

## CURRICULUM VITAE

**Name, surname:** Constanța Nicoleta URZEALĂ

**Date of birth and place:** November 30<sup>th</sup> 1979, Ploiești

**Contact:** National University of Physical Education and Sports from Bucharest (UNEFB), 140 Constantin Noica Street, 6<sup>th</sup> District, Bucharest, Zip code: 060057, tel. 0040/21 3164107, fax. 0040/21 3120400, site: [www.unefsb.ro](http://www.unefsb.ro), e-mail: [constanta.urzeala@unefsb.ro](mailto:constanta.urzeala@unefsb.ro)

### **Professional activity, workplace:**

Lecturer PhD. at the National University of Physical Education and Sports from Bucharest, Faculty of Physical Education and Sports, Sports and Motor Performance Department

### **Studies, specialization, competences:**

- Bachelor in Physical Education and Sport, 2002 – Faculty of Physical Education and Sport of the National Academy of Physical Education and Sports, Bucharest, rhythmic gymnastics sport specialization, Degree no. 3148/10.10.2002
- Master in Physical Education and Sport, 2004 - Bio-psycho-socio-motor capacity program of the National Academy of Physical Education and Sports, Bucharest, Degree no. 97/16.02.2004
- Postgraduate specialization course - Project management, 2006, Academy of Economic Studies from Bucharest, Degree no. 91/06.06.2007
- PhD. in Physical Education and Sports, 2009 - Thesis: The efficiency of the training methods, based on the effort – rest relation, used in cyclic and acyclic sports, in individual events, scientific coordinator: professor Cismaș Gheorghe, under Order no. 4698/14.08.2008 issued by the Minister of Education, Research and Innovation
- Postdoctoral studies, 2015 - thesis: The efficiency of the physical exercises programs addressed to the child with DM, from an interdisciplinary perspective – scholarship within POSDRU/159/1.5/S/141086 project of the Institute for the Quality of Life, Romanian Academy, in partnership with UNEFB
- Visiting professor to University Clermont Auvergne, France, 2018

### **Fellowships, grants:**

- *Strategies for integration in the academic and professional environment specific to the physical education and sports field, through counseling and guidance (SICO)*, code 36/SGU/NC/I from 27.10.2017, financed by the Ministry of National Education, Romanian Secondary Education Project – ROSE, National University of Physical Education and Sports, Bucharest, 2018 – 2019 – team member
- *The efficiency of the physical exercises programs addressed to the child with diabetes, from an interdisciplinary perspective* – project manager, in the program co-financed by the European Social Fund through the Sectoral Operational Program for Human Resources Development 2007-2013, developed through the project Pluri- and interdisciplinary in doctoral and post-doctoral programs, Project Code: POSDRU/159/1.5/S/141086, its main beneficiary being the Research Institute for Quality of Life, Romanian Academy, 2014-2015. The project was awarded based on competition and financed as a scholarship for postdoctoral studies.

- *Professionalization of the teaching career in Physical Education and Sports, from the continuing formation perspective*, POS DRU 13096, 2010 – 2011, awarded based on competition, assistant manager.
- *FISTE project (A future way for in-service teachers training across Europe)*, Comenius project, 118766-CP-1-2004-1-RO-COMENIUS-C21, UNEFS partner, 2007 – team member
- *The influence of regular physical exercises on the moral development of the institutionalized child*, AT 47 CNCSIS 2005, awarded based on competition – team member, responsible of physical exercises programs.
- *Models of non-formal education through physical exercises practice designed for children with social problems for preparing them to live the institution*. AT CNCSIS 152, 2004, awarded based on competition – team member, responsible of physical exercises programs.

**Project manager:**

- *Learning by doing: methodology and tools for leading groups in learning process*, Grundtvig project, GRU-10-MOF-131-B-IT, 2010, project manager, awarded based on competition.
- *Collateral effects on the morphological and functional development of high performance athletes, generated through the training stimuli*, TD163 CNCSIS (UEFISCDI), 2006 – 2007 – project manager, awarded based on competition.

**Books:** 5 (selection)

1. Teodorescu Silvia, **Urzeală Constanta**, *Theory of Sports (Teoria Sportului)*, Discobolul, Bucharest, ISBN 978-606-798-045-5
2. **Urzeală Constanta**, *Funny physical exercises and for the psycho-motor development of children* (Exerciții fizice distractive și de dezvoltare psihomotrică pentru copii). Printech, Bucharest, ISBN 978-606-23-0454-6, 2015
3. **Urzeală Constanta**, *Motor activities for the body expression (Activități motrice de expresie corporală)*. Cartea Universitară, Bucharest, ISBN 973-731-246-5, 2005
4. **Urzeală Constanta**, *Motor games, method and means for developing basic motor skills (Jocul de mișcare, metodă și mijloc de formare a deprinderilor motrice fundamentale)*. Cartea Universitară, Bucharest, ISBN 973-731-080, 2004
5. **Urzeală Constanta**, *Effort and solicitation in sports activities (Efort și solicitare în activitatea sportivă)*. Cartea Universitară, Bucharest, ISBN 973-731-422-0, 2005

**Articles published in BDI Journals:**

1. **Urzeală, C.** *Considerations regarding the risks of obesity and physical inactivity*. Anthropological Researches and Studies, nr. 8, 2018  
<http://doi.org/10.26758/8.1.9>
2. **Urzeală C.,** Vlaiculescu, M., Courteix, D. *A strategy for an interdisciplinary intervention on children with diabetes: a pilot study*, Palestrica of the third millennium – Civilisation and sport, Vol. 19, No. 3, July-September 2018, p. 147–152
3. **Urzeala, C.** *Sport at the border with art*, Discobolul –Physical Education, Sport and Kinetotherapy Journal Vol.XIV no.2(52) 2018, p. 48 – 53  
<http://discobolulunefs.ro/wp-content/uploads/2018/11/Discobolul-nr.-52-Iunie-2018.pdf>
4. **Urzeală C.,** *Considerations on the social challenges for young people with type 1 diabetes mellitus*, Discobolul –Physical Education, Sport and Kinetotherapy Journal Vol.XIII,no.3(49),2017, 17-20

<http://discobolulunefs.ro/wp-content/uploads/2018/10/Discobolul-Nr.-49-septembrie-2017.pdf>

5. **Urzeală C.**, Bejan R., *Study about the body schema and the emotional charge of children with DM*. In Discobolul – Physical Education, Sport and Kinetotherapy Journal, Vol. XI, no. 44, 2016

[http://discobolulunefs.ro/Reviste/2016/DISCOBOLUL\\_2\\_44\\_2016\\_FULL\\_v2.pdf](http://discobolulunefs.ro/Reviste/2016/DISCOBOLUL_2_44_2016_FULL_v2.pdf)

6. Rădescu, P., Teodorescu S., **Urzeală, C.**, Marcu, R., *Preliminary correlations between mental tonus, discriminatory reaction time and precisely -coordinated motor expression assessed through ultra slow motion exercises*, Discobolul –Physical Education, Sport and Kinetotherapy Journal Vol.XII no.3(45)2016

[http://discobolulunefs.ro/Reviste/2016/DISCOBOLUL\\_2\\_44\\_2016\\_FULL\\_v2.pdf](http://discobolulunefs.ro/Reviste/2016/DISCOBOLUL_2_44_2016_FULL_v2.pdf)

7. **Urzeală C.**, *Strategy of interdisciplinary intervention on the child with diabetes – a case study*, Discobolul –Physical Education, Sport and Kinetotherapy Journal, Vol. XI, no. 3 (41) septembrie 2015, ISSN (online) 2286 –3702; ISSN–L1454 –3907

[http://discobolulunefs.ro/Reviste/2015/DISCOBOLUL\\_3\\_41\\_2015\\_v3.pdf](http://discobolulunefs.ro/Reviste/2015/DISCOBOLUL_3_41_2015_v3.pdf)

8. **Urzeală C.**, *Aspects regarding physical exercising within the interdisciplinary intervention strategies addressed to children with diabetes*, Discobolul Physical Education, Sport and Kinetotherapy Journal, vol. X, nr. 3 (37), Sept. 2014. ISSN 1454-3907, p. 14

[http://www.unefs.ro/discobolulmagazine/extenso/2014/DISCOBOLUL\\_3\\_37\\_2014\\_full\\_v4.pdf](http://www.unefs.ro/discobolulmagazine/extenso/2014/DISCOBOLUL_3_37_2014_full_v4.pdf)

#### **Papers published in ISI Proceedings:**

1. **Urzeală C.**, *The child with diabetes and the group of children engaged in PES lesson*. In LUMEN: Rethinking Social Action. Core Values", published by Editografica (former Medimond), Italy, 2016, ISBN: 9788875877255, pp.1305-1310, WOS:000378560300226

2. **Urzeală C.**, Vlăiculescu M., *Telemedicine and physical exercise for the child with diabetes*. In eLearning Vision 2016! Proceedings of the 12th International Scientific Conference "eLearning and Software for Education" Bucharest, Vol. 3, Carol I National Defence University Publishing House, doi: 10.12753/2066-026X-16-241, WOS:000385397100064

3. **Urzeală C.**, Vlăiculescu M., *Utilization of continuous glycemic monitoring systems and physical exercise in the diabetic child*. e-Learning and Software for Education 2015, doi: 10.12753/2066-026X-15-235, WOS:000384471300055

4. **Uzeală C.**, Mezei M. *Computer-assisted functional training in high-level aerobic gymnastics* The 10th International Scientific Conference eLearning and software for Education Bucharest, April 24-25, 2014 10.12753/2066-026X-14-000, doi: 10.12753/2066-026X-17-265, WOS:000357200600036

5. **Urzeală C.**, Nicoară A., *Study about the dancers' behaviour performance*. Medimond Monduzzi Editore International Proceedings Division, volum ICPEK 2014, ISBN 978-88-7587-718-7, 2015, WOS:000360246100019

6. Bota A., **Urzeală C.**, *Correlative Aspects Regarding Functional Stress and Neuromuscular Control in High Performance Aerobic Gymnastics – Individual Events*, 3rd World Conference on Learning, Teaching and Educational Leadership, Brussels, Procedia Social and Behavioral Sciences vol 93/2013 pp2090-2094, doi: 10.1016/j.sbspro.2013.10.171, WOS:000342763100351

7. Teodorescu S., **Urzeală C.**, *Management tools in sports performance*, First World Congress of Administrative & Political Sciences Antalya Procedia - Social and Behavioral Sciences ISSN: 1877-0428 Elsevier Vol 81/2013 pp84-88, <https://doi.org/10.1016/j.sbspro.2013.06.392>, WOS:000323738200014

8. **Urzeală C.**, Bejan R., *Emotional Challenges of a Parent Caring for a Type 1 Diabetes Mellitus Child*, Proceedings Volume of 9th LUMEN International Scientific Conference Communicative Action & Transdisciplinarity in the Ethical Society, CATES 2017 24-25 November 2017 Târgoviște Romania p. 317-326, DOI: <https://doi.org/10.18662/lumproc.29>
9. Nicoară A., Teodorescu S., **Urzeala, C.**, *A computerized system for judging dancesport competitions – an innovative application*, Proceedings of The International Scientific Conference eLearning and Software for Education; Bucharest, Vol. 3, : 175-180. Bucharest: "Carol I" National Defence University. (2017), DOI:10.12753/2066-026X-17-199
10. Tomescu, V., Teodorescu, S., **Urzeală, C.**, *Effect of aerobic training on ventilatory thresholds, aerobic and anaerobic thresholds in recreational endurance athletes*. In European Proceedings of Social and Behavioural Sciences, 2016, e-ISSN: 2357-1330, <http://dx.doi.org/10.15405/epsbs.2016.06.21>, WOS:000377852100020
11. Teodorescu S., Tomescu, **Urzeală C.**, *Possibilities to use the computerized assessment for identifying the effort capacity and managing the functional exertion in motor activities*. E-Learning and Software for Education 2015, ISSN 2066-026X, doi: 10.12753/2066-026X-15-234, WOS:000384471300054
12. **Urzeală C.**, Predoiu R., Popescu V., *Dimensions of the Personality of Athlete and Non-athlete Normal Weight and Overweight Female Students*, Procedia Social and Behavioral Sciences, Volume 117/2014, pp395-401, <https://doi.org/10.1016/j.sbspro.2014.02.234>, WOS:000335831300065
13. Teodorescu S., **Urzeală C.**, Predoiu R., *Correlative aspects regarding the resistance to mental fatigue and the performance of junior gymnasts*, 2012, The international conference "Psychology and the realities of of the contemporary world", Bucharest Procedia – Social and Behavioral Sciences S1877-0428(13)00822-7, vol. 78, pp. 71-75, DOI 10.1016/j.sbspro.2013.04.253, WOS:000323738200014

**Articles published in journals recognized by the Romanian academic community (selection):**

1. Popescu V., **Urzeală C.**, *Somatic, functional and motor dimensions of normal weight and overweight students from A.S.E. Bucharest*. Ovidius University Annals, Series Physical Education and Sport / Science, Movement and Health, ISSUE 2 Supplement - Volume XIII, 2013, ISSN 1224-7359, p. 557, <http://www.analefeffs.ro/anale-feffs/2013/s1/pe-autori/74.pdf>
2. Teodorescu, S., **Urzeală C.**, *Coaching for performance in athletes teams*. Ovidius University Annals, Series Physical Education and Sport / Science, Movement and Health ISSN 1224-7359 2012, Vol. XII, ISSUE 2 Supplement 2012, p. 382 – 387, <http://www.analefeffs.ro/anale-feffs/2012/issue-2-s/>
3. Stanescu M., **Urzeală C.**, *Improving the teaching career in psysical education and sports through European social founds*. In Analele Universității Ovidius din Constanța, Vol. XI, ISSUE 2 Supplement, 2011, ISSN 1224-7359, <http://www.analefeffs.ro/anale-feffs/2011/issue-2-supplement/pe-autori/42.pdf>
4. **Urzeală C.**, Teodorescu S., *Study regarding the social difficulties felt by the family of the child with type 1 diabetes mellitus*. In Ovidius University Annals, Series Physical Education and Sport /SCIENCE, MOVEMENT AND HEALTH vol. XV, ISSUE 2 Supplement, 2015, pp. 555-563, <http://www.analefeffs.ro/anale-feffs/2015/i2s/pe-autori/v2/51.pdf>

5. **Urzeală C.**, *Aspects regarding the motor capacity development in children with diabetes.* STUDIA UNIVERSITATIS EDUCATIO ARTIS GYMNAS TICAIE nr. 4/2014, ISSN 1453-4223, p. 91  
[http://studia.ubbcluj.ro/arhiva/cuprins.php?id\\_editie=888&serie=EDUCATIO%20ARTIS%20GYMNAS TICAIE&nr=4&an=2014](http://studia.ubbcluj.ro/arhiva/cuprins.php?id_editie=888&serie=EDUCATIO%20ARTIS%20GYMNAS TICAIE&nr=4&an=2014)
6. Radescu P., Teodorescu S., **Urzeala C.**, *Study on the neuromuscular control assessment by using the cartesian motion analysis.* Analele Universitatii Ovidius Constanta, Science, Movement and Health, Vol. XVI, September 2016, 16 (2, Supplement):652-658  
<http://www.analefefs.ro/anale-fefs/2016/i2s/pe-autori/57.pdf>
7. Bota A., **Urzeală C.**, Mezei M., *Intensitatea efortului și dificultatea tehnică în gimnastica aerobică – probe juniori*, Discobolul ISSN 1454-3907 No.3, decembrie 2012, p. 5  
[http://www.unefs.ro/discobolulmagazine/extenso/2012/Discobolul\\_4\\_2012\\_extenso.pdf](http://www.unefs.ro/discobolulmagazine/extenso/2012/Discobolul_4_2012_extenso.pdf)
8. **Urzeală C.**, *Inside – outside as non-formal education tool*, Discobolul ISSN 1454-3907, Nr. 4 decembrie 2010, p. 70-74, B+  
[http://discobolulunefs.ro/Reviste/2010/Discobolul\\_4\\_2010\\_extenso.pdf](http://discobolulunefs.ro/Reviste/2010/Discobolul_4_2010_extenso.pdf)
9. **Urzeală C.**, Marton M., *Aspecte comparative privind echilibrul funcțional al trunchiului la gimnastul junior și la nesportiv*, Discobolul ISSN 1454-3907, V, nr. (19), 2010, p. 57  
Indexed: B+<http://www.unefs.ro/revistadiscobolul/numere/19.php>
10. **Urzeală C.**, Marin M., *Aspecte privind utilizarea monitoarelor de frecvență cardiacă în antrenamentul luptătorilor.* Discobolul ISSN 1454-3907 anul V, nr. 2 (16), iunie 2009, p. 52, <http://www.unefs.ro/revistadiscobolul/numere/16.php>
11. **Urzeală C.**, *Considerații privind controlul motor al mecanismelor tehnice*, Discobolul ISSN 1454-3907, Anul V, nr. 4 (18), decembrie 2009, p. 31, Indexed: B+  
<http://www.unefs.ro/revistadiscobolul/numere/18.php>
12. Bota A., **Urzeală C.**, *Aspecte privind monitorizarea unor parametri funcționali în exersarea aerobă*, Analele Universității Ovidius, Seria Educație Fizică și Sport, Constanța, ISSN 12234-7359, 2008, II, p. 24  
Indexed: B+  
<http://www.analefefs.ro/anale-fefs/anale-2008-vol-viii-cuprins-si-abstract-engleza-2.pdf>
13. **Urzeală C.**, *Efecte colaterale asupra organismului practicantului de sport aerob de performanță.* Analele Universității Ovidius, Constanța, seria Educație Fizică și Sport, ISSN 12234-7359, 2007, vol. II, seria VII, p. 461, Indexed: B+  
<http://www.analefefs.ro/anale-fefs/anale-2007-vol-vii-cuprins-si-abstract-engleza.pdf>
14. Bota A., **Urzeală C.**, *Aspects concerning ICT use in sports training- learning of a technical element.* STUDIA UNIVERSITATIS BABES-BOLYAI, EDUCATIO ARTIS GYMNAS TICAIE”, ISSN 1453-4223, 2007 NR. 2. p. 13, Indexed: C  
[http://studia.ubbcluj.ro/arhiva/cuprins.php?id\\_editie=315&serie=EDUCATIO%20ARTIS%20GYMNAS TICAIE&nr=2&an=2007](http://studia.ubbcluj.ro/arhiva/cuprins.php?id_editie=315&serie=EDUCATIO%20ARTIS%20GYMNAS TICAIE&nr=2&an=2007)
15. **Urzeală C.**, Schor D., Schor V. *The computer exercises and the neuromuscular control in aerobics gymnastics.* STUDIA UNIVERSITATIS BABES-BOLYAI, EDUCATIO ARTIS GYMNAS TICAIE”, ISSN 1453-4223, 2007 NR. 2. p. 21, Indexed: C  
[http://studia.ubbcluj.ro/arhiva/cuprins.php?id\\_editie=315&serie=EDUCATIO%20ARTIS%20GYMNAS TICAIE&nr=2&an=2007](http://studia.ubbcluj.ro/arhiva/cuprins.php?id_editie=315&serie=EDUCATIO%20ARTIS%20GYMNAS TICAIE&nr=2&an=2007)

**Participations to international/national conferences: 75**

**Affiliations:** Member of the Romanian Council Sport of Science (2006 – 2019)

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