

Informatii personale



Oltean (Frâncu) Antoanela

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Experienta profesionala

2024 – Present

PhD Supervisor

Supervision of the doctoral student's research activities and study plan; Providing scientific guidance on methodology, analysis, and thesis writing; Monitoring progress and evaluating research stages; Supporting the publication of scientific results and participation in conferences; Ensuring compliance with academic ethics and integrity.

Doctoral Studies Institute, Ovidius University of Constanța, Doctoral School of Sports Science and Physical Education

Physical Education and Sports; Performance Sports; Sport for All; Sports Management; Motor Recovery and Rehabilitation

2016 - Present

Senior Lecturer

Delivering practical-methodical courses in gymnastic disciplines and physical education and sport for students from other faculties.

Faculty of Physical Education and Sport, Constanța

Areas of Expertise: Rhythmic Gymnastics and Artistic Gymnastics

2021 - Present

Chairperson of Arena Sports Club Association, Constanța

Organising and supporting sports activities for people with disabilities and facilitating their participation in inclusive competitions.

SCA ARENA Constanța

Inclusive sports programmes for individuals with disabilities

2021-2024

Head of Internal Managerial Control Department, Ovidius University of Constanța

Achieving the objectives of the public entity in an effective and efficient manner

Ovidius University of Constanța

Administrative responsibilities

2012-2016

Lecturer

Providing practical and methodological instruction in physical education and sport to students from other disciplines.

Faculty of Physical Education and Sport, Constanța

Field: Physical Education and Sport

2003-2012

Junior Lecturer

Responsible for teaching practical and methodological courses in gymnastic disciplines, as well as physical education and sports classes for students across different academic programmes

Faculty of Physical Education and Sport, Constanța

Rhythmic and Artistic Gymnastics

- 2008 - Present **Module Coordinator**
Core Gymnastics, Methodology of Teaching Gymnastics in Schools, Rhythmic Gymnastics, Eurhythmics, Sports Dance, Folk Dance, Fitness
Programme: Physical Education and Sports, Faculty of Physical Education and Sport
Design and develop module syllabi, academic calendars, and study materials, including individual study workbooks.
Provide academic support to students both online and offline throughout the programme.
Conduct and oversee final assessments in line with institutional standards.
Faculty of Physical Education and Sport, Constanța
Field: Physical Education and Sport
- 2007 - Present **Collaborating Coach**
Initiation, Training, and Sports Performance Development Activities
WIN-GYM Sports Club, Constanța
Rhythmic Gymnastics, Gymnastics for People with Disabilities, Aerobic Gymnastics, Artistic Gymnastics
- 2005 - Present **Coach**
Establishing and Coordinating a Gymnastics Team for Individuals with Special Needs
Special Olympics, Romania
Artistic and Rhythmic Gymnastics for Individuals with Special Needs
- 2001-2003 **Assistant Lecturer**
Deliver practical and methodological courses in gymnastic disciplines, as well as physical education and sport for students across the university.
Faculty of Physical Education and Sport, Constanța
Rhythmic Gymnastics and Artistic Gymnastics
- 1999-2001 **Collaborating Coach**
Responsible for preparing the beginner Artistic Gymnastics team
"Farul" Sports Club, Constanța
Artistic Gymnastics
- 1999-2000 **Substitute Teacher**
Responsible for teaching physical education and supporting extracurricular sports activities
School No. 38 and School No. 29, Constanța
Sports Activities
- 1999 - Present **Collaborating Lecturer**
Deliver training courses as part of the *Sport for All* coach development campaigns.
Romanian Federation Sport for All
Collaborator in training and professional development courses
- 1998-1999 **Substitute Teacher**
Responsible for teaching physical education and supporting extracurricular sports activities
School No.38 and Economic Highschool, Constanța
Pre-University Physical Education and Sport

Education and Professional Development

- January 2024 **Habilitation Certificate in the Field of Doctoral Studies – Sport Science and Physical Education, No. 3262 dated 22.01.2024**
Coordination of PhD theses

University of Craiova

July 2022	World Games-Coach preparation – Special Olympics Provide specialised training for Special Olympics coaches across multiple disciplines and prepare athlete teams for international competitions Special Olympics International
February 2022	Fitness Coach – Special Olympics Athletes Expertise in inclusive strategies for Special Olympics athletes, covering communication, motivation, adapted fitness assessment, and active sports participation Special Olympics International
March 2021	Quality Management of Study Programmes for Distance Learning and Part-Time Education – Part 2 Concepts of educational quality and strategies for improving the quality of study programmes in DL and PTE formats ARACIS
April 2021	E+ Partnership Workshop, Higher Education Developing an Erasmus+ project and submitting it on the European platform ANPCDEFP
March 2021	Integration of “Web of Science” Data Methods for integrating various types of information from Web of Science Web of Science Group
February 2021	An Update on the “Web of Science” Platform Latest metrics and indicators on the Web of Science platform, and methods for searching various concepts Web of Science Group
January 2021	Quality Management of Study Programmes for Distance Learning and Part-Time Education – Part 1 Concepts of educational quality and strategies for improving the quality of study programmes in DL and PTE formats ARACIS
November 2020	Communication and Teaching Methods for Autism Spectrum Disorders Traditional, modern, and innovative methods for communicating with individuals with autism spectrum disorders Train-ASD
November 2020	Standards and Quality Indicators Ensuring the quality of education, improving the efficiency of internal evaluation of university study programmes, and compliance with academic ethics and deontology “Ovidius” University, Constanța
November 2020	Online Gradebook Training session for the implementation of the Online Gradebook Module “Ovidius” University, Constanța

November 2020	Curriculum Design and Development Specific concepts related to curriculum design and development, alongside a critical review and the application of theoretical frameworks that can inform and enhance individual curricular practices. “Ovidius” University, Constanța
Nov/Dec - 2017	Risk Management within the Internal Managerial Control System Legislation governing risk management, approaches for implementing the requirements of internal managerial control standards, and specific reporting practices related to risk management within the Internal Managerial Control System (IMCS) “Ovidius” University, Constanța
August 2015	Project Manager Planning project activities, managing cost utilisation and operational resources, establishing procurement procedures, and overseeing project team management. G.S. Consulting Serv S.R.L
August 2012	Certificate of Professional Competence Designing a training programme in the field of subject didactics, applying modern instructional methods, employing coaching techniques during pedagogical practice, engaging in individual study, and preparing a comprehensive portfolio. Pitești University
2009	Doctor of Physical Education and Sport (“The Psychomotor Potential of Junior Athletes and Its Application in Rhythmic Gymnastics”) Expertise in performance training science for rhythmic gymnastics and applied research in physical education and sport. Pitești University
2004	Coach Sports Activities for Individuals with Special Needs Special Olympics Romania
2004	Sports Tourism Activities Organiser International Training in Sports Tourism Nice, France, Faculte des Sciences du Sport
2004	Master’s Degree in “Sport, Tourism, Leisure” (Promoting Leisure Physical Activities among University Students) Organisation of sports and leisure activities within the context of tourism. University of Pitești in collaboration with the University of Nice, France
2001	Artistic Gymnastics Coach Training artistic gymnastics teams under the Romanian Gymnastics Federation, holding Category IV certification.
2001	Fitness and Aerobics Coach Organising sports activities in the form of fitness and aerobics under the Romanian Federation “Sport for All,” holding Category IV certification.

- 1998 **Physical Education and Sport Teacher, Category IV Coach – Specialisation in Rhythmic Gymnastics**
Teaching Physical Education and Sport at pre-university level; coaching rhythmic gymnastics teams.
University “Ovidius”, Constanța – Faculty of Natural Sciences, Department of Physical Education and Sport
Physical Education and Sport Teacher, Category IV Coach – Specialisation in Rhythmic Gymnastics
- 1998 **Recreational Activities Coach**
Organising and leading recreational sports activities under the Romanian Federation “Sport for All.”
- 1994-1998 **Undergraduate Studies**
Physical Education and Sport Teacher, Category IV Coach – Specialisation in Rhythmic Gymnastics
University “Ovidius”, Constanța – Faculty of Natural Sciences, Department of Physical Education and Sport
- 1990-1994 **Secondary Education**
Sports Instructor
Sports Programme High School, Constanța
Baccalaureate Diploma
- 1982-1990 **Primary and Lower Secondary Education**
General School No. 29, Constanța

Personal Skills and Competencies

Mother Tongue
Foreign Languages Known
Self-Assessment

Romanian

	Listening	Reading	Interaction	Speaking	Writing
Italian	B2	B2	B2	B2	B2
English	C2	C2	C2	C2	C2
French	A2	A2	A2	A2	A2
German	A1	A2	A2	A2	B2

Social Skills and Competencies

Team Spirit: I have worked in various types of teams as a result of my previous employment, collaborating with groups focused on diverse objectives.
Mediation Skills: I work with individuals of different ages and viewpoints, including both adults and minors with special needs.
Intercultural Competence: I have experience working within the European context.

Organisational Skills and Competencies

Solid experience in project and team management, gained through participation in the implementation of local and EU-funded projects, as well as in organising local competitions.

Computer Skills and Competencies

Knowledge of operating Windows XP, proficiency in Microsoft Office Suite, experience in using the internet through Netscape and Internet Explorer, and familiarity with Adobe Reader and Corel applications.

Artistic Skills	Rhythmic gymnastics, artistic gymnastics, aerobic gymnastics, and dance.
Driving License	Category B, obtained in 1994.
Additional Information	<p>2022 -2024 Project Director – PLAYS (Practical Learning to Advance Youngsters in Sport) july 2022 december 2024 , 400.000 EUR, 101049381 PLA YS ERASMUS SPORT 2021 SCP</p> <p>2021 –2022 Sport Instructor within the Erasmus+ Project Sitting Darts – 622630-EPP-1-TR-SPO-SSCP</p> <p>2021 –2022 Researcher in Physical Education and Sport within the Erasmus+ Project – EASMH - 622832-EPP-1-2020-1-IT-SPO-SCP</p> <p>2021 – Project Manager “Centru de Învățare SAPIENTIA – OVIDIUS” – ROSE, acord de grant nr. 106/SGU/CI/II din 18.12.2018</p> <p>2021 – Project Manager – Learning Centre SAPIENTIA – OVIDIUS ROSE Programme, Grant Agreement No. 106/SGU/CI/II dated 18.12.2018</p> <p>2021 – Short-Term Expert - CNFIS-FDI-2021-0384- ACTIV-DIGI-SAN@UOC, ” Practice Base for an Active and Healthy Student Life at UOC in the Context of the Pandemic”</p> <p>2019 – Member of the Project – Open Air Sport (OPS) Erasmus+ Project No. 613542-EPP-1-2019-1-BE-SPO-SSCP Allocated Budget: €59,500 Education, Audiovisual and Culture Executive Agency – Erasmus+: Sport, Youth and EU Aid Volunteers, Brussels, Belgium</p> <p>2019-2021 Member of the following committees:</p> <ul style="list-style-type: none"> • Committee for Education and Continuing Training • Committee for Evaluation of Teaching/Research Activities and Academic/Research Position Appointments <p>2018 – Member of the Project – Development of Practical Training Bases at “Ovidius” University of Constanța through the Establishment, Arrangement and Equipment of the Excellence Circle for Training Socio-Educational Animators. Project Code: CNFIS-FDI-2018-0492. Awarded through competitive selection. Value: 42,000 RON. Duration: June – December</p> <p>2017-2021 – Member of the CEAC Committee of the Faculty of Physical Education and Sport</p> <p>2017-2019 - Project Coordinator – Project within the National Programme “Alternative Week” in partnership with Kindergarten No. 52, Constanța.</p> <p>2017-2019 - Project Coordinator – Project within the National Programme “Alternative Week” in partnership with School No. 29 “Mihai Viteazul”, Constanța.</p> <p>2015 – Assistant Manager of the Project Team – PROKINETO – Programme for Counselling and Skills Development of Future Specialists in Kinesiotherapy Contract: POSDRU /189/2.1/G/156834. Total Budget: 1,729,753.01 RON. Eligible and Funded Project.Duration: 28 July 2015 – 27 December 2015</p> <p>2015 - Project Coordinator – Project within the National Programme “Alternative Week” in partnership with Secondary School No. 23 “Constantin Brâncoveanu”, Constanța.</p> <p>2015, 2016 - Project Coordinator – Project within the National Programme “Alternative Week” in partnership with Kindergarten No. 52, part of Secondary School No. 23 “Constantin Brâncoveanu”, Constanța.</p> <p>2014 - Project Coordinator – Project within the National Programme “Alternative Week” in partnership with Kindergarten “Constantin Brătescu”, Constanța.</p> <p>2018-2021 - Member of the Scientific Committee of the International Conference “Perspectives in Physical Education and Sport”, organised by “Ovidius” University of Constanța, Faculty of Physical Education and Sport.</p> <p>2013- 2017 - Member of the Organising Committee of the International Conference “Perspectives in Physical Education and Sport”, organised by “Ovidius” University of Constanța, Faculty of Physical Education and Sport (various editions).</p> <p>2013-2016 Member of the Committee for Image, Communication and Student Social Issues Member of the Committee for Relations with Students and Alumni</p>

2014-2016 - **Project Coordinator** – Project within the National Programme “Alternative Week” in partnership with Kindergarten “Amicii”, Constanța.

2013 - **Project Coordinator** – Project within the National Programme “Alternative Week” in partnership with Kindergarten “Zubeyde Hani”, Constanța.

2012-2018 - **Project Coordinator** – Project within the National Programme “Alternative Week” in partnership with Kindergarten “Sea Horse”, Constanța.

2011-2017 - **2011–2017 – Project Coordinator** – Project within the National Programme “Alternative Week” in partnership with Kindergarten No. 8, Constanța.

2011-2013 - **Member** of the Scientific Team for Developing E-Learning Fitness Programmes within the project e-Learning Fitness (Project Code: 511669-2010-LLP-IT-KA3-Ka3MP) – European Commission. Total Budget: €666,667 | Faculty of Physical Education and Sport (FEFS) share: €16,095. Eligible and Funded Project. Duration: 01 January 2011 – 31 March 2014. <http://www.elearningfitness.eu/?q=elf-project/list-partners>

2005 - **Member** of the Research Team of the International Project “Motoriamente”, carried out in partnership between the Faculty of Physical Education and Sport and the Faculty of Motor Sciences “Carlo Bo”, Urbino, Italy.

2003 - **Member** of the Research Team within the (Type A Grant) Project entitled “Development of Psychomotricity in Institutionalised Children, Both Healthy and with Special Needs, from Placement Centres in Constanța County”, approved and funded by C.N.C.S.I.S.

1982 – 1994 - Rhythmic Gymnastics at Performance Level; achieved multiple national titles both as part of a team and individually, as follows:

- 8 consecutive national titles with the Rhythmic Gymnastics Team of School Sports Club No. 1, Constanța
- 2 national titles in group routines
- 4 runner-up titles in group routines
- 10 national champion titles in individual events
- Participated in international competitions and demonstration performances

Authored and published over 40 scientific articles in recognised national and international journals.

Published Works:

1. *Body Expression and Motor Communication, Dance, Eurhythmics and Sports Performance*, Ovidius University Press, Constanța, 2015. ISBN: 978-973-614-776-0, ISBN: 978-973-614-745-6
2. *Practical Training in Educational Institutions – Student’s Workbook*, Naval Academy Publishing House “Mircea cel Bătrân”, Constanța, 2016, 72 pages. ISBN: 978-606-642-113-3
3. *Psychomotor Training Programmes in Rhythmic Gymnastics*, Ovidius University Press, Constanța, 2016, 125 pages. ISBN: 978-973-614-910-8
4. *General Foundations for Training the Socio-Educational Animator*, 138 pages, Ovidius University Press, Constanța. ISBN: 978-606-060-011-4. Volume coordinated by Mirela Damian and co-authored by 11 contributors
5. *Methodological Guidelines for Developing Psychomotricity in Junior Rhythmic Gymnastics*, Ovidius University Press, Constanța, 2022. ISBN: 978-606-060-055-8
6. *Methodology of Teaching Gymnastics in Primary School*, Discobolul Publishing House, Bucharest, 2022. ISBN: 978-606-798-158-2
7. *Defensive Systems for Junior II – Handball*, Stănescu S., Oltean A., Stăndescu A., Lupu E., 120 pages, Ovidius University Press, Constanța, 2023. ISBN: 978-606-060-087-9
8. *The Relationship between Working Memory (WM) and Motor Skills during Adolescence*, Lupu E., Larion A., Russo L., Oltean A., Cărlionu A., Ovidius University Press, Constanța. ISBN: 978-606-060-086-2

Member of international societies such as:

- FIEP (International Federation of Physical Education)
- IOSHK (International Organisation of Sports History and Kinesiology)
- ICSSP (International Council of Sport Science and Physical Education)
- EPSI (European Platform for Sport Innovation)

Member of national professional societies such as:

- Romanian Society of Physical Medicine, Rehabilitation and Balneoclimatology

- County Gymnastics Association
- “Ovidius” University Association, Constanța
- WIN-GYM Sports Club Association