



**Curriculum  
vitae  
Europass**



**Personal  
Information**

Name / Surname GROSU E. EMILIA FLORINA

Address CLUJ NAPOCA, Romania

Nationality Romanian

Date of birth and  
place

Sex Female

**Place of work /  
occupational aria** BABEŞ-BOLYAI University, Cluj- Napoca, Romania  
Faculty of Physical education and Sport faculty,  
Department of Individual Sports

**Professional  
experience**

|                    |                                  |                                                                                             |                                                                                            |
|--------------------|----------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <b>Function</b>    | Professor                        | Associate Professor                                                                         | Lector univ.                                                                               |
| <b>Period</b>      | 2003- present                    | 2000- 2003                                                                                  | 1994 - 2000                                                                                |
| <b>Institution</b> | Babes-Bolyai<br>University FEFS  | Babes-Bolyai.<br>University FEFS                                                            | Babes-Bolyai.<br>University FEFS                                                           |
| <b>Place</b>       | CLUJ- NAPOCA                     | CLUJ- NAPOCA                                                                                | CLUJ- NAPOCA                                                                               |
| <b>Function</b>    | Asist univ.                      | Prof. grad II                                                                               | Prof. definitiv                                                                            |
| <b>Period</b>      | 1992-1994                        | 1987 - 1992                                                                                 | 1984 - 1987                                                                                |
| <b>Institution</b> | Babes-Bolyai.<br>University FEFS | Casa Pionerilor –<br>DB<br>(1987-1990) and<br>School no. 2<br>Targoviste DB<br>(1990- 1992) | School „Ana<br>Ipatescu” (1984-<br>1985)<br>Casa Pionerilor –<br>Targoviste 1985-<br>1987) |
| <b>Place</b>       | CLUJ- NAPOCA                     | Targoviste - DB                                                                             | Gherla – CJ și<br>Targoviste - DB                                                          |

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| Function and place | <p><b>PhD Prof Faculty of Physical Education and Sport Faculty</b><br/> <b>Conductor PhD in Physical Education and Sport with Decision nr 5268 / 05.09.2011</b><br/> <b>Ministry of Education, Research, Youth and Sports</b><br/> <b>IOSUD Babes – Bolyai University, Cluj – Napoca, Romania</b></p> <p><b>Member in "Registrul național de evaluatori al ARACIS din domeniul Educație fizică și sport"</b><br/> <a href="http://pfe.aracis.ro/inscriere/registru/lista_c_d/7/37/">http://pfe.aracis.ro/inscriere/registru/lista_c_d/7/37/</a></p> <p><b>Registru de Experți Evaluatori ARACIS - Conducători de doctorat</b><br/> <a href="https://www.aracis.ro/registrul-national-al-evaluatorilor/">https://www.aracis.ro/registrul-national-al-evaluatorilor/</a><br/> <a href="https://cloud.aracis.ro/owncloud/index.php/s/hjwVbhGoVvHoZoA">https://cloud.aracis.ro/owncloud/index.php/s/hjwVbhGoVvHoZoA</a></p> <p>Member of the specialized commission of the National Council for Attestation of University Degrees, Diplomas and Certificates (CNATDCU): Commission of Psychology, Educational Sciences, Physical Education and Sports (in the mandate 2016-2020, in accordance with the Order of the Minister of National Education and Scientific Research No. 4106 / 10.06.2016 regarding the nominal composition of the National Council for Attestation of University Degrees, Diplomas and Certificates)</p> <p><b>AU-ID ( "Grosu, Emilia Florina" 54683921200 )</b><br/> <a href="https://www-scopus-com.am.e-nformation.ro/results/results.uri?sort=plf-f&amp;src=s&amp;st1=&amp;st2=&amp;nlo=1&amp;nlr=20&amp;nls=count-f&amp;sid=fd9eb5e411b911a23dd271a949072cfb&amp;sot=anl&amp;sdt=aut&amp;sl=42&amp;s=AU-ID%28%22Grosu%2c+Emilia+Florina%22+54683921200%29&amp;txGid=fc8984539c085911a7699ecaa27dcf0d">https://www-scopus-com.am.e-nformation.ro/results/results.uri?sort=plf-f&amp;src=s&amp;st1=&amp;st2=&amp;nlo=1&amp;nlr=20&amp;nls=count-f&amp;sid=fd9eb5e411b911a23dd271a949072cfb&amp;sot=anl&amp;sdt=aut&amp;sl=42&amp;s=AU-ID%28%22Grosu%2c+Emilia+Florina%22+54683921200%29&amp;txGid=fc8984539c085911a7699ecaa27dcf0d</a></p> <p><a href="https://orcid.org/0000-0002-2846-9586">https://orcid.org/0000-0002-2846-9586</a></p> |
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|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Activity and principal responsibility | <p><b>Member in professional and scientific association:</b></p> <p>Member of the specialized commission of the National Council for Attestation of University Degrees, Diplomas and Certificates (CNATDCU): Commission of Psychology, Educational Sciences, Physical Education and Sports:</p> <ul style="list-style-type: none"> <li>- Member CNATDCU – Ministry of Education from 2014 – 2026 and in present</li> <li>- In the mandate 2016-2020 (in accordance with the Order of the Minister of National Education and Scientific Research no. 4106 / 10.06.2016 regarding the nominal composition of the National Council for Attestation of University Degrees, Diplomas and Certificates) (<a href="https://lege5.ro/Gratuit/gezdcnjrgeyg/ordinul-nr-4106-2016-privind-componenta-nominala-a-consiliului-national-de-atestare-a-titlurilor-diplomelor-si-certificatelor-universitare">https://lege5.ro/Gratuit/gezdcnjrgeyg/ordinul-nr-4106-2016-privind-componenta-nominala-a-consiliului-national-de-atestare-a-titlurilor-diplomelor-si-certificatelor-universitare</a>)<br/><a href="https://www.cnatdcu.ro/wp-content/uploads/2011/04/ORDIN_4106_2016_cu_rectificare_LEX.pdf">https://www.cnatdcu.ro/wp-content/uploads/2011/04/ORDIN_4106_2016_cu_rectificare_LEX.pdf</a></li> <li>- In the mandate 2020-2024 (in accordance with the Order of the Minister of Education and Research no. 4621 / 23.06.2020 for the approval of the Regulation on the organization and functioning of the National Council for Attestation of University Degrees, Diplomas and Certificates) (<a href="https://www.edu.ro/aprobarea-regulamentului-de-organizare-%C8%99i-func%C8%9Bionare-%C8%99i-componen%C8%9Ba-nominal%C4%83-consiliului-na%C8%9Bional-de">https://www.edu.ro/aprobarea-regulamentului-de-organizare-%C8%99i-func%C8%9Bionare-%C8%99i-componen%C8%9Ba-nominal%C4%83-consiliului-na%C8%9Bional-de</a>),<br/><a href="https://www.cnatdcu.ro/wp-content/uploads/2020/08/OM_4676_2020.pdf">https://www.cnatdcu.ro/wp-content/uploads/2020/08/OM_4676_2020.pdf</a></li> <li>- In the mandate 2024-2028 (in accordance with the Order of the Minister of Education no. 5908 / 13.08.2024 for the approval of the Regulation on the organization and functioning of the National Council for Attestation of University Degrees, Diplomas and Certificates) <a href="https://edu.ro/sites/default/files/OM_5908_2024.pdf">https://edu.ro/sites/default/files/OM_5908_2024.pdf</a></li> <li>- Member ARACIS, Romanian Agency for Quality Assurance in Higher Education, from 2011 till now 2025.</li> <li>- Member in FEPSAC – European Federation of Sport Psychology, from 2007</li> <li>- Member in Council of ISD from Univ. „Babeş – Bolyai” Cluj – Napoca, from 2012 - 2020.</li> <li>- Director of Doctoral School in Faculty of Physical Education and Sport Faculty from 2012 till now 2025.</li> </ul> |
| Name of Employer                      | Babeş-Bolyai University, Cluj - Napoca, Faculty of Physical Education and Sport – Department of Individual Sports.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Type of activity and aria             | Didactic and research in Physical Education and Sport                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Qualification and / diploma obtained  | <p>Doctor in Physical Education and Sport Faculty, ANEFS Bucharest, 1999, with specialisation Sport Psychology.</p> <p>Institute of Physical Education and Sport Faculty Bucharest, 1992, License I.E.F.S. Bucharest</p> <p>Institute of Physical Education and Sport Faculty Bucharest, 1984, diploma absolvent, I.E.F.S. Bucharest, head of promotion with mark 9.86 out of 10.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

| Principal Discipline<br>study / Professional<br>Competence<br>Acquired | Mental training,<br>Specialization in artistic gymnastics preparation and sportive dance<br>Technical and methodology of teaching basic gymnastics<br>Psychomotricity, Motor development<br>Motor Learning<br>Fitness<br>Neuro-linguistic programming (NLP)<br>Sport Anthropology                                                                                                                                                                                                                                                                     |                               |               |         |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |
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| Name of<br>Institution of<br>Education and<br>Type of Study            | License: Institute of Physical Education and Sport Faculty Bucharest, 1981- 1984<br>Master: National Academy of Physical Education and Sport Faculty Bucharest, 1992 - 1994<br>PhD: National University of Physical Education and Sport Faculty Bucharest 1999<br>Master: degree between 2016-2018 in University in Agricultural Sciences and Veterinary Medicine, USAMV Cluj – Napoca, in Horticultural Faculty, Specialization, PAISV.                                                                                                              |                               |               |         |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |
| International and<br>national<br>classification level                  | Artistic Gymnastics Specialization – FRG 1984, categ. III<br>International Referee in artistic gymnastics– 1994, FRG, Bucharest<br>Specialization in sportive dance – FRDS 2008, categ. III                                                                                                                                                                                                                                                                                                                                                           |                               |               |         |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |
| Personal skills and<br>competences                                     | Gymnastics trainer 1994-1996 la Sharjah Women’s Club – UAE<br>Teacher in School 2002 – School „Clementina Perone” – Rome, Italy                                                                                                                                                                                                                                                                                                                                                                                                                       |                               |               |         |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |
| Mother tongue                                                          | Romanian                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                               |               |         |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |
| Foreign Language                                                       | Italian, English, French, Spanish                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                               |               |         |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |
| Self-assessment                                                        | <table><tr><th colspan="2">Understanding</th><th colspan="2">Speaking</th><th>Writing</th></tr><tr><th>Listening</th><th>Writing</th><th>Participation in conversation</th><th>Oral spelling</th><th>Writing</th></tr><tr><td>Italian language</td><td>C2</td><td>C2</td><td>C2</td><td>C1</td></tr><tr><td>English language</td><td>C2</td><td>C1</td><td>C2</td><td>B2</td></tr><tr><td>French language</td><td>C1</td><td>B2</td><td>B2</td><td>B1</td></tr><tr><td>Spanish language</td><td>C1</td><td>C1</td><td>B1</td><td>B1</td></tr></table> |                               |               |         |  | Understanding |  | Speaking |  | Writing | Listening | Writing | Participation in conversation | Oral spelling | Writing | Italian language | C2 | C2 | C2 | C1 | English language | C2 | C1 | C2 | B2 | French language | C1 | B2 | B2 | B1 | Spanish language | C1 | C1 | B1 | B1 |
| Understanding                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Speaking                      |               | Writing |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |
| Listening                                                              | Writing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Participation in conversation | Oral spelling | Writing |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |
| Italian language                                                       | C2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | C2                            | C2            | C1      |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |
| English language                                                       | C2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | C1                            | C2            | B2      |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |
| French language                                                        | C1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | B2                            | B2            | B1      |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |
| Spanish language                                                       | C1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | C1                            | B1            | B1      |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |
| Competence and<br>social ability                                       | Team spirit and manager: professional experience in didactic, in research in sportive performance at national level in gymnastics and dance<br>Supervisor in License and Master.<br>Reviewer in superior committee for PhD Thesis in Physical Education and Sport field.<br>Supervisor in PhD from 2011 until now 2026.                                                                                                                                                                                                                               |                               |               |         |  |               |  |          |  |         |           |         |                               |               |         |                  |    |    |    |    |                  |    |    |    |    |                 |    |    |    |    |                  |    |    |    |    |

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| Competence and organizational ability      | <p>Managerial experience:</p> <p>1997 Management Courses –Windesheim University – Callo Department, from Zwolle – Holland</p> <p>1997 -2003; from 2010 – 2012 Resp. International Relation - Faculty of Physical Education and Sport Faculty, University Babes-Bolyai, Cluj- Napoca</p> <p>1997 till now, Member in Professional and Scientific Association: Member FEPSAC – European Federation of Sport Psychology</p> <p>Member in Scientific Board – Journal Palestrica B+, Publisher UMF Cluj - Napoca</p> <p>Member in Psychology Commission of National Council of Sport Science – National Institute of Research for Sport - Bucharest, 1999-2010.</p> <p>Coordinator of Dance and gymnastics Group „Companion” – with FEFS students.</p> <p>From 2011 till now – Supervisor PhD in Physical Education and Sport in Faculty of profile, in Babes – Bolyai University.</p> <p>From 2011 till now 2020– expert member ARACIS</p> <p>From 2014 till now 2020– member in commission in CNATDCU at Ministry of Education and Research, in the Psychology Committee, Educational Science and Physical education and Sport.</p> <p>Member FIEF (European Federation of Physical Education), from 2016 till now 2020.</p> |
| Competences and technical abilities        | <p>Driver’s licence B, since 1992.</p> <p>High level of teaching theoretical and practical subjects in gymnastics, dance, sport psychology, psychomotricity, mental training techniques and Neuro-linguistic programming (NLP).</p> <p>Physical coach for the National Dance Team in Reghin, since 2008 till 2016- organised by FRDS – Romanian Federation of Sportive Dance.</p> <p>Master’s degree between 2016-2018 in University in Agricultural Sciences and Veterinary Medicine, USAMV Cluj – Napoca, Horticultural Faculty, Specialization, Landscape - PAISV.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Competence and abilities in using computer | <p>SOROS Foundation Certification EM103N / Informatics Department, Instruction– Autumn Session 1996 with qualifying “Very Good”.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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| Competences and artistic abilities | <p>Organization of sportive and artistic competitions at local, national and international level.</p> <ul style="list-style-type: none"> <li>- International Student Dance Festival, Sibiu 1<sup>th</sup> Place - Contemporan Dance- student Pop Viviana, Iunie 2025, Sibiu, Univ Lucian Blaga.</li> <li>- International Student Dance Festival, Sibiu 2nd Place Contemporan Dance – student Sonia Rotaru an II, EFS- UBB, Iunie 2025, Sibiu, Univ Lucian Blaga students of 1th year and 2 nd II FEFS si SPM.</li> <li>- International Student Dance Festival, Sibiu 2<sup>nd</sup> Place – Ansamblu Sportiv dance “Vals”, Iunie 2025, Sibiu, Univ Lucian Blaga studnetii anul I si II FEFS si SPM.</li> <li>- „Politehnica” University of Bucharest, Departament of Physical Education and Sport – Kinetotherapy, prize I - Artistic Composition, University of „Bogdan – Vodă”, in Festivalul Polidansfest „Gineta Stoenescu”, Edition V, 11-12 May, 2012, Bucharest.</li> <li>- International Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XXV a 2009 organized by Asociazione OK Club, Scuola Sport, Casa Montagna Valnure – Ferriere (PC), Italy. (folckloric dance) (<a href="http://www.vivasworld.org">www.vivasworld.org</a> <a href="mailto:sts-gestione@libero.it">sts-gestione@libero.it</a>)</li> <li>- National Student Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XIII -a 2008 organized by Student Culture Home from Sibiu –Romania (inedit dance section).</li> <li>- National Student Dance Festival The 2 nd Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XIII-a 2008 show revue organized by Student Culture Home from Sibiu –Romania (show revue dance section).</li> <li>- European Ballet Schools festival ”Grand Assemble”, 27-30 of October 2016, 2017, 2018, Cluj – Napoca. Romania.</li> <li>- International Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XXIV a 2008 organized by Asociazione OK Club, Scuola Sport, Casa Montagna Valnure – Ferriere (PC), Italy. (<a href="http://www.vivasworld.org">www.vivasworld.org</a> <a href="mailto:sts-gestione@libero.it">sts-gestione@libero.it</a>)</li> <li>- National Student Dance Festival The 2 nd Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XII-a 2007, organized by Student Culture Home from Sibiu –Romania (contemporan dance section).</li> <li>- National Student Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XII-a 2007 organized by Student Culture Home from Sibiu –Romania (creativity section – Rabon dance)</li> <li>- International Dance Festival The 1 th Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a XXIII-a 2007 organized by Asociazione OK Club, Scuola dello Sport, Casa Montagna Valnure – Ferriere (PC), Italy. (<a href="http://www.vivasworld.org">www.vivasworld.org</a> <a href="mailto:sts-gestione@libero.it">sts-gestione@libero.it</a>).</li> <li>- National Student Dance Festival The 2 nd Place- with modern dance group „Companion” of Babes –Bolyai University Cluj-Napoca, ediția a V-a, 1993, organized by Student Culture Home from Cluj-Napoca și Târgu-Mureș – Romania.</li> </ul> |
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| <b>Participation in Projects</b>       | <p>1. Professor coordinator Summer Camps Programmes „Vivas World” Ferriere, Piacenza, Berceto, Parma, prof. Carlo Devoti, (<a href="http://www.vivasworld.org">www.vivasworld.org</a> <a href="mailto:sts-gestione@libero.it">sts-gestione@libero.it</a>) Italy 1997- 2003 – 2014, 2015, 2016, - Piacenza, Italy Italy 2017, 2018, 2019, 2022, 2023, 2024 – Berceto, Parma, Italy.</p> <p>2. Title: "Diabetic runners and cyclists for more sport for all in Europe", “Sport give a chance” SPORTGIVECHANCE” n° 590518-EPP-1-2017-1-IT-SPO-SNCESE, Spoleto, Terni, Italy, 2018.</p> <p>For this reason, the partners agree that:</p> <ul style="list-style-type: none"> <li>•The event programme takes place in Italy - Spoleto, starting on the 29.08. and ending on 03. 09. 2018;</li> <li>•The group was formed by the following 14 Participants + 4 Experts.</li> </ul> |
| <b>Other competences and abilities</b> | <p>Participation in other didactics activity in Teaching Staff Mobility in Erasmus Program (up 19):</p> <ul style="list-style-type: none"> <li>- Courses FRG; FRDS.</li> <li>- Organizer of national and International competitions in gymnastics and dance, European Men's and Women's Artistic Gymnastics in Cluj – Napoca, Romania 2017.</li> <li>- Participation in International Congress, upper 23 conference and congress in period from 1997 until now.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                  |

## Published Articles

From 1992 until now I wrote 19 books. Out of those, one is International coordinate (Technical elements of body movements (collab. Carmen Padilla – Univ. Cadiz, Spain), multiple articles BDI, 6 articles ISI, all of them from Sport Science area.

### Books in International publisher

**Grosu Emilia-Florina, Georgescu Luminita**, chapter, *Contemporary Trends in Health Promotion Through Physical Education a Romanian Model*, Physical Education and Health, Global Perspectives and Best Practice, SAGAMORE PUBLISHING LLC, ISBN print edition 978-1-57167-703-7 Library of Congress Control Number 201493090303, Urbana, IL 61801, Editor: SAGAMORE PUBLISHING, 2014, P. 383-394

### 8 books unic author

- *Aplicații ale antrenamentului mental în sport* (2000). vol 3, Publisher GMI, Cluj – Napoca, ISBN 973-98721-3-1

- *Învățarea motorie și performanța în sport* (2001). vol. 2, Publisher GMI; Cluj – Napoca, ISBN 973-98721-4-x.

- *Gimnastica aerobică - Programe de stilare corporală* (2003), Publisher GMI; Cluj – Napoca, ISBN 973- 98721-5-8.

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## **REDUCE ANXIETY AND STRESS IN BIATHLON – SKIING’ ATHLETES USING MENTAL TRAINING**

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