




Vlad Teodor Grosu

Data nașterii: 28/06/1988


Cetățenie: română

Gen: Masculin

CONTACT

 B-dul Muncii 103-105,
România (**Muncă**)

 vlad.grosu@mdm.utcluj.ro

 (+40) 740209646

EXPERIENȚA PROFESIONALĂ

● **08/2015 – ÎN CURS** Cluj-Napoca, România

● **Lector Dr** Universitatea Tehnica din Cluj-Napoca

● **08/2013 – 07/2015** Cluj-Napoca, România

● **Asistent Doctorand** Universitatea Tehnica din Cluj-Napoca

● **09/2012 – 08/2013** Gherla , România

● **Profesor de Educație Fizică și sport** Liceul "Petru Maior"
Gherla

● **2011 – 2012** Câmpia-Turzii, România

● **Antrenor Tenis de camp** Clubul Sportiv Municipal Câmpia-Turzii

● **09/2011 – 06/2012** Câmpia-Turzii, România

● **Profesor de Educație Fizică și sport** Școală Generală
"Avram Iancu"

● **01/09/2010 – 31/08/2011** Panticeu, România

● **Profesor de Educație Fizică și sport** Școala Generală
Panticeu

● **06/2011 – 08/2011** Parma, Italia

● **Instructor de Tenis de camp** OK CLUB

Asistare și coordonare antrenamente începători și intermediari

Adresă Address str.Rapallo 2D, Parma, Italia

● **01/2010 – 03/2010** Cluj-Napoca, România

● **Instructor de Schi și snowboarding (student
specializarea 2- a schi)** Facultatea de Educație fizică și
sport (FEFS) Cluj

*Instructor pentru schi / snowboard la grupele de începători la studenții de
anul I FEFS Cluj*

Parma, Italia

● **Instructor tenis** OK CLUB

Asistare și coordonare antrenamente începători și intermediari

Adresă str.Rapallo 2D , Parma, Italia

● **01/2009 – 05/2009** Cluj-Napoca, România

● **Student în practică la grădiniță și Școala Bob, Cluj -
Napoca Jocuri dinamice** Școala Generala "Ioan Bob" /
Grădinița Voinicelul

Jocuri dinamice/ Ora de psihomotricitate

EDUCAȚIE ȘI FORMARE PROFESIONALĂ

01/09/2020 – 31/08/2022 Cluj-Napoca, România

- **Studii Postdoctorale** Universitatea Babeș-Bolyai

2012 – 2015 Cluj-Napoca, România

- **Doctorand în Științele motricității Umane** Universitatea Babeș-Bolyai

2010 – 2012 Cluj-Napoca, România

- **Absolvent Masterat în Educație fizică, Fitness și Agrement în Turism** Universitatea Babeș-Bolyai

2008 – 2011 Cluj-Napoca, România

- **Licențiat în Kinetoterapie și motricitate Specială** Universitatea Babeș-Bolyai

2007 – 2010 Cluj-Napoca, România

- **Licentiat în Educație fizică și sport** Universitatea Babeș-Bolyai

COMPETENȚE LINGVISTICE

LIMBĂ(I) MATERNĂ(E): română

Altă limbă (Alte limbi):

engleză

Comprehensiune orală	Citit	Exprimare scrisă	Conversație	Scris
B1	B1	B1	B1	B1

italiană

Comprehensiune orală	Citit	Exprimare scrisă	Conversație	Scris
B2	B2	B1	B2	C1

Niveluri: A1 și A2 Utilizator de bază B1 și B2 Utilizator independent C1 și C2 Utilizator experimentat

COMPETENȚE DIGITALE

MS Office (Excel, Word, Outlook) - Proficient user

INFORMAȚII SUPLIMENTARE

Permis de conducere

- **Permis de conducere:** AM
- **Permis de conducere:** B

Publicații

- **[The Effects of Small-Sided Games and Behavioral Interventions on the Physical and Motivational Outcomes of Youth Soccer Players](#)**

2022

1. Pop, RM; **Grosu, VT (Grosu, Vlad Teodor)**; Grosu, EF; Zadic, A; Mata, L; Dobrescu, T., **The Effects of Small-Sided Games and Behavioral Interventions on the Physical and Motivational Outcomes of Youth Soccer Players**

Nov 2022 | *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH* 19 (21), Free Full Text from Publisher more_horiz, 53 References

<https://www.mdpi.com/1660-4601/19/21/14141>

https://0b10q09oe-y-https-www-webofscience-com.z.e-nformation.ro/wos/woscc/full_record/WOS:000883889900001, *Int. J. Environ. Res. Public Health* 2022, 19(21), 14141 <https://doi.org/10.3390/ijerph192114141>, Received: 2 October 2022 / Revised: 22 October 2022 / Accepted: 26 October 2022 /

Published: 29 October 2022 (This article belongs to the Special Issue 2nd Edition: Fitness Assessment,

Athlete's Monitoring Cycle and Training Interventions in Team Sports), <https://www-scopus-com.am.e-nformation.ro/results/results.uri?sort=plf-f&src=s&st1=Grosu&st2=Vlad+Teodor&nlo=1&nlr=20&nls=count-f&sid=e6eac3903bb7582f4cbd089907024ff5&sot=anl&sdt=aut&sl=39&s=AU-ID%28%22Grosu%2c+Vlad+Teodor%22+57214878761%29&txGid=58c0a245a7edad57dc4410d50836415b>

Article • Gold Open Access • Green Open Access, Source type
Journal ISSN 16617827, DOI 10.3390/ijerph192114141
Publisher MDPI, Original language English, PubMed ID 36361017

Differences between Active and Semi-Active Students Regarding the Parameters of Body Composition Using Bioimpedance and Magnetic Bioresonance Technologies

2021

1. Badau, D; Badau, A; Trambitas, C; Trambitas-Miron, D; Moraru, R; Stan, AA; Oancea, BM; Turcu, I ; Grosu, EF; **Grosu, VT (Grosu, Vlad Teodor)**; Daina, LG; Daina, CM; Suteu, CL ; Moraru, L., **Differences between Active and Semi-Active Students Regarding the Parameters of Body Composition Using Bioimpedance and Magnetic Bioresonance Technologies**, Aug 2021 | *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH* 18 (15), Free Full Text from Publisher more_horiz, 1 Citation in ISI WEB OF SCIENCE, 89 References, <https://www.mdpi.com/16604601/18/15/7906>

<https://0b10q09oe-y-https-www-webofscience-com.z-e-nformation.ro/wos/woscc/full-record/WOS:000681876200001>

Int. J. Environ. Res. Public Health 2021, 18(15), 7906; <https://doi.org/10.3390/ijerph18157906>, Received: 1 June 2021 / Revised: 21 July 2021 / Accepted: 22 July 2021 / Published: 26 July 2021, 2 citări in Scopus (This article belongs to the Section Exercise and Health) <https://www-scopus-com.am.e-nformation.ro/results/results.uri?sort=plf-f&src=s&st1=Grosu&st2=Vlad+Teodor&nlo=1&nlr=20&nls=count-f&sid=e6eac3903bb7582f4cbd089907024ff5&sot=anl&sdt=aut&sl=39&s=AU-ID%28%22Grosu%2c+Vlad+Teodor%22+57214878761%29&txGid=58c0a245a7edad57dc4410d50836415b>

Differences between Active and Semi-Active Students Regarding the Parameters of Body Composition Using Bioimpedance and Magnetic Bioresonance Technologies

2021

1. Badau, D; Badau, A; Trambitas, C; Trambitas-Miron, D; Moraru, R; Stan, AA; Oancea, BM; Turcu, I ; Grosu, EF; **Grosu, VT (Grosu, Vlad Teodor)**; Daina, LG; Daina, CM; Suteu, CL ; Moraru, L., **Differences between Active and Semi-Active Students Regarding the Parameters of Body Composition Using Bioimpedance and Magnetic Bioresonance Technologies**, Aug 2021 | *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH* 18 (15), Free Full Text from Publisher more_horiz, 1 Citation in ISI WEB OF SCIENCE, 89 References, <https://www.mdpi.com/16604601/18/15/7906>

<https://0b10q09oe-y-https-www-webofscience-com.z-e-nformation.ro/wos/woscc/full-record/WOS:000681876200001>

Int. J. Environ. Res. Public Health 2021, 18(15), 7906; <https://doi.org/10.3390/ijerph18157906>, Received: 1 June 2021 / Revised: 21 July 2021 / Accepted: 22 July 2021 / Published: 26 July 2021, 2 citări in Scopus (This article belongs to the Section Exercise and Health) <https://www-scopus-com.am.e-nformation.ro/results/results.uri?sort=plf-f&src=s&st1=Grosu&st2=Vlad+Teodor&nlo=1&nlr=20&nls=count-f&sid=e6eac3903bb7582f4cbd089907024ff5&sot=anl&sdt=aut&sl=39&s=AU-ID%28%22Grosu%2c+Vlad+Teodor%22+57214878761%29&txGid=58c0a245a7edad57dc4410d50836415b>

The Motor Impact of the Static Balance in the Up Plank Position on Three Different Balls in Physical Activities of Physical Education Students

2021

1. Dana Badau, Adela Badau, Gabriel Manolache, Mircea Ion Ene, Adriana Neofit, **Vlad Teodor Grosu**, Virgil Tudor, Radu Sasu, Raluca Moraru,* Liviu Moraru, **The Motor Impact of the Static Balance in the Up Plank Position on Three Different Balls in Physical Activities of Physical Education Students**, *Int. J. Environ. Res. Public Health* 2021, 18(4), 2043; <https://doi.org/10.3390/ijerph18042043>

<https://www.mdpi.com/1660-4601/18/4/2043>

<https://0b10q09oe-y-https-www-webofscience-com.z-e-nformation.ro/wos/woscc/full-record/WOS:000623581400001>

<https://www-scopus-com.am.e-nformation.ro/results/results.uri?sort=plf-f&src=s&st1=Grosu&st2=Vlad+Teodor&nlo=1&nlr=20&nls=count-f&sid=e6eac3903bb7582f4cbd089907024ff5&sot=anl&sdt=aut&sl=39&s=AU-ID%28%22Grosu%2c+Vlad+Teodor%22+57214878761%29&txGid=58c0a245a7edad57dc4410d50836415b>

<https://www-scopus-com.am.e-nformation.ro/sourceid/144989>

<https://doi.org/10.3390/ijerph18042043>

<https://www.mdpi.com/1660-4601/18/4/2043>

<https://www.semanticscholar.org/paper/The-Motor-Impact-of-the-Static-Balance-in-the-Up-on-Badau-Badau/b2f7caf586e2a3af1ef06ed39c3177cec4cd1d4>

<https://www.semanticscholar.org/search?q=The%20Motor%20Impact%20of%20the%20Static%20Balance%20in%20the%20Up%20Plank%20Position%20on%20Three%20Different%20Balls%20in%20Physical%20Activities%20of%20Physical%20Education%20Students&sort=relevance>

<https://www.semanticscholar.org/search?q=The%20Motor%20Impact%20of%20the%20Static%20Balance%20in%20the%20Up%20Plank%20Position%20on%20Three%20Different%20Balls%20in%20Physical%20Activities%20of%20Physical%20Education%20Students&sort=relevance>

Effectiveness of Kyphosis Recovery Procedures and Kyphotic Attitudes - Comparison between Kinetotherapy and Ham with Auditiv Feedback

1. Ordean, MN, **Grosu, VT**, Effectiveness of Kyphosis Recovery Procedures and Kyphotic Attitudes - Comparison between Kinetotherapy and Ham with Auditiv Feedback, *eLearning Challenges And New Horizons, Vol 3*
<https://www.webofscience.com/wos/woscc/full-record/WOS:000467471000069>
<https://www.webofscience.com/wos/woscc/summary/c6bf2c0d-b02f-4d1b-b193-96643e997e09-01c3181c/relevance/1>
<https://www.proquest.com/openview/3d38344cc14dddbe9cc8d2298826e7b7/1?pq-origsite=gscholar&cbl=1876338>
<https://www-webofscience-com.am.e-nformation.ro/wos/woscc/summary/66b88d39-dc0e-48e7-9dea-db706aa148fc-00e7dabf/relevance/1>

GENERAL AND HAND-EYES COORDINATION IN MENTAL TRAINING OF ALPINE SKIERS 2016

1. **Vlad Teodor Grosu**; Emilia Florina Grosu; Tatiana Dobrescu, **GENERAL AND HAND-EYES COORDINATION IN MENTAL TRAINING OF ALPINE SKIERS**, *eLearning and Software for Education*, 07/2016, Volume 3, ProQuest Advanced Technologies & Aerospace Journals, ProQuest Central (purchase pre-March 2016), Publisher:"Carol I" National Defence University, Volume:3, Start Page:361 -369, Date :07/2016, Central and Eastern European Online Library, DOI: 10.12753/2066-026X-16-231, Subjects: Behavior, Psychology, Accuracy, Studies, Motor ability, Skiing, Athletes, Limbă: English
<https://www.ceeol.com/search/article-detail?id=523927>
<https://www.proquest.com/openview/580d877a513aa500db2affaa255bf0db/1?pq-origsite=gscholar&cbl=1876338>
<https://www-webofscience-com.am.e-nformation.ro/wos/woscc/full-record/WOS:000385397100054>

Increasing Self-Confidence in Students from Different Universities through Exercises in Body Technique and Dance Therapy

2021

1. **Vlad Teodor GROSU**, Hanna Imola VARI, Mircea Nicolae ORDEAN, Gheorghe BALINT, Radu Adrian ROZSNYAI, Emilia Florina GROSU, **Increasing Self-Confidence in Students from Different Universities through Exercises in Body Technique and Dance Therapy**, <https://doi.org/10.18662/wlc2021/28> World Lumen | May 26-30, 2021 | Iasi, Romania, pg 291- 307
<https://proceedings.lumenpublishing.com/ojs/index.php/lumenproceedings/article/view/731>
<https://ideas.repec.org/h/lum/prchap/17-28.html>
<https://www.ceeol.com/search/chapter-detail?id=1027195>
https://www.researchgate.net/publication/357809261_Increasing_Self-Confidence_in_Students_from_Different_Universities_through_Exercises_in_Body_Technique_and_Dance_Therapy

Voluntariat

2011 - 2019 Cluj Napoca

Cofondator MOX (Music Outdoor experience- festival musica 2011-2019) Coordonarea întregii realizări a festivalului MOX - Music Outdoor Experience

Link <https://www.burn.com/ro/ro/news/music-outdoor-experience-the-festival-in-the-middle-of-the-woods> <https://www.monitorulcj.ro/tag-music-outdoor-experience>

30/10/2021 Bobâlna

Organizare acțiune de împădurire Bobâlna (MOX - 30 Octombrie 2021) https://www.facebook.com/events/3795352193900752/?active_tab=discussion

Link https://www.facebook.com/events/3795352193900752/?active_tab=discussion

18/04/2019 Baraj Drăgan

Organizare acțiune împădurire Baraj Drăgan MOX - Beard Brothers <https://www.monitorulcj.ro/actualitate/70438-membrii-mox-si-beard-brothers-au-plantat-peste-12000-de-puieti-la-valea-draganului>

Link <https://www.monitorulcj.ro/actualitate/70438-membrii-mox-si-beard-brothers-au-plantat-peste-12000-de-puieti-la-valea-draganului>

27/05/2018 - 27/05/2018 Iulius Park Cluj-Napoca

Organizare stragere fonduri pentru campania Wheels for life Fundraising action organisation for the Wheels for life campaign https://www.facebook.com/beardbrotherscluj/posts/1149580368541284?ref=embed_post
https://www.facebook.com/events/iulius-parc-cluj-napoca/the-fundraising-by-mox-beard-brothers/1226413344160348/?locale=bg_BG

Link https://www.facebook.com/events/iulius-parc-cluj-napoca/the-fundraising-by-mox-beard-brothers/1226413344160348/?locale=bg_BG

Hobby-uri și teme de interes

- **Cofondator și coordonator al festivalului "Music Outdoor Experience Festival"** Cofondator și coordonator al festivalului "Music Outdoor Experience Festival", responsabil cu coordonarea zonei de logistică
Link <https://www.facebook.com/pages/Music-Outdoor-Experience-MOX/805138239593173>

Cluj- Napoca, Martie 2026