

Field name	Description
University	“Constantin Brâncuși” University of Târgu-Jiu
Faculty	Faculty of Medical and Behavioural Sciences
Department	Health and Motricity
Position in the list	3
Rank	Professor
Disciplines	Theory and practice in winter sports; Theory and practice in water sports; Body aesthetics-Fitness; Swimming and hydro-kinesiotherapy; Practical applications water sports disciplines (training camps); Theory and practice in expression sports.
Scientific field	Sport Science and Physical Education
The description of the academic position	The opportunity to put this position up for competition took into account the perspective to increase the quality of the didactic and research activities in the bachelor programs: Physical education and sports, Kinesiotherapy and special motricity and the master's degree programs: Science of motricity in didactic and free-time activities, where the disciplines included in the curricula are taught. All the disciplines in the structure of the job are in the curriculum of the BA and MA programmes of study within the faculty. Given the A.R.A.C.I.S. standards regarding the ratio between the number of students and the number of teachers, as well as the achievement of the objectives of the faculty development plan, as well as the scientific research value of tenured teacher, the faculty needs a university professor position, position no.3. Moreover, this position of professor is necessary for the development of a sustainable human resources policy oriented toward consolidating the research activities as a fundamental element of the teaching process. In addition, the disciplines in the structure of the above-mentioned position are fundamental disciplines for the training in the career of the future graduates of BA and MA programmes, this is another reason for the teaching activities and practice activities be exercised by a university tenured professor with a high qualification didactically and with a rich scientific research activity. The position is a tenure track position.
Academic duties	Teaching activities: Theory and practice in winter sports – 2 hours (course) – teaching activities; Theory and practice in water sports – 2 hours (course) teaching activities; Body aesthetics - Fitness- 1 hour (course) teaching activities + 1 hour practical applications; Swimming and hydro-kinesiotherapy - 1 hour (course) teaching activities; Practical applications water sports disciplines (training camps) - 3 hours practical applications; Theory and practice in expression sports- 2 hours (course) teaching activities.

	Evaluation activities: 2 hours. Students consultancy: 2 hours. License thesis guidance: 1,5 hours. Research activities - according to the Law of Higher Education no. 199/2023 with the subsequent modifications and completions as well as the job descriptions, which will be drawn up as an annex to the employment contract.
Wages	9725 RON
Publication date of the announcement in OM	30 April 2024
Starting and final dates of the registration	30 April – 22 August 2024
Date, day of the week and hour for the lecture	13 September 2024, Friday, at 10 o'clock
Venue where the lecture	Faculty of Medical and Behavioural Sciences Tineretului Street, No. 4, Târgu-Jiu, Gorj
The data for the competition tests, including lectures, courses, etc.	13 September 2024
Date of exam results communication	13 September 2024
Starting and final dates for contesting the results	16 -18 September 2024
Topics for preparing exam	For the candidates coming from higher education, the compliance with the minimum standards for occupying the position of Professor is verified in accordance with the Law of Higher Education no. 199/2023 with the subsequent modifications and completions, the Ministry of National Education and Scientific Research Order no. 6129/20.12.2016, with the Framework Methodology of competition for filling teaching and research vacant positions in higher education approved by H.G. no. 1339/2023 and the Methodology of competition for filling teaching positions and research positions available in University "Constantin Brâncuși" from Târgu-Jiu, approved in the meetings of the Senate of the University "Constantin Brâncuși" from Târgu-Jiu in the date of 13.03.2024. Candidates from outside the higher education system will give a public lecture with a didactic respectively scientific research character, in front of the students and in the presence of the competition committee, having the following theme. Discipline: The theory and practice of winter sports Topics: 1. Winter sports – evolutionary landmarks. 2. Concepts regarding the teaching methodology of winter sports. 3. Organizing the training process in winter sports. Particularities about how to teach and assimilate information specific to different winter sports. 4. The main factors which favour learning the basic elements specific to different winter sports. 5. The quality of the material and of equipment. Selection and maintenance. 6. The biomechanical concepts manifested in skis behaviour on the snow (maintaining the balance in gliding, exchange of muscles, transferring the weights on support edges).

7. Variants of movement on the skis. Turning with the skis. Turning around - technical manoeuvre, mistakes in execution. Stem Christie – technical manoeuvre, mistakes in execution, methods.
8. Snowboarding–evolution, equipment, methods of instruction.
9. Cross-country skiing, characteristics, methods of instruction.
10. Biathlon–characteristics, specific equipment, competition regulation.
11. Skating – evolution, characteristics, challenges.
12. Ski-jumping–characteristics, equipment, competitions.
13. Bob, sleighing–characteristics, equipment, competitions.
14. Recreational skiing. Practice of recreational skiing. Evolution of recreational skiing.

References

1. Balint, L., Grosz, W.R., Gaspar, P. - *ABC-ul în schi sărituri: Teoria și metodică instruirii de bază*. Brașov, Editura Universității Transilvania, 2009
 2. Cârstocea, V., - *Schi alpin - Manual metodic pentru pregătirea copiilor și juniorilor*, București, 1998
 3. Cârstocea, V., Stroe, S., Pelin, F., Kacso, L., *Schi - teorie și metodică*, Ed. Printech, București, 2001
 4. Dragnea, A., - *Antrenament sportiv*, Ed. Didactică și pedagogică, București, 1996
 5. Epuran, M., Holdevici, I., - *Psihologia sportului*, Ed. FEST, București, 2003
 6. Grosz, W.R. - *Noțiuni fundamentale pentru pregătirea fizică și tehnică în sărituri cu schiurile*, Brașov, Editura Universității Transilvania, 2014
 7. Pelin, F. - *Schi fond*, Ed. Printech, București, 2001
 8. Pelin, F. - *Învățarea tehnicii libere la schi fond. Pregătirea competițională.*, Ed. Printech, București, 2001
 9. Pelin, F., Stroe, S., Runcan, C., - *Tehnica și metodică predării schiului*, Ed. Printech, București, 2001
 10. Pelin, F., - *Tehnica și metodică disciplinelor montane*, UNEFS, București, 2009
- <http://frschibiatlon.ro/>; <http://www.frponline.ro/>

Discipline: Theory and practice of water sports

Topics:

1. History of swimming. Branches of swimming. Swimming competitions. Officials of swimming competitions.
2. The Olympic pool for swimming, regulations of swimming. The rules of sports competitions.
3. The technical elements of swimming training.
4. The swimming training: the description of the execution technique and the learning methodology for crawl, backstroke, breaststroke and butterfly.
5. Artistic swimming – evolution, rules, arbitrage, competitions methods of learning.

6. Water jumping. The competition regulation and the arbitrage. Methods of learning.

7. Water polo – characteristics, regulation, competitions, learning methods.

8. Nautical sports – rowing, kayak, canoeing – specific features, equipment. The competition regulation.

References

1. Cirlă, L., Grecu, A. – *Ramurile natației*, Ed. Bren, București, 2003

2. Barbara Kalbus – *Polo*, Ed. INCS, Bucuresti, 2006

3. Enoiu, R. – *Vâslit aplicativ, noțiuni de bază*, Ed. Universitatea „Transilvania”, Brașov, 2004

4. Marinescu, Gh., Bălan, V. - *MDS–Natație și Nautice*, Ed. ANEFS, București, 2008

5. Marinescu, Gh., Frățilă, C., Bălan, V. – *Polo pe apă*, Ed. Bren, București, 2004

6. Marinescu, Gh. – *Natație – efort și antrenament*, Ed. Bren, București, 2003

7. Mureșan, E., Paraschiv, I.C. – *Înotul utilitar-aplicativ și tehnici de vâslit*, Ed. Fundției România de Măine, București, 2001

8. Terry O Neill, Eith Atkinson, - *Ghid de antrenament pentru canotaj în sală*, Ed. INCS, Bucuresti, 2006

9. Vasile Luciela - *Teoria si practica în sporturi de apă*, Editura Bren București, 2013

10. Vasile Luciela - *Înot - metodică antrenamentului pe ramură de sport*, Editura Moroșan, București, 2009

<http://www.swimming.ro/>; <http://frnpm.ro/regulamente>

<http://www.fina.org/>

Discipline: Body aesthetics -Fitness

Topics:

1. Body aesthetics - points of view, conceptual delimitations. Types of body activities.

2. Eurythmic – points of view, applicability. Modelling the body expression with the help of the means specific to eurythmic.

3. Body aesthetics: variants of steps and sequences of specific elements of aerobic gymnastics and sports dance.

4. Fitness – evolution and conceptual approaches. points of view. Forums and affiliations. Rules of the competitions.

5. Theoretical and practical notions regarding the use of specific means used in fitness training.

6. Training programs and means to act upon certain groups of muscles evidenced in competitions.

7. Periodization training preparation in fitness activity.

8. Sets of exercises to maintain or decrease body weight.

9. Factors implied in shaping and maintaining an adequate body aspect for participating in fitness competitions.

10. Modalities for structuring the individual fitness programmes and the adequate nutrition intake. Methods of training and recovery.

References

1. Aducovschi Daniela - *Dans sportiv - Îndrumar de lucrări practice pentru studenții Universității din București*, 2007
2. Aducovschi Daniela - *Dans sportiv la copii*, Editura Bren, 2007
3. Bota Cornelia – *Ergofiziologie*, Editura Globus, București, 2000
4. Epuran, M. - *Metodologia cercetării activităților corporale. Exerciții fizice, Sport, Fitness.*, Bucuresti, Edit. FEST, 2005
5. Hidi, I. - *Fitness: bazele antrenamentului*, Editura Bren, București, 2008
6. Miclea, M.,- *Psihologie cognitivă*, Cluj-Napoca, Editura Gloria S.R.L., 1994
7. Sabău Elena - *Fitness la copii*, Editura Arvined, București, 2002
8. Stoenescu, Gineta - *Expresie corporală și dans. București, Universitatea Ecologică.*
<https://www.frcf.ro>; <https://www.fitness.com>

Discipline: Swimming and hydro-kinesiotherapy

Topics:

1. Therapeutic swimming – evolution and points of view.
2. Benefits on health of practicing swimming and its place in recovery.
3. Hydro-kinesiotherapy: definitions, concepts, applicability, benefits and risks.
4. Categories of factors manifesting in the hydric environment. The effects of the water properties on the human body and their utility in the Hydro-kinesiotherapy treatment.
5. Hydro-kinesiotherapy as the method of recovery in the disorders of the human body.
6. Methodology of application of the Hydro-kinesiotherapy means. Exercises specific to the Hydro-kinesiotherapy recovery programmes.

References

1. Cordun, M. - *Kinantropometrie*, Ed. CD Press, București, 2009
2. Radu, I., D., Ulici, Gh.,- *Evaluarea și educarea psihomotricității copiilor cu dificultăți psihomotorii de integrare*, București, Editura Fundației Humanitas, 2003
3. Marcu, V., Dan, M. - *Kinetoterapie/Physiotherapy*, Editura Universitatii Oradea, 2006
4. Manole, V., Manole, L – *Evaluare motrică și funcțională în kinetoterapie*, Ed. Prim, Iași, 2009
5. Vasile Luciela - *Înot pentru sănătate*, Editura Didactică și Pedagogică, București, 2007
6. Vasile Luciela - *Recuperare și reeducare prin mijloace*

acvatice, Editura Didactică și Pedagogică, 2010

7. Vasile Luciela - *Înot terapeutic*, Editura Bren, 2013

8. Verza, E., Verza, F. - *Repere psihogenetice și psihodinamice în cunoașterea și evaluarea copilului*, Editura Pro Humanitate, București, 2000.

Discipline: Practical applications of the water sports (in training camps)

Topics:

1. Get habituated in the water. Learning floating on water and the aquatic breathing.
2. Breaststroke technique: learning the arms and legs movements, synchronization and the specific breathing. Learning turning and start for the breaststroke technique.
3. Crawl technique: learning the arms and legs movements, synchronization and the specific breathing. Learning turning and start for the crawl technique.
4. Backstroke technique: learning the arms and legs movements, synchronization and the specific breathing. Learning turning and start for the backstroke technique.
5. Butterfly technique: learning the arms and legs movements, synchronization and the specific breathing. Learning turning and start for the butterfly technique.
6. Rescue from drowning. Specific swimming, underwater diving and technic of rescue from drowning.
7. Enforcement of the technical elements specific to each procedure by completion short, medium and long distances with varied executions for the arms and legs executed separately and synchronized for each technique.
8. Demonstrating each swimming procedure. Achieving the ability to explain and demonstrate the movements specific to each swimming technique.

References

1. Kari Georgeta – *Înot/Curs în tehnologie IFR*, Ed. Fundației România de Măine, 2012
 2. Marinescu, Gh. – *Natație – efort și antrenament*, Ed. Bren, București, 2003
 3. Marinescu, Gh., Șalgău, S. - *Adaptarea efortului și programarea la înotători*, Ed. Tehnopress, Iași, 2005
 4. Vasile Luciela - *Teoria și practica în sporturi de apă*, Editura Bren București, 2013
 5. Vasile Luciela - *Înot - metoda antrenamentului pe ramură de sport*, Editura Moroșan, București, 2009
- <http://www.swimming.ro/>;
<http://frnpm.ro/regulamente/natație>; <http://www.fina.org/>

Discipline: Theory and practice of expression sports

Topics

1. Expression sports—points of view, conceptual delimitations.
2. Expression sports – categories and particularities.
3. Notions specific to eurythmy. Peculiarities of the background music.
4. Peculiarities of selection in expression sports.

	5. The content of the training groups and their particularities specific to expression sports. 6. Expression sports - competition regulations. 7. Technical means specific to each sport in the category of expression sports. 8. Peculiarities of the practice of expression sports by age categories. References 1. Aducovschi, D., Dans sportiv, Editura Universității din București, 2008. 2. Aducovschi, D., Dans sportiv la copii, Editura Bren, București, 2007. 3. Demian, N. C., Concepte tehnice în studiul clasic, Editura Media Musica, Cluj-Napoca, 2010. 4. Dobrescu, T., Expresie corporală, dans și euritmie - curs de specialitate, Editura Pim, Iași, 2006. 5. Epuran, M.,- Psihologia sportului de performanță, Ed. INCS, București, 2008 6. Ferrario, Bianca - Gimnastica aerobică pe înțelesul tuturor, Editura SemnE, București, 2004 7. Năstase, V.D., Tehnica în dansurile latino-americane, Editura Paralela 45, Pitești, 2002.
Description of the competition procedure	The procedure will be in compliance with the Education Law no. 199/2023, with the subsequent modifications and completions, with the Framework Methodology of competition for filling teaching and research vacant positions in higher education approved by H.G. no. 1339/2023, and with the Methodology of competition for filling teaching positions and research positions available in University "Constantin Brâncuși" from Târgu-Jiu", approved in the meetings of the Senate of the University "Constantin Brâncuși" from Târgu-Jiu of 13.03.2024. 1. The competition file constituted by the candidate, together with the electronic support, which contains the scanned file, is submitted with registration number to the address of the higher education institution specified on the competition website, directly or through postal services or courier to confirm receipt. 2. The file registered at the level of the higher education institution is transmitted and managed at the level of the Legal Compartment. The candidate has the right to inform and verify, within the Legal Compartment of the University if the personal file is fully constituted in order to obtain the legality notice. The university does not have the obligation to contact the candidates to communicate the possible problems existing in the application file. 3. The scientific commission appointed by the decision of the rector of the "Constantin Brâncuși" University of Târgu-Jiu at the proposal of the Board of Directors, for verifying the information from the File of fulfilling the standards submitted by the candidate is meeting at the request of the Legal Department and issues a resolution regarding the fulfillment/failure of the minimum standards. specific to the position, within 3 working days from the end of the

	registrations. Only the publications arising will be taken into account, that is, those that specified volume, number, pages. 4. The Legal department advises on legality on the basis of the resolution from paragraph 3 and other documents necessary for registration in the competition. The notice is communicated to the candidate within a maximum of 48 hours from its issuance, but at least 5 working days before the first test of the competition. 5. The evaluation and verification of the candidate's skills and professional performance in the field of the position put up for competition, contained in the standards fulfillment sheet for registration in the competition, is the competence of the competition committee. 6. The Rector approves applications for registration in the competition for candidates who have received the legality notice. 7. After the approval of the applications by the Rector, they are communicated to the candidates no later than 48 hours after approval, but not less than 5 working days before the first test of the competition. In the case of a negative notice, the candidate can appeal the notice within 24 hours to the UCB Board of Directors. The answer is communicated to the candidate within 24 hours of its issuance. If the candidate is not satisfied with the answer received, he can address the University Senate within 24 hours of receiving the answer from the Board of Directors. The University Senate will analyse and communicate the answer within 48 hours of its issuance.
List of documents	In order to register for the competition of a university professor position, the candidate prepares a file containing the following documents: A1. The application for registration, signed by the candidate, which includes a statement on his own responsibility regarding the veracity of the information presented in the file; A2. Proposal for the development of the candidate's career, which will take into account the didactic and the scientific research activities. The proposal is drafted by the candidate, comprises a maximum of 10 pages and it is one of the main criteria for deciding the tie-breaking of candidates. A3. Curriculum vitae of the candidate- Europass model (in original signed on each page). Curriculum vitae of the candidate in electronic format, in PDF format, without signature, which under the heading "Personal data" should contain only the name, first name of the candidate and, optionally, the e-mail address. The candidate assumes the condition that the written and the electronic format contain the same information, minus the personal data (address, phone, e-mail, etc.) and the signature, omitted in the document in electronic format. The CV must include: a) information about the studies carried out and the diplomas obtained;

- b) information about relevant professional experience and jobs;
- c) information about the research-development projects and grants that he/she led as project director or in which he/she was active as a member, indicating for each funding source, the amount of funding and the main publications or patents resulting;
- d) information about awards or other elements recognizing the candidate's scientific contributions;
- e) other relevant information.

A4. Candidate's list of works in printed format (in original, signed on each page) and in electronic format, PDF type, without signature. The candidate assumes the condition that the written and electronic formats contain the same information, minus the signature, omitted in the electronic document. The list of works will be structured as follows:

- a) the list of a maximum of 10 works considered by the candidate to be the most relevant for their own professional achievements, which are also included in electronic format in the file and which can also be found in the other categories of works provided for in this article;
- b) doctoral thesis or theses;
- c) books and chapters in books;
- d) articles/studies, published in journals from the main international scientific stream;
- e) publications in extenso, appearing in papers of the main international specialized conferences;
- f) projects of research-development-innovation on a contract/grant basis that he/she led as project director or in which he/she was active as a member, indicating for each the funding source;
- g) invention patents and other industrial property titles;
- h) other works and scientific contributions or, as the case may be, in the field of sports performance.

It is recommended to mention all the information useful for identifying the respective publication, such as: title of the journal (including ISSN), rated (Impact Factor for the last year), volume, page, name and place of the publisher, WoS indexed journal hyperlink, WoS indexed work hyperlink (including the WOS code), BDI indexed journal hyperlink, BDI indexed work hyperlink indicating the respective Databases, etc.

This information is absolutely necessary for the works selected by the candidate in point (a) for teaching positions and those that support the candidate's fulfillment of the minimum standards, UCB and national, specific to the professor position.

A5. The verification sheet of fulfillment for the specific standards of the position, completed and signed by the candidate, in printed format (in the original, signed on each page). The verification sheet for the position of university professor is drawn up by the candidate according to the minimum standards provided by the Order of the Minister in force, according to Art. 156, (1) lit. a) and paragraph (2) of

Law no. 199/2023 – Higher Education Law, with subsequent amendments.

A6. Documents regarding the holding of a doctor's degree: the copy according with the original doctor's degree or, if the original doctor's degree is not recognized in Romania, the copy according with original of the attestation of its recognition or equivalence.

A7. Summary of the doctoral thesis in Romanian language and in a language of international circulation (maximum one page for each language).

A8. Other diplomas attesting the candidate's studies: copies of other diplomas attesting the candidate's studies: (baccalaureate diploma, bachelor's degree, master's/advanced studies) or, if the original diplomas are not recognized in Romania, their recognition or equivalence certificates; xerox copies of other diplomas certifying the candidate's studies. The xerox copies are signed by the candidate for certification "according to the original".

A9. Transcripts, diploma supplements or school statements issued for each cycle of study.

A10. Copy of identity card, candidate's certificate "according to the original" or, as the case may be, of the passport or another identity document drawn up for an equivalent purpose to the identity card or passport.

A11. Copies of documents certifying by the candidate "according to the original" of the documents which attests to the name change, if applicable (marriage certificate or proof of name change).

A12. Declaration on the candidate's own responsibility that he is not in any situation of incompatibility provided for in Law no. 199/2023 – Higher Education Law, with subsequent amendments and additions and the Framework Methodology issued at national level.

A13. Certificate of criminal record.

A14. Certificate of behavioral integrity.

A15. Medical certificate from which it follows that he is fit to carry out teaching activity, issued on a specific form adopted by joint order of the Minister of Education and the Minister of Health.

A16. The medical certificate for practicing the teaching profession, issued according to the provisions of the joint order of the Minister of Education and the Minister of Health.

A17. Letters of recommendation in accordance with art. 13 of HG 1339/2023. At least 3 letters of recommendation from personalities in the respective field from abroad, who agreed to prepare letters of recommendation regarding the candidate's professional qualities.

A18. Copy by order of the Minister regarding the granting of the doctoral supervisor qualification or, as the case may be, the copy of the habilitation certificate.

A19. Statement of responsibility, in original (handwritten) signed by the candidate. The statement must state the correctness of the data in the file and the fact that it relates to his own activities and achievements, otherwise the

	candidate will bear the consequences of making false statements, in accordance with the legislation in force. A20. The folder containing a maximum of ten of the candidate's most significant works, in scanned form, on electronic support (CD/DVD/stick/), and books and book chapters will be submitted in physical format. In addition, the electronic support will also include the candidate's list of works in Word format. A21. Document for paying the registration fee for the competition. A22. Other documents: - The file will include the cover page and the description. - The competition file will also contain a CD/DVD/stik, with all its scanned contents, including the folder with the 10 significant works, in order to be sent to the competition commission. - The registration file will contain the Certificate of psycho-pedagogical training. If proof of completion of the psycho-pedagogical module is not provided, the admitted candidate will complete, within 2 years of taking up the position, a psycho-pedagogical training program for higher education, of 30 ECTS/SECT transferable study credits. This obligation will constitute a clause of the CIM, the contractual relations terminating by law on the date of completion of the 2 years. Graduates of a psycho-pedagogical training program corresponding to a number of 60 ECTS/SECT transferable study credits can also register for the competition.
Address where the competition file will be sent	"Constantin Brâncuși" University of Târgu-Jiu, Tineretului Street, No. 4, Târgu Jiu, Gorj
Commission	
Methodology	Upload files doc, .docx or PDF. The maximum accepted size of file is 10MB.

Dean,

Professor PhD. Monica Delia Bică

Head of department,

Assoc. prof. PhD. Daniel Iacob Chivu