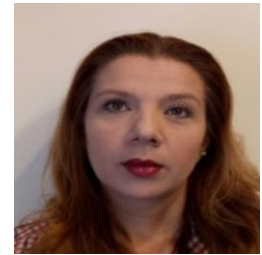


PERSONAL
INFORMATION**Alina Cristina Rusu**

📍 Eroilor no.368, 407280 Floresti (Romania)

☎ +40 264 401653

✉ alina.rusu74@gmail.com



WORK EXPERIENCE

- 2000–2007 University assistant of Physical Education and Sport - Specialization volleyball Technical University of Cluj-Napoca, Cluj-Napoca (Romania)**
- Course - Physical education I and II , Physical Education and Sport I and II , Sport I and II , practical activities with students and student leadership in sport competitions
- Teaching and technical guidance teams in competitions
- Physical education teacher , specializing in volleyball Volleyball Coach; Responsible course swimming in 2000 -2008
- Responsible course of aerobics with UTCN students
- The management team 's Volleyball Tournament UTCN International Student Sports - LISST the town of Leuven , Belgium.
- 2007-2017 Lecturer Ph.D.University of Physical Education and Sport - Specialization volleyball, Technical University of Cluj-Napoca, Cluj-Napoca (Romania)**
- Course - Physical education I and II , Physical Education and Sport I and II , Sport I and II , practical activities with students and student leadership in sport competitions
- Men's volleyball team management 's UTCN the University - Bacau - 2013-2015 .
- The management team 's Volleyball European Championship UTCN University , Camerino , Italy , in 2015 . Practical activities with students the years I and II of all faculties of the university. Participation in scientific conferences and congresses , reports . Participation in the university entrance exams .
- Leading teams in domestic competitions .
- Responsible for discipline.
- Responsible course of aerobics with UTCN students
- 2017-present Associate Professor Doctor of Physical Education and Sports - Volleyball Specialization Technical University of Cluj-Napoca, Cluj-Napoca (Romania)**
- Responsible for discipline.
- Responsible course of aerobics and fitness with UTCN students
- 15/08/2015–17/08/2015 Invited Lecturer in the international Workshop "Social integration through sport, recreation and animation"**
- Asociation "Sportul pentru toti", Brasov (Romania), 2015.
- 20/10/2014–24/10/2014 Teaching assignment**
- Karabuk University, Karabuk (Turkey) teaching assignment of 10 (ten) hours at Hasan Dogan School of Physical Education and Sports in the academic year 2014 – 2015.

- 2007- present** University lecturer of Physical Education and Sport - Specialization volleyball. Technical University of Cluj-Napoca, Cluj-Napoca (Romania)
 Course - Physical education I and II , Physical Education and Sport I and II , Sport I and II , practical activities with students and student leadership in sport competitions
 Teaching and technical guidance teams in competitions
 Training , support and guidance of pupils and students in cycles of training and competitions in which I participated
- 2000-2007** University assistant of Physical Education and Sport - Specialization volleyball. Technical University of Cluj-Napoca, Cluj-Napoca (Romania)
 Course - Physical education I and II , Physical Education and Sport I and II , Sport I and II , practical activities with students and student leadership in sport competitions
 Teaching and technical guidance teams in competitions
 Physical education teacher, specializing in volleyball Volleyball Coach; Responsible course swimming in 2000 -2008
 Responsible course of aerobics with UTCN students
 The management team 's Volleyball Tournament UTCN International Student Sports - LISST the town of Leuven , Belgium.
- 1998–2000** **Professor of Physical education and sport - volleyball Specialization**
 School Sports Club " Viitorul " , Cluj- Napoca (Romania)
 Teaching and technical guidance teams in competitions.
 Physical education teacher , specializing in volleyball Volleyball Coach ;
- 1994–1998** **Professor of Physical education and sport - volleyball Specialization**
 General School no. 10, Cluj-Napoca (Romania)
 Teaching and technical guidance teams in competitions
 Physical education teacher , specializing in volleyball Volleyball Coach

EDUCATION AND TRAINING

- 2006–2010** **Ph D in Sociology**
 "Babes Bolyai" University, Faculty of Sociology, Cluj-Napoca (Romania)
- 2004-2004** **Development course**
 „Course de la Journee Olimpique” –Bucharest
- 2005-2005** **Development course**
 „Course de la Journee Olimpique” –Bucharest
- 1998–1998** **Obtaining degree in education with the average 9.75**
 TEACHER TRAINING DEPARTMENT "Babes Bolyai " University, Cluj-Napoca (Romania)
- 2007–2007** **Specialization course for aerobics**
 Cluj-Napoca (Romania)

1992–1996 **Bachelor Degree in Physical Education and Sport**
 "Babes Bolyai " University, Faculty of Physical Education and Sport , Volleyball Department,, Cluj-Napoca (Romania)

1992–1996 High School " Nicolae Bălcescu", Cluj-Napoca (Romania)

PERSONAL SKILLS

Mother tongue(s) Romanian

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B1	B1	B1	B1	B1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
Common European Framework of Reference for Languages

Communication skills - excellent contact skills with children gained through my experience as a teacher
 - patient
 - understanding

Organisational / managerial skills -Training , support and guidance of pupils and students in cycles of training and competitions in which I participated .
 Leadership of UTCN Volleyball Team at the International Sports Student Tournament - LISST from Leuven-Belgium, between 2003-2008.
 3rd Place at the Men's Volleyball Final Event, Bacau 2014.
 2nd Place at the Men's Volleyball Final Event, Bacau , 2015.
 2nd Place at the Men's Volleyball Final Event, Bacau, 2016.
 4th Place at the Final Event of Male University Beach Volleyball-Alba-Iulia, 2016.
 Participation in the European Men's Volleyball Championships, Camerino, Italy, 2015.
 3rd Place at the Final Table Tennis , 2017, Craiova.

Job-related skills - Physical education teacher , specializing in volleyball Volleyball Coach ;
 - Responsible course of aerobics with students UTCN
 - Member of the Romanian Olympic Academy .
 - Publishing activity - articles, books and publishing in prestigious journals .
 - Sports director at the AQUA01 sports Club Cluj-Napoca

Digital competence

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Independent user	Independent user	Independent user	Independent user

Digital competences - Self-assessment grid

Driving licence B

ADDITIONAL INFORMATION

Publications

1. Dumitrescu D., Alina Dumitrescu(cas.RUSU) – “Aspects of the methodology to improve physical education lessons in secondary education " in Olympic Magazine No. 5 / year II , published by the Romanian Institute for Research on American- Romanian Academy , 1996 Mannheim , Germany.
2. Alina Dumitrescu (cas.RUSU) - " Educating aesthetic attire in schools and families " in Olympic Magazine No.8 / Year III , Publishing. Romanian Institute for Research on American- Romanian Academy , 1998 Mannheim , Germany.
3. Fesnic I., Alina Dumitrescu (cas.RUSU) - "Developing harmonious correct posture in school and family II " in notebook Documentary no. 1/1997 Iași edited by the Romanian Institute for Research on American- Romanian Academy , Department of Olympism and Sport Science Mannheim , Germany .
4. Dumitrescu , M. Rusu , A. , (2006) , " Physical Culture for Youth " (cours) , Publishing.U.T.PRES , Cluj -Napoca . ISBN (10) 973-662-285-1 . ISBN (13) 978-973-662-285-4 .
5. Dumitrescu Marin , Alina Rusu Mihai Olanescu (2007) , physical education for students in UTCN " Publishing.U.T.PRES , Cluj -Napoca . ISBN 978-973-662-348-6 .
6. Alina Rusu , Marin Dumitrescu , (2008) "Sport in relation to physical and emotional health , " presented at the International Conference of Physical Activity and Sport Sciences - Contemporary paradigms of Sport Science, Cluj -Napoca . ISBN 978-973-751-926-9
7. Marin Dumitrescu , Alina Rusu, (2008) " Violence in sport between deviant behavior and compliance to rules , " presented at the International Conference of Physical Activity and Sport Sciences - Contemporary paradigms of Sport Science, Cluj -Napoca . ISBN 978-973-751-926-9
8. Alina Rusu, (2012) " Socialization through sport " , presented at the International Scientific Conference - Present and perspectives of physical education and sport within the quality of life Bucharest. <http://www.conferintaefs.pub.ro/Texte/Volum%20Conferinta%20UPB%202012.pdf> (p 108)
9. Grosu Emilia-Florina, GROSU Vlad - Teodor, Rusu Alina Cristina, Neuro - Linguistic Programming Tehniques (NLP) able to optimize Cognitive Behavior, EBSCO, <http://www.ammjournal.ro/index.php/AMM> , Acta Medica Marisiensis, volume 59, supplement 2, 2013, ISSN (ONLINE): 2247-6113 ISSN (PRINT): 2068-3324, 2013, P.7-7.
10. Emilia Grosu - Florina , Cristina Alina Rusu , Vlad GROSU - Theodore, Use programming techniques in neuro -lingvistice sport training , Sportmedizin , Journals . IndexCopernicus , Ebsco , MedicaSport , <http://www.zeitschrift-sportmedizin.de> ; <http://journals.indexcopernicus.com/Palestrica+Mileniului+III+-+Civilizatie+si+Sport,p1929,3.html> , <http://ebsohost.com/titleLists/a9h-journals.htm> , www.medicasport.ro , Palestrica Millennium III civilization and Sport, volume summaries, pISSN 1582-1943 ; eISSN 2247-7322 , ISSN 1582-1943 L ; Vol 14/2013 Suppl.No.1 , 2013 P.17-17 .
11. Rusu Alina Cristina, Grosu Emilia-Florina, GROSU Vlad - Teodor, Neurolinguistic Programming Tehniques in Sports training for Enhancing Performance Capacity , Ebsco; Academic Search Complete, USA; Index Copernicus; Journal Master List, Poland; DOAJ, Sweden. , <http://pm3.ro/pdf/53/RO/14%20-%20grosu%20212-218.pdf> , Palestrica of the Third Millenium - Civilization and Sport , vol.14, no.3, July - september , 2013, P.212-218.
12. Grosu Emilia-Florina, GROSU Vlad - Teodor, Rusu Alina Cristina, Neuro-Linguistic Programming Tehniques (NLP) Able to Optimize Cognitive Behavior , ICHMS 2013 First Inbternational Scientific Conference INTROSPECTIVE CONNECTION ON HUMAN MOVEMENT SCIENCES, University of Medicine and Pharmacy of Targu - Mures, Editor: Department of Human Mouvement SCIences , Faculty of Medicine, ISSN -L 2068 - 3324, ISSN 2068-3324, EBSCO, 2013, P. 7-7.
13. Grosu Emilia-Florina, Grosu Vlad-Teodor, Motica Florin Constantin, Rusu Alina Cristina, Monea Dan, "Specific aspects of attention and emotional distress in athletes 11-15 years in judo and alpine skiing, 7th International Conference Education for Health and Performance, December 5th, Cluj – Napoca, <http://sport.ubbcluj.ro/Conferinta%20FEFS%202014/ro/html/program.html>, Editor: Studia, 1224-1652, Ebsco, SportDiscuss, 2014, p. 41-47
14. Rusu Alina, Covaciu Florin, "Study on sport as a factor in maintaining the health,,, Anual Internaciona Conference: Psihical education, sport and health, Pitesti, noiembrie, 2014, Romania, ISSN 1453-1194 Vol. 18 (1/2014),

http://www.sportconference.ro/index.php?option=com_content&view=article&id=75&Itemid=44 .

15. Marin Dumitrescu , Alina Rusu , "Gymnastics daily - Essential factor of the time evolution of humanity " vol.I , Collection " Loisir through gymnastic exercises ,, . GMI Publishing , Cluj -Napoca , 2014 ISBN 978-973-1776-55- 2.

16. Dumitrescu Marin, Alina Rusu, " Means for Loisir in Gymnastics "vol. II, Collection" Loisir by Gymnastics ". GMI Publishing , Cluj-Napoca, 2014, ISBN 978-973-1776-56-9.

17. Alina Rusu PhD, Lecturer at Technical University of Cluj- Napoca - Sports As A Way Of socializing , published in the volume : Social Research: Theory and Practice (vol.2015) , Publish Prouniversitaria , Bucharest, 2015 , ISBN 978-606-26 -0319-9 .

18. Dan Ionescu , Alina Rusu , The Importance of intelligence in sport activities , published in the volume : Social Research: Theory and Practice (vol.2015) , Publish Prouniversitaria , Bucharest, 2015 , ISBN 978-606-26-0319-9 .

19. Moraru Cristina, Rusu Alina "Learning Strategies for the contents of rhythmic gymnastics in school", International Conference in Physical Education, Sport and Physical Therapy, noiembrie 2015. ISSN 1582-2168, http://journals.indexcopernicus.com/issue.php?id=3636&id_issue=885339

20. RUSU,ALINA CRISTINA Socialization through sport of students: case study, Cluj-Napoca : Publish U.T. Press, 2016 ISBN 978-606-737-151-2

21. RUSU, ALINA CRISTINA Table sport, a means of socializing students Cluj-Napoca : Publish U.T. Press, 2016 ISBN 978-606-737-150-5

22. Rusu Alina, (2017) "Integration in group as a social dimension", Studia Educatio Artis Gymnasticae, Vol.63 (LXIII), 2017, Issue:3.

EBSCO – EBSCOhost Online Research Databases [2009]

<http://www.ebscohost.com/titleLists/e5h-coverage.html>Index Copernicus - IC Journal Master List (2012)

<http://jml2012.indexcopernicus.com/Studia+Universitatis+Babes-Bolyai+Educatio+Artis+Gymnasticae,p5501,3.html>

<http://jml2012.indexcopernicus.com/masterlist.php?q=1453-4223> ProQuest - Serials Solutions - Ulrich's [Ulrich's Periodicals Directory (1998); ULRICH'S (TM) Serials (2007); since 2007 Ulrich's becomes a part of Serials Solutions in the ProQuest family]

<http://ulrichsweb.serialssolutions.com/>

23. Rusu Alina, (2017) " Trends regarding the role of the setter in volleyball", Studia Educatio Artis Gymnasticae, Vol.63 (LXIII), 2017, Issue: 4

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<http://www.ebscohost.com/titleLists/e5h-coverage.html>Index Copernicus - IC Journal Master List (2012)

<http://jml2012.indexcopernicus.com/Studia+Universitatis+Babes-Bolyai+Educatio+Artis+Gymnasticae,p5501,3.html>

<http://jml2012.indexcopernicus.com/masterlist.php?q=1453-4223> ProQuest - Serials Solutions - Ulrich's [Ulrich's Periodicals Directory (1998); ULRICH'S (TM) Serials (2007); since 2007 Ulrich's becomes a part of Serials Solutions in the ProQuest family]

<http://ulrichsweb.serialssolutions.com/>

Ph. D. RUSU ALINA CRISTINA