



\*74489.2023.10.13\*

Număr registratura:

Nume Prenume: Domokos Ștefania Cerasela

Dosar candidatură consilier - Departamentul Kinetoterapie și Motricitate  
Specială

## Scrisoare de intenție

Numele meu este Domokos Ștefania Cerasela, sunt cadru didactic la Facultatea de Educație Fizică și Sport din cadrul Universității de Vest din Timișoara din anul 2017, angajat pe postul de lector în Departamentul de Kinetoterapie și Motricitate Specială.

Candidatura mea pentru poziția de membru în Consiliul Departamentului este motivată de dorința de a mă implica activ în procesul decizional de la nivelul departamentului.

Consider că, fiind o persoană responsabilă, ambițioasă, dinamică, sociabilă și orientată spre dezvoltare continuă, prin implicarea mea în diferite activități, atât în cadrul facultății cât și a diferitelor organizații sportive din sfera de interes, pot contribui cu succes în cadrul departamentului.


De asemenea, experiența profesională dobândită în cei 6 ani de activitate didactică și de cercetare, este un alt motiv pentru care consider oportună candidatura mea pe poziția de membru în Consiliu Departamentului.

Vă mulțumesc,

Cu deosebită considerație, Domokos Ștefania Cerasela.

## PERSONAL INFORMATION

**PĂTRAȘCU (căs. DOMOKOS) ȘTEFANIA CERASELA**


 , România

| Nationality romanian

## WORK EXPERIENCE

2023 - Present	Lecturer professor
	West University of Timisoara, Physical Education and Sport Faculty, B-dul Vasile Parvan No. 4, Timisoara, <a href="http://www.uvt.ro">www.uvt.ro</a> , <a href="http://www.sport.uvt.ro">www.sport.uvt.ro</a>
	Didactic activity, dance, aerobics gymnastics, basic gymnastics, physical education basic course – aerobics, research activity
2020 - 2023	Researcher Assistant
	West University of Timisoara, Physical Education and Sport Faculty, B-dul Vasile Parvan No. 4, Timisoara, <a href="http://www.uvt.ro">www.uvt.ro</a> , <a href="http://www.sport.uvt.ro">www.sport.uvt.ro</a>
	Didactic activity, dance, aerobics gymnastics, basic gymnastics, physical education basic course – aerobics, research activity
2019	Assistant professor
	West University of Timisoara, Physical Education and Sport Faculty, B-dul Vasile Parvan No. 4, Timisoara, <a href="http://www.uvt.ro">www.uvt.ro</a> , <a href="http://www.sport.uvt.ro">www.sport.uvt.ro</a>
	Didactic activity, dance, aerobics gymnastics, basic gymnastics, physical education basic course - aerobics
2018 – 2019	Assistant professor- external collaborator
	West University of Timisoara, Physical Education and Sport Faculty, B-dul Vasile Parvan No. 4, Timisoara, <a href="http://www.uvt.ro">www.uvt.ro</a> , <a href="http://www.sport.uvt.ro">www.sport.uvt.ro</a>
	Didactic activity, dance, physical education basic course - aerobics
2016 – 2017	Personal trainer
	Smartfit Studio 3
	Personal training, aerobics classes
2015 – 2016	Sports instructor- voluntary
	West University of Timisoara, Physical Education and Sport Faculty, B-dul Vasile Parvan No. 4, Timisoara, <a href="http://www.uvt.ro">www.uvt.ro</a> , <a href="http://www.sport.uvt.ro">www.sport.uvt.ro</a>
	Didactic activity, physical education basic course - aerobics
2015 – 2016	Sports instructor
	Children Care Center
	Didactic activity, motric education
2014	Sports instructor- voluntary
	The project" Țară, țară, vrem campioane" Gymnastics club CSS1 Bega
	Selection in gymnastics, monitoring / assisting sports groups
2011- 2012	Sports instructor- voluntary
	"Cetate Deva" National Sports College
	Didactic activity and coaching

EDUCATION

- 2022 PhD at the Faculty of Mechanical Engineering, Department of Mechatronics - Polytechnic University of Timisoara
- 2015 – 2017 West University of Timisoara, Physical Education and Sport Faculty, Master Fitness and Motric Performance
- 2016- 2017 Training Department of the Teaching Staff - Banat University of Agricultural Sciences and Veterinary Medicine Timișoara, Psycho-pedagogical module - level 2
- 2015- 2016 Training Department of the Teaching Staff - Banat University of Agricultural Sciences and Veterinary Medicine Timișoara, Psycho-pedagogical module - level 1
- 2016 Ministry of Labor, Family, Social Protection and Older Persons; Ministry of Education and Scientific Research, Sports instructor
- 2012- 2015 Faculty of Physical Education and Sport
- 1999-2012 "Cetate Deva" National Sports College

PERSONAL SKILLS

Mother tongue(s)

Romanian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B1	A1	A1	A1	A1

Sports skills

2005- 2011	Component of the Olympic team of artistic gymnastics of Romania senior
2004-2005	Component of the Olympic team of artistic gymnastics of Romania junior
	Competitive results:
2004	- Individual 3rd place - Buzău National Championships - Romania - 2nd place vault - Buzău National Championships - Romania - 5th place floor - Buzău National Championships - Romania
2005	- 1st place vault - Buzău National Championships - Romania - 1st place uneven bars - Buzău National Championships - Romania - 2nd place beam - National Championships Buzău - Romania - 2nd place floor - Buzău National Championships - Romania - Individual 5th place - Buzău National Championships - Romania
2006	- 2nd place with the team - European Championships Volos - Greece - 1st place beam - Open Dutch - Netherlands
2007	- 3rd place with the team - Stuttgart World Championships - Germany - 1st place jumps - EYOF (European Youth Olympic Festival) Belgrade - Serbia

2008	<ul style="list-style-type: none"> <li>- Individual 2nd place - EYOF (European Youth Olympic Festival) Belgrade - Serbia</li> <li>- Third place with the team - FOTE (European Youth Olympic Festival) Belgrade - Serbia</li> <li>- 3rd place beam - FOTE (European Youth Olympic Festival) Belgrade - Serbia</li> <li>- Individual 1st place - International Citta di Lugano Trophy - Switzerland</li> <li>- The best sportswoman of the year in Hunedoara County</li> <li>- Individual 1st place - International Szombathely Championships - Hungary</li> <li>- 1st place uneven bars - International Szombathely Championships - Hungary</li> <li>- 1st place floor - International Szombathely Championships - Hungary</li> <li>- 2nd place vault - Ploiești International Championships - Romania</li> <li>- Individual 3rd place - Ploiești International Championships - Romania</li> <li>- Interview December 1, "A girl of gold", source PRO - TV</li> <li>- 1st place with the team - Clermond Ferrand European Championships - France</li> <li>- 1st place with the team - Triangular Competition (France, Germany, Romania) - Germany</li> <li>- Order "Sports Merit" in the third-grade class, offered by the President of Romania for outstanding results obtained in artistic gymnastics</li> </ul>
2010	<ul style="list-style-type: none"> <li>- 4rd place with the team - World Championships Rotterdam - Netherlands</li> <li>- 3rd place with the team - European Championships Birmingham - England</li> <li>- 1st place with the team - Ipswich Friendly Competition - England</li> <li>- 1st place with the team - Grand Prix - France</li> <li>- 1st place with the team - Schaffhausen Triangular Competition - Switzerland</li> <li>- 1st place with the team - National Championships Reșița - Romania</li> <li>- 2nd place uneven bars - National Championships Reșița - Romania</li> <li>- 3rd place vault - National Championships Reșița - Romania</li> </ul>

Organisational / managerial skills leadership, accuracy, achieving goals, adaptability, administrative, analytical ability, collaboration, conflict resolution, critical thinking, decision making, delegation, development, diplomacy, division of work, dynamic, empathy, energetic, engagement, execution, focus, leadership, organizing, planning.

Job-related skills punctuality, responsibility, teaching, team building, verbal strength, coordination, discipline, emotional intelligence, honesty, professionalism.

Computer skills good command of Microsoft Office™ tools

Other skills quick-learner, self-disciplined, and a good problem-solver

Driving licence B

Publications Presentations Projects Conferences Seminars Honours and awards Memberships References	<ul style="list-style-type: none"> <li>- Domokos C., Dragomir A., Domokos M., Negrea C., Bota E., Mirica S.N., Nagel A., Kinematic Analysis Of Hip Joint Modifications In Switch Leap: Compensatory Mechanisms Due To Reduced Mobility In This Area, (2022) Studia Universitatis Babeş - Bolyai Educatio Artis Gymnastica, Vol. 4, P 83-94e<a href="http://www.studia.ubbcluj.ro/download/pdf/1476.pdf">http://www.studia.ubbcluj.ro/download/pdf/1476.pdf</a></li> <li>- Mirică, S. N.; Negrea, C.; Domokos, C.; Domokos, M.; Bota, E.; Nagel, A.. Influences on life quality of adults with the help of digital technologies: A journey from a sedentary life to jogging, Applied Research in Digital Wellbeing; : 219-226, 2022. Indexat SCOPUS <a href="https://www.scopus.com/authid/detail.uri?authorId=35318219500">https://www.scopus.com/authid/detail.uri?authorId=35318219500</a></li> <li>- B. HRIȚCU, C. NEGREA, C. DOMOKOS, M. DOMOKOS, E. BOTA, S.N. MIRICA, A. NAGEL, (2021), The inequality of benefits brought by training programs with different number of weekly sessions, Conferinței Theories of Change in Digital Wellbeing 2021, Applied Research in Digital Wellbeing. Peter Lang Publishing House, Berlin, ISBN: 978-3-631-85278-</li> <li>- S.N. MIRICA, C. DOMOKOS, M. DOMOKOS, C. NEGREA, E. BOTA, A. NAGEL, (2021), Is COVID - 19 Pandemic period the milestone for a new digitalized era in the case of Physical Education and Sport's educational process ?, Conferinței Theories of Change in Digital Wellbeing 2021, Applied Research in Digital Wellbeing. Peter Lang Publishing House, Berlin, ISBN: 978-3-631-85278-1</li> <li>- Mirică S., Domokos C., Domokos M., Bota E., Negrea C., Nagel A. <i>The Role of Physical Activity and Nutrition as Determinants of The Lifestyle of Timisoara West University Female College Students</i>, 2019 A V-a Conferință Internațională a CONSORTIULUI UNIVERSITARIA, Cluj</li> <li>- Farkaș A., Argeșanu V., Maniu I., Borozan I., Kulcsar R., Pătrașcu (Domokos) C., Borozan S., <i>Biomechanical simulation of different postures obtained from three sport branches</i>, 2018 IEEE 16<sup>th</sup> International Symposium on Intelligent Systems and Informatics (SISY 2018)</li> <li>- Nagel A., Mirică S.N., Domolos M., Domokos C., Bota., Negrea C., <i>Journey from academics to employment: labor market insertion of the Fitness and Motor Performance Master Physical Education Faculty of Timisoara West University Alumni 2011-2016- a pilot study</i>, Timișoara Physical Education and Rehabilitation Journal, 2017; 10(19): 25-32, DOI:10.1515/tperj-2017-0012 I.F: 0</li> <li>- Mirică N., Domokos C., Domokos M., Bota E., Negrea C., Nagel A., <i>The food and physical activity carousel - a choice for healthy life among timisoara west university female college students</i>, 5<sup>th</sup> International Scientific Conference Novi Sad Serbia, 2019</li> <li>- Pătrașcu C., Faur. M., Studiu privind procesul de selecție în gimnastica artistică feminină din România, Analele UVT, Seria EFS. Nr.17- Noiembrie 2015</li> <li>- Bogdan HRIȚCU, Cristian NEGREA, Cerasela DOMOKOS, Martin DOMOKOS, Eugen BOTA, Silvia Nicoleta MIRICA, Adrian NAGEL - <i>The inequality of benefits brought by training programs with different number of weekly sessions</i> - Conferinței Theories of Change in Digital Wellbeing 2021, Applied Research in Digital Wellbeing. Peter Lang Publishing House, Berlin, ISBN: 978-3-631-85278-1</li> <li>- Cristian NEGREA, Silvia Nicoleta MIRICA, Cerasela DOMOKOS, Martin DOMOKOS, Eugen BOTA, Adrian NAGEL - <i>Influences on life quality of adults with the help of digital technologies - a journey from a sedentary life to jogging</i> - Conferinței Theories of Change in Digital Wellbeing 2021, Applied Research in Digital Wellbeing. Peter Lang Publishing House, Berlin, ISBN: 978-3-631-85278-1</li> <li>- Silvia Nicoleta MIRICA, Cerasela DOMOKOS, Martin DOMOKOS, Cristian NEGREA, Eugen BOTA, Adrian NAGEL - <i>Is COVID - 19 Pandemic period the milestone for a new digitalized era in the case of Physical Education and Sport's educational process?</i> - Conferinței Theories of Change in Digital Wellbeing 2021, Applied Research in Digital Wellbeing. Peter Lang Publishing House, Berlin, ISBN: 978-3-631-85278-1</li> <li>- Negrea C., Leparda A., Mirica S. N., Domokos M., Domokos C., Bota E., Nagel A., - <i>The training, nutrition and physical conditioning programme: a challenge for kickboxing athletes to achieve athletic</i></li> </ul>
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	<p><i>greatness</i>, Timișoara Physical Education and Rehabilitation Journal, 2019; 18-25, 12(22): DOI: 10.2478/tperj-2019-0003</p> <ul style="list-style-type: none"> <li>- Domokos C., Domokos M., Mirica S.N, Negrea C., Bota E., Nagel A - <i>Being a student at the Faculty of Sports and Physical Education in COVID-19 Pandemic times - A moment in life</i>- Timișoara Physical Education and Rehabilitation Journal Volume 13, Issue 24, 2020 45 DOI: 10.2478/tperj-2020-0007</li> <li>- DOMOKOS Cerasela, DRAGOMIR Andrei, MIRICA Silvia Nicoleta, DOMOKOS Martin, Borozan Ionuț Silviu, NAGEL Adrian, Argeșanu Veronic a- <i>Kinematic quantification of knee joint asymmetry during preparatory phase of a standing backward tucked salto</i> - IEEE 18th International Symposium on Intelligent Systems and Informatics (SISY 2020), September 17-19, 2020 in Subotica, Serbia</li> <li>- DOMOKOS Cerasela, DRAGOMIR Andrei, DOMOKOS Martin, MIRICA Silvia Nicoleta, NEGREA Cristian, BOTA Eugen, NAGEL Adrian - <i>Kinematics analysis of spine and hip for "Danilova", artistic gymnastics element</i> - Timișoara Physical Education and Rehabilitation, Timișoara Physical Education and Rehabilitation Journal Volume 13 ISSUE 25, 2020 art. 2, DOI:10.2478/tperj-2020-0011</li> <li>- DOMOKOS Cerasela, DRAGOMIR Andrei, BIDIUGAN Radu, MIRICA Silvia Nicoleta, DOMOKOS Martin, NEGREA Cristian, BOTA Eugen, NAGEL Adrian - <i>Kinematic analysis of the centre of mass variation and it's influence on the backward tucked salto</i> - ISI PROCEEDINGS FEFSTIM Conferință 2020</li> <li>- Hrițcu Bogdan, Negrea Cristian, Mirica Silvia Nicoleta, Domokos Cerasela, Domokos Martin, Bota Eugen, Nagel Adrian - <i>Applying the Cooper test to runners who use different methods of training</i> - ISI PROCEEDINGS FEFSTIM Conferință 2020</li> <li>- Puta Tiberiu, Babaiță Mihai, Negrea Cristian, Mirica Silvia Nicoleta, Domokos Cerasela, Domokos Martin, Adrian Nagel, Eugen Bota - <i>Is the strength training a key for performance in cycling? - A case study</i> - ISI PROCEEDINGS FEFSTIM Conferință 2020</li> <li>- Cerasela Domokos, Andrei Dragomir, Silvia Nicoleta Mirica, Martin Domokos, Cristian Negrea, Eugen Bota, Veronica Argeșanu, Adrian Nagel - <i>The role of spine and hip joint flexibility in free aerial forward walkover -Danilova- element performance</i> - ISI PROCEEDINGS FEFSTIM Conferință 2021 Iași</li> </ul> <p>Participation in international conferences 3                  Participation in national conferences 1</p>
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## Declarație

Subsemnatul Domokos Ștefania Cerasela, lector universitar în cadrul Facultății de Educație Fizică și Sport din Universitatea de Vest din Timișoara, declar pe propria răspundere că nu am fost lucrător sau colaborator al securității.

12.10.2023

Lector.univ.dr. Domokos Ștefania Cerasela

