snowboard instructor for the beginners class for the students FEFS Cluj, first year
- **01/07/2009 – 31/07/2009** Parma, Italy
Tennis instructor OK CLUB
Assisting and coordinating the tennis training for the beginners class students and the middle class students.
Address str.Rapallo 2D , Parma, Italy
- **01/2009 – 05/2009** Cluj - Napoca, Romania
Student trainee Grădinița Voinicelul director Mariana Țiblea
Teaching during psychomotricity class

EDUCATION AND TRAINING

01/09/2020 – 31/08/2022 Cluj-Napoca, Romania

● **Postdoctoral research program** Babes-Bolyai University

2012 – 2015 Cluj - Napoca, Cluj, Romania

● **Phd in Human Movement Science** Babes Bolyai University

2010 – 2012 Cluj - Napoca, Cluj, Romania

● **Master degree in Physical Education, Fitness and Leisure in Tourism** Babes Bolyai University

2008 – 2011 Cluj - Napoca, Cluj, Romania

● **Licensed in Kinetotherapy and special Motricity** Babes Bolyai University

2007 – 2010 Cluj - Napoca, Cluj, Romania

● **Licensed in Physical Education and Sport** Babes Bolyai University

LANGUAGE SKILLS

MOTHER TONGUE(S): Romanian

Other language(s):

English

Listening	Reading	Spoken production	Spoken interaction	Writing
B1	B1	B1	B1	B1

Italian

Listening	Reading	Spoken production	Spoken interaction	Writing
B2	B2	B2	B1	C1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

DIGITAL SKILLS

Microsoft Office package: Microsoft Word, Excel, PowerPoint, Access | Proficient with organizing and processing data to present to a panel

ADDITIONAL INFORMATION

Driving Licence

● **Driving Licence:** AM

● **Driving Licence:** B

Publications

● **[The Effects of Small-Sided Games and Behavioral Interventions on the Physical and Motivational Outcomes of Youth Soccer Players](#)**

2022

Pop, RM; **Grosu, VT (Grosu, Vlad Teodor)**; Grosu, EF; Zadic, A; Mata, L; Dobrescu, T., **The Effects of Small-Sided Games and Behavioral Interventions on the Physical and Motivational Outcomes of Youth Soccer Players**

Nov 2022 | *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH* 19 (21), Free Full Text from Publisher more_horiz, 53 References

<https://www.mdpi.com/1660-4601/19/21/14141>

https://0b10q09oe-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full_record/WOS:000883889900001, *Int. J. Environ. Res. Public Health* 2022, 19(21), 14141 <https://doi.org/10.3390/ijerph192114141>, Received: 2 October 2022 / Revised: 22 October 2022 / Accepted: 26 October 2022 /

Published: 29 October 2022 (This article belongs to the Special Issue 2nd Edition: Fitness Assessment, Athlete's Monitoring Cycle and Training Interventions in Team Sports), <https://www-scopus-com.am.e-nformation.ro/results/results.uri?sort=plf-f&src=s&st1=Grosu&st2=Vlad+Teodor&nlo=1&nlr=20&nls>

=count-f&sid=e6eac3903bb7582f4cbd089907024ff5&sot=anl&sdt= aut&sl=39&s=AU-ID%28%22Grosu%2c +Vlad +Teodor%22+ 57214878761 %29&txGid= 58c0a245a7edad5 7dc4410d50836415b

Article• Gold Open Access• Green Open Access, Source type
Journal ISSN 16617827, DOI 10.3390/ijerph192114141
Publisher MDPI, Original language English, PubMed ID 36361017

Differences between Active and Semi-Active Students Regarding the Parameters of Body Composition Using Bioimpedance and Magnetic Bioresonance Technologies.

Badau, D; Badau, A; Trambitas, C; Trambitas-Miron, D; Moraru, R; Stan, AA; Oancea, BM; Turcu, I ; Grosu, EF; **Grosu, VT (Grosu, Vlad Teodor)**; Daina, LG; Daina, CM; Suteu, CL ; Moraru, L., **Differences between Active and Semi-Active Students Regarding the Parameters of Body Composition Using Bioimpedance and Magnetic Bioresonance Technologies**, Aug 2021 | *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH* 18 (15), Free Full Text from Publisher more_horiz, 1 Citation in ISI WEB OF SCIENCE, 89 References, <https://www.mdpi.com/16604601/18/15/7906>

<https://0b10q09oe-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000681876200001>

Int. J. Environ. Res. Public Health 2021, 18(15), 7906; <https://doi.org/10.3390/ijerph18157906>, Received: 1 June 2021 / Revised: 21 July 2021 / Accepted: 22 July 2021 / Published: 26 July 2021, 2 citări in Scopus (This article belongs to the Section Exercise and Health) <https://www-scopus-com.am.e-nformation.ro/results/results.uri?sort=plf-f&src=s&st1=Grosu &st2=Vlad+Teodor&nlo= 1&nlr= 20&nls =count-f&sid=e6eac3903bb7582f4cbd089907024ff5 &sot=anl&sdt= aut&sl=39&s=AU-ID%28%22Grosu%2c +Vlad +Teodor%22+ 57214878761 %29&txGid= 58c0a245a7edad5 7dc4410d50836415b>

The Motor Impact of the Static Balance in the Up Plank Position on Three Different Balls in Physical Activities of Physical Education Students

Dana Badau, Adela Badau, Gabriel Manolache, Mircea Ion Ene, Adriana Neofit, **Vlad Teodor Grosu**, Virgil Tudor, Radu Sasu, Raluca Moraru,* Liviu Moraru, **The Motor Impact of the Static Balance in the Up Plank Position on Three Different Balls in Physical Activities of Physical Education Students**, *Int. J. Environ. Res. Public Health* 2021, 18(4), 2043; <https://doi.org/10.3390/ijerph18042043>

<https://www.mdpi.com/1660-4601/18/4/2043>
<https://0b10q09oe-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full-record/WOS:000623581400001>

<https://www-scopus-com.am.e-nformation.ro/results/results.uri?sort=plf-f&src=s&st1=Grosu&st2=Vlad+Teodor&nlo= 1&nlr= 20&nls =count-f&sid=e6eac3903bb7582f4cbd089907024ff5&sot=anl&sdt= aut&sl= 39&s=AU-ID%28%22Grosu%2c+Vlad+Teodor %22+572 14878761 %29&txGid=58c0a245a 7edad57dc4 410d50836 415b>

<https://www-scopus-com.am.e-nformation.ro/sourceid/144989>

<https://doi.org/10.3390/ijerph18042043>

<https://www.mdpi.com/1660-4601/18/4/2043>

<https://www.semanticscholar.org/paper/The-Motor-Impact-of-the-Static-Balance-in-the-Up-on-Badau-Badau/b2f7caf586e2a3af f1ef06 ed39c3177cec4cd1d4>

<https://www.semanticscholar.org/search>

<https://www.semanticscholar.org/search?q=The%20Motor%20Impact%20of%20the%20Static%20Balance%20in%20the%20Up%20Plank%20Position%20on%20Three%20Different%20Balls%20in%20Physical%20Activities%20of%20Physical%20Education%20Students&sort=relevance>

Effectiveness of Kyphosis Recovery Procedures and Kyphotic Attitudes - Comparison between Kinetotherapy and Ham with Auditiv Feedback, Elearning Challenges And New Horizons, Vol 3

Ordean, MN, **Grosu, VT**, **Effectiveness of Kyphosis Recovery Procedures and Kyphotic Attitudes - Comparison between Kinetotherapy and Ham with Auditiv Feedback**, *Elearning Challenges And New Horizons, Vol 3*

<https://www-webofscience-com/wos/woscc/full-record/WOS:000467471000069>

<https://www-webofscience-com/wos/woscc/summary/c6bf2c0d-b02f-4d1b-b193-96643e997e09-01c3181c/relevance/1>

<https://www.proquest.com/openview/3d38344cc14dddbe9cc8d2298826e7b7/1?pq-origsite=gscholar&cbl=1876338>

<https://www-webofscience-com.am.e-nformation.ro/wos/woscc/summary/66b88d39-dc0e-48e7-9dea-db706aa148fc-00e7dabf /relevance/1>

GENERAL AND HAND-EYES COORDONATION IN MENTAL TRAINING OF ALPINE SKIERS

Vlad Teodor Grosu; Emilia Florina Grosu; Tatiana Dobrescu, **GENERAL AND HAND-EYES COORDONATION IN MENTAL TRAINING OF ALPINE SKIERS**, *eLearning and Software for Education*, 07/2016, Volume 3, ProQuest Advanced Technologies & Aerospace Journals, ProQuest Central (purchase pre-March 2016),

Publisher:"Carol I" National Defence University, Volume:3, Start Page:361 -369, Date :07/2016, Central and Eastern European Online Library, DOI: 10.12753/2066-026X-16-231,

Subjects: Behavior, Psychology, Accuracy, Studies, Motor ability, Skiing, Athletes, Limbă: English

<https://www.ceeol.com/search/article-detail?id=523927>

<https://www.proquest.com/openview/580d877a513aa500db2affaa255bf0db/1?pq-origsite=gscholar&cbl=1876338>

<https://www-webofscience-com.am.e-nformation.ro/wos/woscc/full-record/WOS:000385397100054>

Increasing Self-Confidence in Students from Different Universities through Exercises in Body Technique and Dance Therapy.

Vlad Teodor GROSU, Hanna Imola VARI, Mircea Nicolae ORDEAN, Gheorghe BALINT, Radu Adrian ROZSNYAI, Emilia Florina GROSU, **Increasing Self-Confidence in Students from Different Universities through Exercises in Body Technique and Dance Therapy**, <https://doi.org/10.18662/wlc2021/28>
World Lumen | May 26-30, 2021 | Iasi, Romania, pg 291- 307
<https://proceedings.lumenpublishing.com/ojs/index.php/lumenproceedings/article/view/731>
<https://ideas.repec.org/h/lum/prchap/17-28.html>
<https://www.ceeol.com/search/chapter-detail?id=1027195>
https://www.researchgate.net/publication/357809261_Increasing_Self-Confidence_in_Students_from_Different_Universities_through_Exercises_in_Body_Technique_and_Dance_Therapy

Volunteering

2011 – 2019 Cluj

MOX - Music Outdoor Experience Cofounder Coordinating the entire making of the festival MOX - Music Outdoor Experience
<https://www.burn.com/ro/ro/news/music-outdoor-experience-the-festival-in-the-middle-of-the-woods>
<https://www.monitorulcj.ro/tag-music-outdoor-experience>

30/10/2021 Bobalna, Cluj

Organizing the action of afforestation of Bobâlna (MOX) https://www.facebook.com/events/3795352193900752/?active_tab=discussion

Link https://www.facebook.com/events/3795352193900752/?active_tab=discussion

18/04/2019 Valea Draganului

Organizing the action of afforestation of Baraj Dragan (MOX) <https://www.monitorulcj.ro/actualitate/70438-membrii-mox-si-beard-brothers-au-plantat-pesti-12000-de-puieti-la-valea-draganului>

Link <https://www.monitorulcj.ro/actualitate/70438-membrii-mox-si-beard-brothers-au-plantat-pesti-12000-de-puieti-la-valea-draganului>

2016

Fundraising action organisation for the Wheels for life campaign https://www.facebook.com/beardbrotherscluj/posts/1149580368541284?ref=embed_post
https://www.facebook.com/events/iulius-parc-cluj-napoca/the-fundraising-by-mox-beard-brothers/1226413344160348/?locale=bg_BG

Hobbies and interests

Cofounder of Music Outdoor Experience Festival (MOX) Cofounder and coordinator of the Music Outdoor Experience Festival, in charge of coordinating the logistics area

Traveling Traveling around the world to see the most beautiful places in the world