



## Barzuca - Mircioaga Alexandra

**Address:** Timisoara, Romania

**Email address:** [barzuca.alexia@umft.ro](mailto:barzuca.alexia@umft.ro)

**Gender:** Female **Date of birth:** 21/09/1986 **Nationality:** Romanian

### WORK EXPERIENCE

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[ 03/2015 – Current ] **University Lecturer Ph.D at Discipline of Physical Education**

*The "Victor Babes" University of Medicine and Farmacy Timisoara,,*

**City:** Timisoara

**Country:** Romania

**Main activities and responsibilities:**

Knowledge of the educational components of the training process in Physiccal Education.

Design and conduct training for univerisity teams.

The capacity of planning, organizing, conducting and controlling physical education and sport activities.

Managing capacities for leading positions from education sportive institutions.

[ 09/2011 – 09/2015 ] **University teaching assistant**

*The "Victor Babes" University of Medicine and Farmacy Timisoara,*

**City:** Timisoara

**Country:** Romania

[ 09/2008 – 09/2011 ] **Associate Teacher**

*The "Victor Babes" University of Medicine and Farmacy Timisoara,,*

**City:** Timisoara

**Country:** Romania

[ 09/2013 – 07/2014 ] **Physical Education Teacher**

*Montessori Haus School*

**City:** Timisoara

**Country:** Romania

[ 09/2008 – 07/2009 ] **Physical Education Teacher**

*Scoala Generala nr.9*

**City:** Timisoara

**Country:** Romania

### EDUCATION AND TRAINING

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[ 09/2011 – 05/2014 ] **Academic title of Doctor in the field of Medicine**

*Ph. D School at The "Victor Babes" University of Medicine and Pharmacy Timisoara,* [www.umft.ro](http://www.umft.ro)

**Address:** Piața Eftimie Murgu 2, Timisoara, Romania

**Field(s) of study:** Education

**Thesis:** The Impact of Physical Training on Arterial Stiffness as a Mechanism for Influencing Blood Pressure.

[ 09/2008 – 07/2010 ] **Master Degree in Management Activities and Physical Education and Sports Organizations**

*University of West, Faculty of Physical and Sport Education* [www.uvt.ro/ro/](http://www.uvt.ro/ro/)

**Address:** Bulevardul Vasile Pârvan 4, Timisoara, Romania

[ 09/2005 – 06/2008 ] **Bachelor Degree in Physical Education and Sports**

*University of West, Faculty of Physical and Sport Education* [www.uvt.ro](http://www.uvt.ro)

**Address:** Bulevardul Vasile Pârvan 4, Timisoara, Romania

[ 2001 – 2005 ] **Graduate of High School**

*Banatul Sports Highschool*

**Address:** Timisoara, Romania

[ 14/12/2017 – 18/12/2017 ] **Snowboard Instructor - level 3**

*Profesional Ski Instructor Association of Romania*

**Address:** Brasov, Romania

[ 15/12/2014 – 19/12/2014 ] **Snowboard Instructor - level 4**

*Profesional Ski Instructor Association of Romania*

**Address:** Brasov, Romania

[ 2007 – 2010 ] **Tennis Coach category 3**

*The Minister of Sport*

**Address:** Bucuresti

[ 2005 ] **Handball Sport Instructor category 3**

*Banatul Sports Highschool*

**Address:** Timisoara, Romania

[ 21/01/2008 – 11/03/2008 ] **English Certificate B2.2**

*Babel Center*

**Address:** Timisoara, Romania

## LANGUAGE SKILLS

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**Mother tongue(s):** Romanian

**Other language(s):**

### English

**LISTENING** C1 **READING** C1 **WRITING** B2

**SPOKEN PRODUCTION** B2 **SPOKEN INTERACTION** B2

### German

**LISTENING** B2 **READING** B1 **WRITING** B1

**SPOKEN PRODUCTION** B1 **SPOKEN INTERACTION** B1

### Italian

**LISTENING** B2 **READING** B2 **WRITING** B1

**SPOKEN PRODUCTION** B2 **SPOKEN INTERACTION** B2

### Spanish

**LISTENING** C1 **READING** B2 **WRITING** B2

**SPOKEN PRODUCTION** B1 **SPOKEN INTERACTION** B2

### French

**LISTENING** B1 **READING** B1 **WRITING** A2

**SPOKEN PRODUCTION** A2 **SPOKEN INTERACTION** A2

## DIGITAL SKILLS

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**Basic knowledge of computer graphics applications (Adobe Illustrator, PhotoShop)**

**A good command of Microsoft Office tools (Word, Excel and Power point)**

## PUBLICATIONS

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**1**

Title of Ph. D thesis : The Impact of Physical Training on Arterial Stiffness as a Mechanism for Influencing Blood Pressure.

- 2 books
- 1 paper ISI, without impact factor
- 8 papers BDI
- 9 papers "Peer Review|"

## DRIVING LICENCE

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**Motorbikes:** A

**Cars:** B

## COMMUNICATION AND INTERPERSONAL SKILLS

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The ability to prepare students to be suited to independent practical exercise, to be self-organized and self-lead.

Development of specific competent in the field of human resources from sportive organizations.

Managing capacities for leading positions from education sportive institutions.

The ability to prepare students to be suited to independent practical exercise, to be self-organized and self-lead.

## VOLUNTEERING

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[ 2008 ] **Special Olympics Regional Games** Timisoara