



Vlad Teodor Grosu



## EXPERIENȚA PROFESIONALĂ

- **08/2015 – ÎN CURS** Cluj-Napoca, România  
**Lector Dr** Universitatea Tehnica din Cluj-Napoca
- **08/2013 – 07/2015** Cluj-Napoca, România  
**Asistent Doctorand** Universitatea Tehnica din Cluj-Napoca
- **09/2012 – 08/2013** Gherla , România  
**Profesor de Educație Fizică și sport** Liceul "Petru Maior" Gherla
- **2011 – 2012** Câmpia-Turzii, România  
**Antrenor Tenis de camp** Clubul Sportiv Municipal Câmpia-Turzii
- **09/2011 – 06/2012** Câmpia-Turzii, România  
**Profesor de Educație Fizică și sport** Școală Generală "Avram Iancu"
- **01/09/2010 – 31/08/2011** Panticeu, România  
**Profesor de Educație Fizică și sport** Școala Generală Panticeu
- **06/2011 – 08/2011** Parma, Italia  
**Instructor de Tenis de camp** OK CLUB  
*Asistare și coordonare antrenamente începători și intermediari*  
**Adresă** Address str.Rapallo 2D, Parma, Italia
- **01/2010 – 03/2010** Cluj-Napoca, România  
**Instructor de Schi și snowboarding (student specializarea 2- a schi)** Facultatea de Educație fizica și sport (FEFS) Cluj  
*Instructor pentru schi / snowboard la grupele de începători la studenții de anul I FEFS Cluj*  
Parma, Italia
- **Instructor tenis** OK CLUB  
*Asistare și coordonare antrenamente începători și intermediari*  
**Adresă** str.Rapallo 2D , Parma, Italia
- **01/2009 – 05/2009** Cluj-Napoca, România  
**Student în practică la grădiniță și Școala Bob, Cluj - Napoca Jocuri dinamice** Scoala Generala "Ioan Bob" / Grădinița Voinicelul  
Jocuri dinamice/ Ora de psihomotricitate

# EDUCAȚIE ȘI FORMARE PROFESIONALĂ

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

● **Studii Postdoctorale** Universitatea Babeș-Bolyai

2012 – 2015 Cluj-Napoca, România

● **Doctorand în Științele motricității Umane** Universitatea Babeș-Bolyai

2010 – 2012 Cluj-Napoca, România

● **Absolvent Masterat în Educație fizică, Fitness și Agrement în Turism** Universitatea Babeș-Bolyai

2008 – 2011 Cluj-Napoca, România

● **Licențiat în Kinetoterapie și motricitate Specială** Universitatea Babeș-Bolyai

2007 – 2010 Cluj-Napoca, România

● **Licentiat în Educație fizică și sport** Universitatea Babeș-Bolyai

## COMPETENȚE LINGVISTICE

**LIMBĂ(I) MATERNĂ(E):** română

**Altă limbă (Alte limbi):**

engleză

Comprehensiune orală	Citit	Exprimare scrisă	Conversație	Scris
B1	B1	B1	B1	B1

italiană

Comprehensiune orală	Citit	Exprimare scrisă	Conversație	Scris
B2	B2	B1	B2	C1

*Niveluri: A1 și A2 Utilizator de bază B1 și B2 Utilizator independent C1 și C2 Utilizator experimentat*

## COMPETENȚE DIGITALE

MS Office (Excel, Word, Outlook) - Proficient user

## INFORMAȚII SUPLIMENTARE

**Permis de conducere**

● **Permis de conducere:** AM

● **Permis de conducere:** B

**Publicații**

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

2022

1. 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](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=58c0a245a7edad57dc4410d50836415b>

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**

2021

1. 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=58c0a245a7edad57dc4410d50836415b>

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

2021

1. 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=58c0a245a7edad57dc4410d50836415b>

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

2021

1. 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+57214878761%29&txGid=58c0a245a7edad57dc4410d50836415b>

<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/b2f7caf586e2a3af1ef06ed39c3177cec4cd1d4>

<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>

<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**

1. 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 COORDINATION IN MENTAL TRAINING OF ALPINE SKIERS** 2016

1. **Vlad Teodor Grosu**; Emilia Florina Grosu; Tatiana Dobrescu, **GENERAL AND HAND-EYES COORDINATION 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**

2021

1. **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](https://www.researchgate.net/publication/357809261_Increasing_Self-Confidence_in_Students_from_Different_Universities_through_Exercises_in_Body_Technique_and_Dance_Therapy)

## **Voluntariat**

**2011 - 2019** Cluj Napoca

**Cofondator MOX (Music Outdoor experience- festival musica 2011-2019)** Coordonarea întregii realizări a festivalului MOX - Music Outdoor Experience

Link <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** Bobâlna

**Organizare acțiune de împădurire Bobâlna (MOX - 30 Octombrie 2021)** [https://www.facebook.com/events/3795352193900752/?active\\_tab=discussion](https://www.facebook.com/events/3795352193900752/?active_tab=discussion)

Link [https://www.facebook.com/events/3795352193900752/?active\\_tab=discussion](https://www.facebook.com/events/3795352193900752/?active_tab=discussion)

**18/04/2019** Baraj Drăgan

**Organizare acțiune împădurire Baraj Drăgan MOX - Beard Brothers** <https://www.monitorulcj.ro/actualitate/70438-membrii-mox-si-beard-brothers-au-plantat-peste-12000-de-puieti-la-valea-draganului>

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

**27/05/2018 - 27/05/2018** Iulius Park Cluj-Napoca

**Organizare stragere fonduri pentru campania Wheels for life Fundraising action organisation for the Wheels for life campaign** [https://www.facebook.com/beardbrotherscluj/posts/1149580368541284?ref=embed\\_post](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](https://www.facebook.com/events/iulius-parc-cluj-napoca/the-fundraising-by-mox-beard-brothers/1226413344160348/?locale=bg_BG)

Link [https://www.facebook.com/events/iulius-parc-cluj-napoca/the-fundraising-by-mox-beard-brothers/1226413344160348/?locale=bg\\_BG](https://www.facebook.com/events/iulius-parc-cluj-napoca/the-fundraising-by-mox-beard-brothers/1226413344160348/?locale=bg_BG)

## Hobby-uri și teme de interes

- **Cofondator și coordonator al festivalului "Music Outdoor Experience Festival"** Cofondator și coordonator al festivalului "Music Outdoor Experience Festival", responsabil cu coordonarea zonei de logistică  
**Link** <https://www.facebook.com/pages/Music-Outdoor-Experience-MOX/805138239593173>