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## Europass Curriculum Vitae

### Personal information

First name(s) / Surname(s) **POPA LUCIAN**  
Address(es) **ARAD, ALEEA ULISE NR.9, BLOC Y 13, SC. B, APT. 15, ARAD, COD 310422, ROMÂNIA**  
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E-mail **lucica\_pp@yahoo.com**  
  
Nationality **Romanian**  
  
Date of birth **12 AUGUST 1956, CLUJ-NAPOCA, CLUJ COUNTY**  
  
Gender **Male**

**Desired employment / Occupational field** (remove if not relevant, see instructions)

### Work experience

Dates **01.09 1979-15.06.1980**  
Occupation or position held **Teacher**  
Main activities and responsibilities **Education**  
Name and address of employer **Sports High School Gheorghe - Gheorghiu - Dej**  
Type of business or sector **Preparing the women's team artistic gymnastics category "Little gymnast"**

### Education and training

Dates **01.09.1980-30.09.1998**  
Title of qualification awarded  
Principal subjects/occupational skills covered  
Name and type of organisation providing education and training **Arad School Sports Club**  
Level in national or international classification **Team preparation class IV and III**

### Personal skills and competences

Mother tongue(s)	Romanian						
Other language(s)	English						
Self-assessment	Understanding		Speaking				Writing
<i>European level (*)</i>	Listening	Reading	Spoken interaction		Spoken production		
<b>English Language</b>	B1	B2	B1		B2		
<b>French Language</b>	B2	B1	B1		B2		

(\*) [Common European Framework of Reference for Languages](#)

Social skills and competences	<ul style="list-style-type: none"> <li>- President Gymnastic Association Arad County</li> <li>- Gymnastics Coach Emeritus</li> <li>- Patent REFEREE International Gymnastics, Olympic cycle from 1988 - present</li> </ul>
Organisational skills and competences	<ul style="list-style-type: none"> <li>- Skills in organizing sports competitions and contests: gymnastics, swimming</li> <li>- Organizing and conducting competitions in football, basketball, handball, volleyball</li> </ul>
Technical skills and competences	<ul style="list-style-type: none"> <li>- Necessary educational use of teaching and learning - video projector, overhead projector, video - recording - the TV, flipchart</li> <li>- Use media - telephone, cell phone, fax</li> <li>- Use of multiplication - photocopier</li> </ul>
Computer skills and competences	<ul style="list-style-type: none"> <li>- Computer with appropriate software (Office software under Windows, accessing educational software, antivirus, Web browsing) and its peripherals (printer, etc.).</li> </ul>
Artistic skills and competences	<ul style="list-style-type: none"> <li>- Artistic gymnastics coach male and female</li> </ul>
Other skills and competences	<p>Graduate of "Babes - Bolyai" University of Cluj-Napoca, Faculty of Physical Education and Sport, Masters in Public Administration from the University "A. Vlaicu "Arad, Ph.D. National Academy of Physical Education and Sport in Bucharest.</p> <p>I worked between 1979-1998 in the School Sports Club Arad, Department gymnastics athlete selected and prepared by me, Lericri Cristian achieving outstanding results as global vice academic title, Fukuoka Japan 1995 World Championships bronze medalist 1995 - Saba Japan and ninth place at the Olympics in Atlanta 1996, European vice Prague 1992, international champion of Romania from 1993 to 1996 etc..</p> <p>We expertise in organizing contests and competitions in the following sports: gymnastics, swimming.</p> <p>I am president Gymnastics Association Arad County. Gymnastics Coach Emeritus. REFEREE patent International Gymnastics, Olympic cycle from 1988 - present.</p>
Driving licence	A and B

**Additional information**

Conf. Dr. John Galea - Dean of the Faculty of Physical Education and Sport Aurel Vlaicu University, Arad;  
Prof. Dr. Gregory VASILICA - Dean of the National Academy of Physical Education and Sport, Bucharest;  
Prof. Dr. Bac Octavian - Dean of the Faculty of Physical Education and Sports University of Oradea;

**PAPERS**

1. Algorithmic training of 4th grade gymnasts;
2. Algorithmic programming of „TZUKAHARA” vault stretched with 2 ½ turn (720 degrees);
3. Selection in men artistic gymnastics – specific evaluation tests;
4. Methodology and techniques of action in teaching „TKACEV” on high bar;
5. Teaching the „DIAMIDOV-HEALY” swing on parallel bars;
6. Algorithmic programming of „GIENGER” release on high bar;
7. Some influences on bodily development of Aurel Vlaicu University women students: a mixed training gymnastics-sports games- aerobics;
8. Modern training in men artistic gymnastics;
9. Selection – characteristics and particularities in men artistic gymnastics;
10. Methodology for guiding and selection the kids for men artistic gymnastics;
11. Effort particularities for beginners in men artistic gymnastics;
12. A study guide for little gymnasts’ joint mobility development;
13. A study concerning the technical training in high performance of the men artistic gymnastics;
14. Coordination development at junior artistic gymnasts, level 1 and 2;
15. Methodology sheet: from, structure and function;
16. Modelling technical training in high-performance men's artistic gymnastics
17. Aspects of descent methods and biomechanical by triple jump back to bar fixed male gymnastics;
18. Develop motor skills in physical education lesson using state of Basketball;
19. Effort gymnastics male characteristic - junior class IV level 1 and 2;
20. Dynamics specific effort in the preparation of children in artistic gymnastics men
21. Effects of training on specific forms of manifestation of judo speed

**BOOK PUBLISHED**

1. Acrobatic gymnastics and jumping in classes

**THESIS TITLE**

1. Some aspects concerning selection and effort dynamics for beginners (6-8 years) in men artistic gymnastics