



**Universitatea *Transilvania* din Braşov**

**HABILITATION THESIS  
SUMMARY**

**Modern approaches for optimising sports and recreational human  
potential**

**Domain: Sport Sciences and Physical Education**

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## **Modern approaches for optimising sports and recreational human potential**

This habilitation thesis focuses on the personal activity following the presentation of the PhD thesis comprising 10 years. It revolves around the main academic, scientific and professional achievements in the field of physical education and sports.

I have divided the scientific activity into distinct categories and detailed them in an accessible way in order to emphasise their degree of innovation. A major concern consisted of illustrating a way to put into practice the made researches and identifying future means of research and implementation according to modern research requirements.

The thesis comprises three parts. The first part presents academic, scientific and professional achievements, organised in three different chapters: research activity addressed in chapter I, professional development contained in chapter II and academic accomplishments presented in chapter III.

My scientific activity began with the specific research for the PhD thesis and continued with identifying new directions of scientific interest in line with modern tendencies and with the personal area of interest.

The process of advanced scientific development began within the doctoral school and materialised with finalising in 2006 the PhD. thesis with the title “Individualising the physical and technical preparation of senior football players during the winter preparatory period of sports training” in Chişinău, at the National Institute of Physical Education and Sports of the Moldavian Democratic Republic, having full professor PhD. Boris Râşneac as my scientific coordinator. The thesis made an important impact on the future directions of research addressed.

The main aspects targeted by my scientific concerns were grouped into the following categories:

- *modern approaches regarding the optimisation of athletic performance;*
- *outdoor recreational activities and their influence on the human motric potential.*

I have published eight books acknowledged by the Romanian academic environment. The books are addressed to the specialists in the field serving at the same time as relevant bibliographic material for students, sports trainers and instructors.

The scientific activity materialised after obtaining the PhD through scientific articles publications in the magazines and volumes of some prestigious conferences as follows: two articles in magazines proceedings with peer review and at indexed ISI Thomson conferences, one article in the proceeding of a indexed BDI international conference, 22 articles in the volumes of indexed BDI international conferences, 4 articles in the volumes of un-indexed ISI or BDI international conferences and 2 articles in Romanian magazines recognised by the academic community.

Researches regarding athletic training have contributed to the understanding of the way in which the physical, technical, strategical, psychical and theoretical training process is organised and how these components interact with each other. These specific components can determine achieving sporting excellence. The dividing of the results and their practical application seek to achieve the optimisation of motric, functional and psychical capacity. At the same time they seek a more precise understanding of the determining mechanisms behind these processes of the utmost importance. The completed researches have enabled us with the possibility to identify and outline the relationship between the specific components of the training and the interdisciplinary conditioning factors. The enhancement of performance sports training at every

level of preparation represents the integrated result of the methodology used and the social, psychical, personal factors.

The results of our researches, divided within the scientific manifestations and indexed journals in main international data bases, have helped to develop and outline the dimension of specific activities in sports training. They have also helped familiarising with the new directions and contexts of international development characteristic for our domain, according to personal research directions.

The impact of personal researches and the ones within the research team it is emphasised by citing the results of the carried researches in indexed articles from international data bases, as well in the books and PhD thesis of Romanian and foreign specialists.

My preoccupations in the field of athletic education and recreational activities for promoting an active lifestyle are extensive and focus on the connection between the scientific and practical sphere. Therefore optimising sports and outdoor recreational activities have determined me to approach this subject because its timeliness suits the European modern trends of this domain. The academic teaching was conducted within the College of Physical Education and Mountain Sports at Transilvania University Braşov, department of Motric Performance.

As a result of the interest shown for a constant professional development, permanently studying the news appeared in bibliographic specialised sources and on the internet, I can say that I am aware of the modern pedagogical techniques. I am cognisant of the new tendencies that characterise the teaching activity on one hand and on the other hand the organisation of sports competitions and current approaches of sports training. I try to apply these knowledges during the teaching hours held at university, where the class teaching intertwines classical learning methods with modern, innovative strategies.

Acknowledgement of the professional prestige is confirmed also through my election within highly prestigious national academic structures such as The National Council for Certification of Titles, Diplomas and University Certificates, committee 28: Psychology, Educational Sciences and Physical Education and Sports. The professional prestige was crowned by my invitation and selection as a member of the Organising Committee of the European Youth Olympic Winter Festival, Braşov, winter Edition 2013. Within this structure I held a leading position extremely demanding, with responsibilities of the outmost importance as the Director of Volunteers. Furthermore the recognition of the scientific and professional materialised with my invitation to join the scientific and editorial boards of national and international BDI magazines.

From the academic teaching point of view, I have made ceaseless efforts to introduce information technologies in the teaching-learning process, according to the themes and objectives of the disciplines I teach. The employed methodologies, as well as the educational activities focused on developing social and professional competencies, have facilitated the communication of an essentialised knowledge content with effects on students' teaching. Another effect is reflected by the flexible promotion of university curricula, customisable according to each student's qualification. The impact of my academic activity is stressed also by the introduction of new disciplines in the curricula of study programs at the College of Physical Education and Mountain Sports of Transilvania University Braşov.

The second part of the thesis is intended to describe the personal development plan of the scientific, academic, professional career. This plan is based upon the accumulated experiences from the teaching and scientific activity and upon social aspects characteristic for the academic environment. These experiences were enriched through an extensive managerial experience

within the institution I work in, as well as through my participation in activities with a major national and international impact. Therefore, the personal plan for professional development is focused on three lines of approaches: the academic activity, the scientific activity and the relational activity in the academic environment. As a result, I created a SWOT analysis of my professional career in order to identify its strengths, future opportunities and possible threats.

The main lines of research will aim to continue to elaborate the themes covered so far and developing new ideas. The techniques of sports training regarding the improvement of the human motric potential focus on identifying new strategies for achieving a more efficient activity in performance sports. Identifying the results of outdoor and informal education activities regarding the optimisation of health condition, development of the physic capacity and obtaining an optimum mental condition represents a major direction for my future researches which will concentrate on interdisciplinarity, according to modern scientific tendencies.

The accumulated experience, the professional competencies and the managerial aptitudes proven through published articles, participation in national and international research projects represent a genuine proof of my personal aptitudes, possibilities to accomplish the intended objectives of this scientific, academic, professional development plan, according to future prospects and challenges.

The third part of the paper is intended to present the bibliographic sources which were accessed during the writing of this habilitation thesis.

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