

PERSONAL INFORMATION

Ștefan ALECU

 alecu.stefan@unitbv.ro

Sex M | Naționality Romanian

PROFESSIONAL EXPERIENCE

01.10.2024 - present

LecturerTransilvania University of Brașov, Bd. Eroilor no. 29, www.unitbv.ro

- Courses and practical applications on 'Theory and Practice of Athletics Instruction'.

[University education](#)

01.10.2023 – 30.09.2024

University AssistantTransilvania University of Brașov, Bd. Eroilor no. 29, www.unitbv.ro

- Practical courses in Athletics Instruction, Basics of Athletics.

[University education](#)

01.09.2021 – 23.06.2024

Physical education and sports teacher

„Nicolae Titulescu” College Brașov, Str. 13 Decembrie nr. 125

- Physical education and sports classes.

[Pre-university education](#)

01.10.2015 – 30.09.2023

Associate Teaching StaffTransilvania University of Brașov, Bd. Eroilor no. 29, www.unitbv.ro

- Teaching classes for faculties without a sports profile.

[University education](#)

01.09.2021 – 23.06.2024

Physical Education and Sports Teacher

„Johannes Honterus” National College, Brașov, Str. Curtea Honterus nr. 3

- Physical education and sports classes.

[Pre-university education](#)

01.09.2021 – 23.06.2024

Physical Education and Sports Teacher

Sports Program High School, Brașov, Str. Zizinului nr. 144

- PE and sports training classes,

[Pre-university education](#)

EDUCATION AND TRAINING

2015 – 2022

Ph.D. in Sport Science and Physical Education

Transilvania University of Braşov, Faculty of Physical Education and Mountain Sports

- Modern training technologies for the optimization of the hurdle running technique in the 110 hurdles for junior athletes

06.03 – 21.06.2017

Continuous Training Program - Strategic Management, Operational and Educational Marketing

Teaching Staff House Braşov

- Strategic Management Elements, Operational Management, Communication and Marketing, Human Resource Management

28.08 – 28.10.2012

Continuous Training Program - Organization Management, Leadership and Communication

Pre-university Education Union Galaţi

- Organizational Planning, Organization and Training, Leadership, Organizational Communication

2010 – 2011

Postgraduate Cycle II – Entrepreneurship and Venture Creation

University Institute of Lisbon, ISCTE

- Business plan writing, Legal framework of business creation, Innovation and business strategy, Foundation of the entrepreneurial process, Marketing planning, Psychosocial processes in entrepreneurship, Management control systems.

2009 – 2011

Master's Degree in Organizational Management

“Romano-German” University of Sibiu, Faculty of Economic Sciences

- Marketing Management, Commercial Law, Organizational Behavior and Leadership, International Funded Projects Management, Organizational Strategies, Quality Management.

2006 – 2009

Bachelor's Degree in Economic Sciences

“Alma Mater” University of Sibiu, Faculty of Economic, Social and Political Sciences

- Marketing, Management, Finance and Banking, Computer Science, Macroeconomics, Microeconomics, Consumer Behavior, Merchandise Science, Law Basics.

2006 – 2007

Master's Degree in Physical Education and Kinesiology

“Babeş-Bolyai” University Cluj-Napoca, Faculty of Physical Education and Sport

- Physical Education and Kinesiology, Massage Techniques, Psychology, Physiology, Psychomotricity, Communication in PE and Sport, Sports Legislation

2002 – 2006

Bachelor's Degree in Physical Education and Sport

“Lucian Blaga” University of Sibiu, Faculty of Sciences

- Theory of Physical Education and Sports, Methodology of PE and Sports, Theory and Methodology of Sports Training, Specialization Theory and Methodology: Gymnastics, Management in PE and Sports, Communication in PE and Sports.

PERSONAL SKILLS

Mother tongue(s) Romanian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Conversation	Oral speech	
English	C2	C2	C1	C1	C1
French	C1	C1	B2	B2	B2

Levels: A1/A2: Basic user – B1/B2: Independent user – C1/C2: Proficient user
According to the Common European Framework of Reference for Languages

ADDITIONAL INFORMATION

Publications

- **Alecu, S.**, Onea, G. A., & Badau, D. (2025). The Relationship Between Motivation for Physical Activity, Physical Activity Level, and Body Mass Index for University Students. Sports, 13(4), 96. <https://doi.org/10.3390/sports13040096>
- **Alecu S.**, Ionescu-Bondoc D. (2024). Proprioception Testing in Junior Athletes Training using the "Gyko" Sensor. <https://doi.org/10.31926/but.shk.2024.17.66.2.3>
- **Alecu S.**, Ionescu-Bondoc, D. (2024). Proprioceptive Training Study for the Optimization of the 110 M. Hurdles Technique. <https://doi.org/10.31926/but.shk.2024.17.66.1.4>
- **Alecu Ș.**, (2023). Recording progress in junior athletes' proprioceptive training using modern sports technology. DOI: <https://doi.org/10.31926/but.shk.2023.16.65.2.3>
- **Alecu Ș.**, Ionescu-Bondoc D. (2020). Technical Development of Junior, Beginners, Advanced and Performers, Involving Proprioceptive Training, in the 110 M Hurdles. DOI: <https://doi.org/10.29081/gsjesh.2020.21.2s.04>
- Onea G.A., Balint L., **Alecu Ș.**, Oprea D. (2019). Muscle Fatigue Assesment of the Lower Limb in Young Hurdles Using Isokinetic Dynamometry. DOI: [10.29081/gsjesh.2018.19.2.14](https://doi.org/10.29081/gsjesh.2018.19.2.14)
- **Alecu Ș.**, Ionescu-Bondoc D. (2019). The importance of the proprioceptive training and its results in junior hurdle athletes. DOI: <https://doi.org/10.31926/but.shk.2019.12.61.2.34>
- **Alecu Ș.**, Ionescu-Bondoc D., Ionescu-Bondoc A., Ionescu-Bondoc C., Nechita F. (2019). The Importance of the Proprioceptive Training and its Results in the Junior Category Sports Training. DOI: <https://doi.org/10.18662/lumproc/sec-iasr2019/01>
- **Alecu Ș.**, Ionescu-Bondoc D. (2018). Study concerning the proprioception training in 110 m hurdles event technique optimization. DOI:10.7752/jpes.2018.s5290
- Onea G.A., Balint L., **Alecu Ș.** (2017). Theoretical and practical dimensions of motor imagery applied for hurdles, pole vault and throwing events. DOI: https://webbut.unitbv.ro/index.php/Series_IX/article/view/3419
- **Alecu Ș.**, Ionescu-Bondoc D., Nechita F. (2017). Individual training in the alternating problem 110 m. Hurdles through self control awareness of techniques based on checks perceived during execution. DOI:10.7752/jpes.2017.s5225
- **Alecu S.** (2025). Teoria și practica instruirii în atletism. Ed. Universității Transilvania din Brașov, ISBN 978-606-19-1791-4, nr. pag. 137, cat. A2, cod CNCIS 81.
- **Alecu S.** (2025). Bazele generale ale atletismului. Ed. Universității Transilvania din Brașov, ISBN 978-606-19-1777-8, nr. pag. 105, cat. A2, cod CNCIS 81.

01.03.2025