

Europass Curriculum Vitae



Personal information

Surname(s) / First name(s)

ARDELEAN VIOREL PETRU

Address(es)

STR. ADY ENDRE, NR. 80, LOC. ARAD, COD 310228

Telephone(s)

+40 257287235

Mobile: +40 744648860

+40 743107182

Fax(es)

E-mail

viorel.ardelean@uav.ro; viorelpetruardelean@yahoo.com

Nationality

Romanian

Date of birth

21.11.1977, INEU, JUD. ARAD

Gender

male

Employer / Occupational field

„Aurel Vlaicu” University of Arad / Higher education

Work experience

Dates

01.10.2001 – 01.02.2004;

01.10.2004 – 2013;

from 2010

Occupation or position held

Preparatory teacher

Asistant lecturer

Phd candidate at Pitesti University

Main activities and responsibilities

Holder for the subjects: Optimizing physical condition, Tourism and Orientation, Table tennis, Combat (LP); Practice and methods of motric activities driving by age groups (semin.); Volleyball (LP); Also I teach physical education at: Faculty of Local police and other faculties from “Aurel Vlaicu” University (like: engenierring, psychology, economic sciences, etc);

Name and address of employer

„Aurel Vlaicu” University of Arad, ARAD, B-dul Revoluției nr. 77

Type of business or sector

Didactics and Research - Teaching / Education

Education and training

Dates

1) 1992 – 1996

2) 1997 – 2001

3) 2004 – 2006

Title of qualification awarded

1) High school diploma - finished wood products operator (Department of Sculpture);

2) Bachelor of Physical Education and Sport (Head of Class) / Coach categ. III Bodybuilding&Fitness

3) Masters Diploma – Sports Management

Principal subjects/occupational skills covered

1) History, Physics, Geography, Mathematics, Romanian language, Technology, Processing Wood, Machine, Sculpture, Drawings, etc / Certified wood carving;

2) Anatomy, Biomechanics, Physiology, Biochemistry, Psychology, Pedagogy, Theory of PES, Theory of Sports, Gymnastics, Athletics, Sports Games, etc / PES Teacher with specialization in bodybuilding - fitness;

3) Sports Management, Marketing, Legislation and funding in sports, Organizing sports events, Sports grounds administration, Public relations, etc

Name and type of organisation providing education and training

1) Forestry School Arad;

2) "Babes-Bolyai" University of Cluj-Napoca / bachelor P.E.S. (studies at U.V.V.G. Arad);

3) West University of Timisoara / Faculty of Economic sciences

Personal skills and competences

Mother tongue(s) Romanian language

Other language(s)

Self-assessment

European level (*)

English Language

French Language

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
	B2		B1		B2		B2		B1
	A1		A2		A1		A1		A2

(*) Common European Framework of Reference for Languages

Social skills and competences

* Communication skills and relationing both with colleagues and with students because of teacher activity they perform; * threads empathetic, sociable with a strong team spirit and selfless * desire to improve communication climate and relationships among the academic community and beyond * the work they carry out, trying to awaken among students and people love and interest in movement, exercise and sport, highlighting their beneficial role in preventing disease and maintaining physical and mental health.

Organisational skills and competences

* Active participation in organizing and coordinating university sports competitions and other related activities among students, pupils and teachers;
 * Organizational skills developed because of related activities (part time job);
 * I possess transportation coordinator certificate from a voyage in 2003, ARR;
 * I possess inspection certificate in health and safety at work;
 * Responsible and organizer (like Move Agent) in county local events, Arad, titled "Move your body and back to school" and "Orienteering contest" in European project "Move Week" under the slogan "Now we move", in period 7 – 13.10.2013.
 * Responsible and organizer (like Move Agent) in county local events, Arad, titled "Suppleness health, art through physical self-defense", in European project "Move Week" under the slogan "Now we move", in 3.10.2014.
 * Member in the local county team from Arad, for organizing the event "European Researchers Night 2014" in the project "Researchers four humanity", Arad, 26/09/2014.
 * Lecturer in the project: "Green house – Man and nature – outdoor survival techniques", sustained in Moneasa, 06-19.10.2014, in the Cross Border Cooperation programe Romania – Hungary, 2007-2013.

Technical skills and competences

* Knowledge of equipment, and maintenance and proper use of equipment in the sports halls, especially in the gym and generally are strictly necessary to safely perform activities * Using modern teaching resources - laptop, projector, overhead projector, interactive whiteboard, TV, as well as office equipment - fax, photocopier, printer, scanner, * ability to use hand tools for woodworking and wood carving; * ability to use the foto and video camera at a medium level, etc.

Computer skills and competences

* Medium knowledge about PC / laptop (Office - Windows, Excel, Power point, Internet, and other programs (software), specific instruments used into research laboratory of physical activity, etc.)

Other skills and competences

- * Member of E.C.S.S. (European College of Sport Science);
- * Member of B.A.S.E.S. (British Association of Sport and Exercise Sciences);
- * Member of the "Council of Sport Science in Romania";
- * Member of SSHEUSR (Soc. of Science Human Excel. and Univ. Sport Rom.)
- * Research Assistant at Nat. Inst.of Res. in Sports (voluntary);
- * Member of the "County Association of Teachers of Physical Education and Sport";
- * Member of the Board of curriculum and academic qualifications of the PES of U.A.V. ;
- * Member of the accreditation commission shall compile PES, for ARACIS verification;
- * Member of the Commission. the preparation and checks. curricula of the Faculty;
- * Secretary of the Commission for admission to FEFS; * Member of the electoral office of FEFS;
- * Secretary of the license comision PES;
- * Editor of the Faculty journal - "Arena - The Journal of Physical Activities," ISSN-L 2285 – 830X (print), ISSN 2392 – 8026 (on-line),
- * Collaborating with the hiking association "Condor Club" Arad;
- * Volunteer in the association "Volunteers Mures Floodplain" Arad;
- * Participation in scientific papers at national and international conferences organized by the UAV , C.S.S., I.N.C.S., A.J.P.E.F.S., etc.;
- * I subscribed to electronic journals "Human Kinetics", "European journal of sport science" and "Peak Performance";
- * I practiced judo and football in performance. Now I practice ju-jitsu at SC "Seishi Budo" Arad;
- * Occasional I practice skiing, tennis, soccer, swimming, volleyball, and other sports.
- * Participation Diploma ju jitsu technical traineeship - September. , 2010.
- * Graduation Diploma course "scientific authority" under the "Ph.D. in schools of excellence" - Pitesti, February. , 2011;
- * Diploma of participation in martial arts festival "Ki Shin Ryu", supported by Soke Kozo Kuniba, and Shike Giscomo S. Bertolletti, - Arad - Nov. , 2011;
- * Graduation Certificate intensive security training, self defense and protection, organized by WASI Sport - Moneasa Sept. 2012,
- * Graduation Diploma technical training mixed martial arts - Timisoara, oct. 2012;
- * Diploma of excellence at "National Universities Judo Championship", at "Lucian Blaga" University Sibiu, Edition 44, May 17, 2013, Sibiu;
- * Diploma of participation in International Technical Traineeship, traditional ju-jitsu (with masters: O-Sensei Alexey Kunin-US shihan Ionel bar-RO), Arad, in October., 2013;
- * Diploma of participation in the national project "Sport against drugs" organized. by the Association of fight against drugs, Min. of Nat. Educ., Min. of Young and sport; April. 2013;
- * Graduation Certificate "Training and awareness program to ensure quality in distance learning" POSDRU project organized by Spiru Haret University, November 2013.
- * Second place in "Martial Arts" category, at the European Karate Championship, edition XX, in Arad, 27/09/2014.
- * Diploma issued by the C.S.I. Arad for contribution in the organizing commission of the national stage " Theoretical sports preparing Olympiad " 2014.

Driving licence

Category: B

Hobby

Music, dancing, reading, movies, hiking, shooting, skiing, tennis, table tennis, swimming, martial arts, etc

References

- Prof. Dr. Pierre Joseph de Hillerin - Director of National Instit. for Sport Research and professor at the University of Pitesti;
- Prof. Dr. Ioan Galea – Dean at Faculty of Physical Education and Sport - UAV Arad
- Prof. Dr. Virgil Alexandru Voicu - "Babes Bolyai" University of Cluj Napoca
- Assoc. prof. univ. Dr. Adrian Nagel - Dean FEFS - West University of Timisoara

Additional information

Elaboration course support:

1. **"Practical guidance of Tourism and orientation practiced in Moneasa resort"** - ISBN: 978-973-752-438-6 / 2009, Publishing House Aurel Vlaicu Univ.;
2. **"Methodical and practical guide. Table tennis "** - ISBN: 978-973-752-436-2 / 2009 Publishing House Aurel Vlaicu Univ. ;
3. **"Methodology of research in physical education and sport: synthesis and applications"** - ISBN: 978-973-752-451-5 / 2010 - I. Galea, co. - Ardelean V. P., Istvan G., Publishing House Aurel Vlaicu Univ., Arad, 2010, 144 pp.
4. **"Technical and tactical preparing. Notions about regulation in judo and bodybuilding "** - course guide for sports instructors, CD, for learners use, Arad, 2011;
5. **"Notionns regarding Physical condition optimization "** - course support on CD for students use, Arad, 2010;
6. **"Basketball"** - ISBN: 978-973-752-578-9 / 2011 - Galea I., Co.: Istvan G. Ardelean VP, Publishing House Aurel Vlaicu Univ., Arad, 2011;
7. **"Volleyball - learning methodology"** - practical textbook for students, on CD, Arad, 2012;
8. **" Practical and methodic motric activities by age groups "** - seminar works - Power point presentation, Arad, 2013.
9. **"Methodical support for combat disciplines "** - seminar and LP works, on CD, Arad, 2013;
10. **"Leisure activities"** - seminar works - PowerPoint presentation, Arad, 2014.

Participation in national and international conferences, published articles:

1. **Ardelean V.P.**, 2004, "The relationship between psychosocial work driving physics and human development" - Olympia Review, no. 6 / Febr. 2004, ISSN: 1454-9751, pp. 28-34, Edited by Teachers of PES Assoc., from Arad county;
2. **Ardelean V.P.**, 2005, "Psychomotricity and its role in the sports training" - supported and published in volume International Scientific Conference, Fourteenth Edition "Peak athletic performance - between hypothesis and confirmation", organized by the COSR and I.N.C.S. under Ministry of Education, Nat. Agency for. Sport and C.O.S.R. - Bucharest, October 2005 (pp. 15-20);
3. **Ardelean V.P.**, 2005, "Elements of legislation and funding physical education and sport in our country" - held at the National Scientific Session, Third ed.: "Physical Education and Sports School: Present and Perspectives", organized by: Teachers of PES Assoc. from Arad county, ISJ , Sport for all Assoc. - Moneasa, November 2005;
4. **Ardelean V.P.**, 2006, " Leadership of sport groups - management skills and communication styles" - supported international scientific session, ed. Fourth: "Physical Education and Sports School: Present and Perspectives", organized by: Teachers of PES Assoc. from Arad county, DJTS , Sport for all Assoc. - Moneasa, October 2006, published in "Olympia", No. 11 / May, 2007 - ISSN 1454-9751 (page 37- 42);
5. **Ardelean V.P.**, 2008, "Elements of criminal Civic Responsibility and Their interference with sport" held at the International Symposium "Reasearch and Education in Innovation era" - ISSN 2065-2569, ed. II organized by the Aurel Vlaicu University - November 2008 (pp. 631-639);
6. **Ardelean V.P.**, 2009, "The opportunity to use specific methods from Weider System of Bodybuilding in the other sports physical training" held at the International Scientific Conference "Physical education and sport in Romania - Present and innovation-" - ISSN 1842-4678, organized The INCS, CSSR and Univ. from Oradea - 29 to 30 October 2009 (page 43, 50.)
7. **Ardelean V.P.**, 2010, "General concepts relating to selection in bodybuilding", held at the International Symposium "Reasearch and Education in Innovation era" - ISSN 2065-2569, Third edition, organized by the Aurel Vlaicu University - November 2010 (pp. 397-404).
8. **Ardelean V.P.**, 2011, „Efficient ways to improve physical training through applying the segmented effort method" held at the international conference "Physical Education, Sports and Health" - ISSN 1453 - 1194, no. 15 (1/2011), organized by the University of Pitesti, PES Faculty - November 2011 (pag.959-963).
9. **Ardelean V.P.**, 2012, "Individual Variability and invariants in cinematic expression of the technical elements of martial arts kata" , competition held in the research project "Olympics for young PhD students" - Brasov, 09.03.2012;
10. **Ardelean VP**, Milovan P., 2012, "Involvement, commitment, development - a life dedicated to an ideal" - held at the National Conference of Martial Arts, Third edition, Cluj - Napoca, in November. 2012 (<http://conferinta.enryo.ro/lucrari2012.htm>);
11. **Ardelean V.P.**, 2012 , "Study regarding Importance, role and forms of martial arts practice in Arad district" - Presented at International Symposium "Research and Education in Innovation era", 4-th Edition, 2012 and published in the journal "Arena - Journal of Physical Activities", no. 1/2012 - ISSN 2285 - 830X;

12. **Ardelean V.P.**, 2012 , "Study regarding the Influence of movement variability on the execution of kata exercises from martial arts" - Presented at 5-th International Conference "Physical Education Sport and Health", Pitesti, in November. 2012, ISSN: 1453-1194;
13. **Ardelean V.P.**, 2013, "*Tendencies in physical activity in the European Union, study case – European Campaign "Move week" in Arad – Romania*" - published in the journal „Arena – Journal of Physical Activities”, nr. 2/2013 - ISSN 2285 – 830X, Editura Universitatii Aurel Vlaicu Arad, (pag. 72-80) ;
14. **Ardelean V.P.**, Galea I., 2013, "Study regarding the importance of manifestation forms of speed in intermediate selection in judo" - presented at 6-th International conference „Physical Education Sport and Health”, Pitesti, nov. 2013, published in : „Scientific report Physical Education and Sport”, vol. 17, ISSN: 1453-1194 (pag. 154-158);
15. **Ardelean V.P.**, 2014, Research Report no. I: "The theoretical substantiation of the research project" under the research thesis entitled: "Individual variability and invariants in kinematic expression of some kata technical elements from martial arts "(paper presented and unpublished), University of Pitesti.
16. **Ardelean V.P.**, 2014, Research Report no. II: "Preliminary study on the possibility of investigating the kinematic characteristics in martial arts", under the research thesis entitled: "Individual variability and invariants in kinematic expression of some kata technical elements from martial arts "(paper presented and unpublished), University of Pitesti.
17. **Ardelean V.P.**, 2014, Research Report no. III: "Making experimental part, testing, processing, interpretation", under the research thesis entitled: "Individual variability and invariants in kinematic expression of some kata technical elements from martial arts "(paper presented and unpublished), University of Pitesti.
18. Galea I., **Ardelean V.P.**, Popa L., 2014, „*Specific training effects on speed forms in judo*” , presented in Proceedings of The 5-th International Scientific Conference „Achievements and prospects in the field of physical education and sports within the interdisciplinary European education system”, nr. 4/2014, Bacau, Romania, 21-22.11.2014, ISSN: 2069-2269, p. 53;
19. **Ardelean V.P.**, de Hillerin P. J., Bidiugan R., 2014, "*Study on the possibility of highlighting invariants of motion in martial arts kata exercises*" - Presented at International Symposium "Research and Education in Innovation era", 5-th Edition, 2014 and published in "Arena - Journal of Physical Activities", no. 3/2014, pp. 87-97, ISSN 2285 - 830X, (indexed in: DOAJ, EBSCO, Index Copernicus, SCIOPI, World Cat, GIGA Information Center, GFMER, Google Academic);

Annexes

List any items attached. (Remove heading if not relevant, see instructions)