Nr. 150/26.10.2020

Cererea de înscriere la concurs

[*Nr. înregistrare*]

DOMNULE DECAN,

Subsemnatul(a) Grosu Vlad Teodor, angajat/ă în funcţia de lect. dr. la Facultatea Autovehicule rutiere, mecatronică și Mecanică, vă rog să binevoiţi a-mi aproba înscrierea la concursul pentru obținerea gradației de merit, organizat în anul universitar 2020-2021.

Data,

25. 10.2020

Semnătura

.....

lect.dr. GROSU Vlad Teodor

Anexa 2

Apreciere sintetica asupra activitatii desfasurate in ultimii 3 ani

SECTIUNEA 1 Realizari raportate in Sistemul Integrat de Evaluare a Activitatilor Didactice, Cercetare si Management (SIMAC)	Punctaj declarat	Punctaj acordat
a) Punctajul total realizat în anul k-1 de raportare in SIMAC: total echivalent A (1A = 10)	9	
b) Punctajul total realizat în anul k-2 de raportare in SIMAC: total echivalent A (1A = 10)	3	
c) Punctajul total realizat în anul k-3 de raportare in SIMAC: total echivalent A (1A = 10)	3	
TOTAL SECŢIUNEA 1	**15,38**	**0,00**
La aceasta sectiune este obligatoriu un minim cumulat pe cei 3 ani de puncte dupa cum urmeaza: profesor: 36 puncte; conferentiar: 21 puncte; sef lucrari: 15 puncte; asistent: 4,5 puncte.		
SECTIUNEA 2 **Alte realizari in planul activitatii didactice (care nu sunt incluse in sistemul integrat de evaluare SIMAC)**	Punctaj declarat	Punctaj acordat
a) Discipline noi asimilate, corelate cu standardele naţionale introduse în planul de învăţământ.		
b) Profesor invitat pentru activitati didactice la universităţi din ţară/ străinătate.		
c) Organizarea unor activităţi cu studenţii (practică în ţară/ străinătate, cursuri de vară, etc.).		
d) Dezvoltarea bazei materiale la nivel departamental în concordanţă cu standardele specifice.	10,00	
e) Dezvoltarea de noi laboratoare.		
f) Recunoasteri ale performantelor didactice educationale. Stabilit pe baza evaluarii cadrului didactic.	20,00	
g) Activităţi de manageriat în procesul de învăţământ (decan de an, tutoriere ECTS,etc.).		
h) Alte activităţi educaţionale semnificative diferite de cele de la punctele (a - g).	20,00	
TOTAL SECŢIUNEA 2	**50,00**	**0,00**
Obligatoriu minim 40 de puncte cumulat pentru toti cei 3 ani de raportare		
SECTIUNEA 3 **Activităţi manageriale şi administrative în sprijinul procesului didactic, de cercetare-dezvoltare, etc.**	Punctaj declarat	Punctaj acordat
a) Funcţii executive de conducere (punctajul se acorda pentru ultimii 3 ani):		
1) Rector		
2) Prorector		
3) Decan		
4) Prodecan		
5) Director de departament		
b) Functii deliberative de conducere:		
1) Presedinte al senatului		
2) Vicepreşedinte al senatului		
3) Cancelar al senatului		
4) Alte functii de conducere asociate activitatilor desfasurate in interiorul institutiei.		
TOTAL SECŢIUNEA 3	**0,00**	**0,00**
SECTIUNEA 4 **Activităţi la nivel de departament / facultate care nu sunt incluse in sectiunile anterioare**	Punctaj declarat	Punctaj acordat
a) Activitatea de intocmire a documentatiei de acreditare		
b) Activitatea de intocmire a statelor de functii si a orarului	20,00	
c) Activitatea de promovare, pregatirea, desfasurarea admiterii la licenta, masterat		
d) Activitatea in cadrul cercurilor stiintifice studentesti altele decat cele definite la S3-h		
e) Organizarea zilei absolventilor, ziua portilor deschise a facultatii		
f) Organizarea concursurilor studentesti locale, nationale si internationale		
g) Tinuta morala si comportarea academica	20,00	
h) Alte activitati semnificative la nivel de departament/facultate diferite de cele de la punctele (a-h)	20,00	
TOTAL SECŢIUNEA 4	**60,00**	**0,00**
Universitatea Tehnică Cluj		

OBSERVATII:

a) Punctajul de la sectiunea 2 este confirmat de catre directorul de departament. Se accentueaza ca punctajul acordat trebuie sa fie intre 0 si punctajul maxim, nuantat in strict acord cu performantele realizate in cei 3 ani de raportare.

b) Punctajul de la sectiunea 3 este acordat de catre directorul de departament din care provine candidatul , calculat pe durata ultimilor 3 ani pentru toate functiile detinute.

c) Punctajul de la secţiunea 4 este atribuit integral de către directorul de departament, cu acordul consiliului de departament.

Punctajul acordat trebuie sa fie intre 0 si punctajul maxim, nuantat in strict acord cu performantele realizate in cei 3 ani de raportare.

DECAN

DIRECTOR DEPARTAMENT

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Curriculum vitae Europass

Informatii personale

Prenume / Nume	**Vlad Teodor Grosu**
Adresa	1/88, Strada W.A. Mozart , nr.14 400495, Cluj – Napoca, România
Telefon	Mobil: + (40) 740209646
E-mail	vtgrosu@gmail.com
Cetatenia	Română
Data nasterii	28.06.1988
Sex	Masculin

Experiența profesională

Perioada	Septembrie 2014 – Prezent 2020
Funcția sau postul ocupat	Sef Lucrari dr.
Principalele activitati si responsabilitati	Activitate didactică
Numele si adresa angajatorului	Universitatea Tehnică Cluj
Tipul activității sau sectorul de activitate	Sportiv / Educațional

Perioada	Septembrie 2013 – Iulie 2014
Funcții sau postul ocupat	Asistent drd.
Principalele activități și responsabilități	Activitate dicatică
Numele și adresa angajatorului	Facultatea de Mecanică
Tipul activității sau sectorul de activitate	Sportiv / Educațional

Perioada	Septembrie 2012 – August 2013
Funcția sau postul ocupat	Liceul "Petru Maior" Gherla
	Septembrie 2011 – August 2012
Principalele activități și responsabilități	Cadru didactic Activitate didactică
Numele si adresa angajatorului	Șc. Gen. "Avram Iancu Câmpia" Turzii
Tipul activității sau sectorul de activitate	Sportiv / Educațional

Perioada	Octombrie 2011 - Iunie 2012
Funcția sau postul ocupat	Instructor teni, schi Profesor Educație Fizică
	Școala Generală "Avram Iancu" Câmpia Turzii
Principalele activități și responsabilități	Asistare și coordonare antrenamente începători

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Numele și adresa angajatorului	2010 – 2011 Școala Generală Panticeu, jud. Cluj
Tipul activității sau sectorul de activitate	2011 – 2012 Club sportiv municipal Câmpia Turzii (Cj)
Perioada	Ianuarie 2010 - Martie 2010
Funcția sau postul ocupat	Instructor schi (student specializarea 2- a schi)
Principalele activități și responsabilități	Instructor pentru schi / snowboard la grupele de începători la studenții de anul I FEFS Cluj
Numele și adresa angajatorului	Facultatea de Educație Fizică și Sport (FEFS) Cluj
Tipul activității sau sectorul de activitate	Sportiv
Perioada	Iulie 2009 - Iulie 2009 Iunie 2011 – August 2011
Funcția sau postul ocupat	Instructor tenis
Principalele activități și responsabilități	Asistare și coordonare antrenamente începători și intermediari
Numele și adresa angajatorului	OK CLUB str.Rapallo 2D 43100 Parma Italia
Tipul activități sau sectorul de activitate	Sportiv
Perioada	Ianuarie 2009 – Mai 2009
Funcția sau postul ocupat	Student în practică la gradiniță și Școala Bob, Cluj - Napoca
Principalele activități și responsabilități	Jocuri dinamice
Numele și adresa angajatorului	Grădinița Voinicelul director Mariana Țiblea
Activitate	Ora de psihomotricitate

Aptitudini si competente personale

Capacitatea de a transmite usor si pe intelesut tutturor informatiile

ARTICOLE publicate in Reviste de speciali tate – Revista STUDIA B+ (CNCSIS)
Pricopie Eugen, Popovici Cornel, Mihaiu Costinel, Vlad Teodor Grosu - Methods to Develop Coordonation, Ambidextria, Spatial –Temporal and Chinestezic Orientation in physical education Classes with Mental Deficient, Revista Studia Universitas „ Educatio Artis Gymnasticae B+, nr 3/ 2009, pg. 61/66

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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,
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4. **Grosu, Emilia Florina; Motica, Florin Constantin; Ordean, Mircea-Nicolae**; **Grosu Vlad Teodor,** Increase Performances in Ski-Biathlon by Reducing Anxiety Stress Using Mental Training Techniques, Conference: 14th International Scientific Conference on eLearning and Software for Education - eLearning Challenges and New Horizons Location: Bucharest, ROMANIA Date: APR 19-20, 2018, Sponsor(s): Romanian Adv Distributed Learning Assoc; Univ Natl Aparare Carol I; European Secur & Def Coll; Romania Partnership Ctr
PROCEEDINGS OF THE 14TH INTERNATIONAL SCIENTIFIC CONFERENCE ELEARNING AND SOFTWARE FOR EDUCATION: ELEARNING CHALLENGES AND NEW HORIZONS, VOL 3 Book Series: eLearning and Software for Education Pages: 268-273 Published: 2018
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5. **Grosu, Vlad Teodor; Grosu, Emilia Florina; Moraru, Cristina Elena,** Motor Coordination and Reactivity Influenced by Mental Training in Alpine Skiing, Edited by: Sandu, A; Ciulei, T; Frunza, A Conference: 15th World LUMEN Congress - Logos Universality Mentality Education Novelty (LUMEN) Location: Iasi, ROMANIA Date: APR 12-17, 2016
WLC 2016: WORLD LUMEN CONGRESS. LOGOS UNIVERSALITY MENTALITY EDUCATION NOVELTY 2016 (LUMEN 15TH ANNIVERSARY EDITION) Book Series: European Proceedings of Social and Behavioural Sciences Volume: 15 Pages: 436-443, Published: 2016, eISSN 2357 -1330
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6. **Prodan, Rodica; Grosu, Emilia Florina; Grosu, Vlad Teodor,** TENNIS GAME EXERCISES THAT INFLUENCE THE PSYCHOMOTOR DEVELOPMENT OF PRESCHOOL CHILDREN,
Conference: 5th Conference on Education, Reflection, Development (ERD) Location: Babes Bolyai Univ, Cluj Napoca, ROMANIA Date: JUL 07-08, 2017
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7. **Milo, Navot; Grosu, Emilia Florina; Milo, Michaela; Grosu, Vlad Teodor**,
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8. **Motică Florin (a), Grosu Vlad Teodor (b), Grosu Emilia Florina (c)*,**
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9. **Dan Monea, Rodica Prodan, Vlad-Teodor Grosu,** Continuous Education and Training Of Adult Sportsmen – Study Case: The Football Referees; The European Proceedings of Social & Behavioral Sciences EpSBS, ISSN: 2357 – 1330, No: 59, Pages:503-507
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10. **Mircea-Nicolae Ordean*, Vlad Teodor Grosu, Adela Popescu Neamtu, Paul Stănescu, Mihai Trăistaru**, Procedures for Recover Ciphosis -Comparison Between Neuromuscular Electrostimulation and Auditive Feedback
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11. **Grosu Emilia Florina, Motică Florin Constantin, Ordean Mircea – Nicolae, Grosu Vlad Teodor,** INCREASE PERFORMANCES IN SKI-BIATHLON BY REDUCING ANXIETY STRESS USING MENTAL TRAINING TEHNIQUES
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Conference: 14th International Scientific Conference on eLearning and Software for Education - eLearning Challenges and New Horizons Location: Bucharest, ROMANIA Date: APR 19-20, 2018
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2. **Grosu Emilia-Florina, Grosu Vlad Teodor, Kis Levente, Porojan Ioan,** *The place and role of sport in the life of gymnasium and high school pupils, Locul şi rolul sportului în viaţa elevilor din gimnaziu şi liceu*, http://studia.ubbcluj.ro/serii/educatio/ http://www.ebscohost.com/titleLists/e5hcoverage. , http://studia.ubbcluj.ro/serii/educatio/ http://www.ebscohost.com/titleLists/e5hcoverage. , STUDIA UNIVERSITATIS BABES-BOLYAI EDUCATIO ARTIS GYMNASTICAE, Categ CNCSIS B+, LVI, nr 3, 2011, P 61 - 67, , 2011, P.61-67

3. **Grosu Emilia-Florina, GROSU Vlad Teodor, Petrehus Denisa-Elena, Cuceu Doina Aurica, Mihaiu Costinel, Muresan Ioan,** *THE RELATIONSHIP BETWEEN CONTENT AND FORM IN COMMUNICATION AND THE ROLE OF WATER IN THE TRANSMISSION OF INFORMATION* , Ebsco , www.studia art gymnastics , Studia Art Gimnastics , 2012, P.9-21

4. **Grosu Emilia-Florina, GROSU Vlad Teodor, Rusu Alina Cristina,** *Neuro - Lingustic 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

5. **Grosu Emilia-Florina, Rusu Alina Cristina, GROSU Vlad Teodor,** *Utilizarea tehnicilor programarii neuro -lingvistice in antrenamentul sportiv* , Sportmedizin, Journals. IndexCopernicus, Ebsco, MedicaSport , http://www.zeitschrift-sportmedizin.de; http://journals.indexcopernicus.com/masterlist.php?name=Master&litera=P&start=0&skok=30, http://ebscohost.com/titleLists/a9h-journals.htm,www.medicasport.ro , Palestrica Mileniului III, Civilizatie si Sport, Volum de rezumate, pISSN 1582-1943; eISSN 2247-7322, ISSN-L 1582-1943; Vol 14/2013 Suppl.No.1 , 2013, P.17-17

6. **Grosu Emilia-Florina, Grosu Vlad Teodor, Dumitrescu Marin,** *The Role of Attention in Adjusting the Behavior of Junior Skiers* , INDEXCOPERNICUS , http://journals.indexcopernicus.com/karta.php?id=4258 , SPORT SI SOCIETATE. Revista de Educatie Fizica, Sport si Stiinte Conexe, p-ISSN 1582-2168 , 2013, P.3-14

7. **Rusu Alina Cristina, Grosu Emilia-Florina, GROSU Vlad Teodor,** *Neurolingustic Programming Thecniques in Sports traininfg for Enhancing Performance Capacity* , Ebsco; Academic Search Complete, USA; Index Copernicus; Journal Master List, Poland; DOAJ, Sweden. , www.revista palestrica mileniului III.ro , Palestrica of the Third Millenium - Civilization and Sport , vol.14, no.3, July - september, , 2013, P.212-218

8. **Grosu Emilia-Florina, GROSU Vlad Teodor, Preja Carmen Aneta , Boros-Balint Iuliana,** *Neuro-linguistic Programming based on the Concept of Modelling* , Elsevier ltd. , www.sciencedirect.com , Social and Behavioral SciencesVolume 116, 21 February 2014, (WCES 2013, Roma) , 2014, P.3693-3699

9. **Grosu Emilia-Florina, GROSU Vlad Teodor, Popovici Cornelia, Dumitrescu Marin, FETEAN Gheorghe - Dan,** *The Place of Sensorial Submodalities in Ideomotor Representations of Neurolinguistic Programming* , ScienceDirect, Scopus and Thomson Reuters Conference Proceedings Citation Index (Web of Science). , www.sciencedirect.com , Procedea Social and Behavioral Sciences, 2nd World Conference on Design, Arts and Education, Croatia, 2014, WCADE, 2014, P.278-283

10. **Grosu Emilia-Florina, GROSU Vlad Teodor, Popovici Cornelia, Dumitrescu Marin,** *Neurolinguistic programming and the relation between attention and anxiety in alpine skiing juniors - 6th World Conference on Educational Sciences* , ScienceDirect, Scopus and Thomson Reuters Conference Proceedings Citation Index (Web of Science). , http://www.worldeducationcenter.eu/new/index.php/Wces/wces2014/index ,http://www.wces.worldeducationcenter.eu/list.php , Procedia-Social and Behavioral Journal (ISSN: 1877-

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11. **Grosu Emilia-Florina, GROSU Vlad Teodor, Popovici Cornelia, Preja Carmen Aneta ,** *The Characteristicsof Attention in Perceptual - Motor Disciplines Alpine Skiing and Judo* , Science Direct, Scopus, Thomson Reuters Conference Proceedings Citation Index (Web of science) , www.elsevier.com , Elsevier Ltd. Procedia Social nd Behavioral Sciences, ICSPEK 2014 , Bucuresti, Romania, 2014, P.745-750

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Limba maternă **Română**

Limbi străine cunoscute

Autoevaluare	Comprehensiune				Vorbit				Scris	
Nivel european (*)	Abilitati de ascultare		Abilitati de citire		Interactiune		Exprimare			
Engleză	B2	Proficient user	B2	Proficient user	B1	Proficient user	B1	Proficient user	A2	Proficient user
Italiană	B2	Proficient user	B2	Proficient user	B1	Proficient user	B2	Proficient user	C1	Proficient user

(*) Cadrului european de referință pentru limbi

Competențe și abilitățti sociale
- tact pedagogic
- foarte prietenos

Competențe și aptitudini organizatorice
- Un bun coordonator al lucrarilor practice, implicarea copiilor (jucatorilor) in procesele didactice pentru
- rezist la presiune şi stres - întotdeauna termin ceea ce încep;

Competente și cunoștințe de utilizare a calculatorului
- bună cunoaştere a Microsoft Office - (*Word, Excel, Powerpoint, Access*),
- cunoaştere a noţiunilor de bază a aplicaţiilor de grafică

Alte competențe și aptitudini
- Atestat de limba italiană (24/30 puncte) - eliberat de Centrul Alpha, Babeş-Bolyai Cluj
- traduceri din italiană în română şi din română în italiană;

Permis de conducere Deţin permis de conducere emis în România, categoria B (din 2006).

informații suplimentare Referinţe disponibile la cerere

Data : 20. Oct. 2020

Sef Lucrari Dr. Vlad Teodor Grosu

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