

The Ecological University of Bucharest
Faculty of Physical Education and Sport
Department of Physical Education and Sport
Open position: Associate professor, 7

Disciplines: Scientific fundamentals of games - Handball

Methods and techniques of muscular tonification

Position advertised in the „Official Gazette of Romania”, Part III, no. 1358 / 05.XII.2018

II INFORMATION REGARDING THE OPEN POSITION
according to Article 3, Paragraph (5) of Government Resolution 457/2011

A. Description of the open position:

The open position for an associate professor is registered as vacancy nr. 7 in the Staff Establishment of the Physical Education and Sport Department approved for the academic year 2018-2019, with the following disciplines: Scientific fundamentals of games - Handball; Methods and techniques of muscular tonification with lecture and tutorial activities.

B. Job description of the open position. Tasks and duties including teaching load and types of activities

1. To teach lectures, seminars and projects, according to the curriculum and discipline sheet.
2. To assess students during the course and final examination.
3. Coordinate students' practical activities.
4. Coordinate students' scientific papers
5. Scientific coordination of the license thesis/ dissertation.
6. To participate in the research activity of the department.
7. To write and publish lectures, monographs, articles or scientific studies.

C. The minimum salary at the hiring:

The minimum salary guaranteed by the law.

D. The competition calendar:

No.	Period (deadline)	ACTIVITY
1.	05.12.2018	Publication the available didactical jobs submitted bz EUB in the „Official Gazette of Romania”, Part III, no. 1358/5 XII 2018
2.	05.12.2018-13.01.2019	Registration of the candidates in competition
3.	14.01.2019-15.01.2019	Informing candidates on notice of legality
4.	16.01.2019-17.01.2019	Publication on the website University of the candidates' CV, list of papers and the cheeking sheet the minimum requirements for each one of the candidates registered in the exam.
5.	17.01.2019-18.01.2019	Publication on the University website of the date, time and the place where exam tests.
6.	05.02.2019-08.02.2019	Carring out of the tests.
7.	11.02.2019	Display of the exam Commission Decision on the hierarchy of candidates, the nomination of the candidate with best-results and the recommendation regarding the assignment of job, at the head office where took exam to plece
8.	11.02.2019-13.02.2019	Period of complaints.
9.	15.02.2019	Display of the results regarding the complaints at department where the exam to place.
10.	18.02.2019-20.02.2019	Approval of the exam reports by the Councils faculties
11.	21.02.2019	Approval of the board of examiners' reports by the Senate of the Ecological University of Bucharest
12.	22.02.2019	Pubilication of the exams results regarding the avaible jobs
Appointment and granting of the academic title is the decision of the rector		

E. Thematic competition tests, including lectures, courses or other such

1. Scientific fundamentals of games - Handball:

- Occurrence, development and spread of handball;
- Theoretical problems regarding handball technique;
- The attack in the game of handball
 - Phase I of the attack – Counterattack
 - Phase II of the attack - Counterattack sustained
 - Phase III of the attack – Organization
 - Phase IV of the attack - Game in the system
- Forms of the game in attack
- Attack game systems
- Defense in playing handball
 - Phase I of Defense – Refolding
 - Phase II of Defense - Temporary Area

- Phase III of Defense - Organization of Defense
- Phase IV of Defense - Game in the system
- Forms and defense game systems
- The goalkeeper
- Terminology and the rules of the Handball games

Bibliography:

- Bota, I., Bota, M., Handball. 500 exercises for learning the game, Sport-Turism Publishing House, Bucharest, 1990.
- Igorov- Bosi, M., Training in handball (children and junior), Morosan Publishing House, Bucharest, 2009.
- Igorov-Bosi, M., Hantau C., Caracas V., Scientific Foundations of Sports Handball, Bren Publishing, Bucharest, 2014.
- F.R. Handball, Statutes and Regulations, 2002.
- Mihăilă, I., Handbal. Theory of the game, Pitești University Publishing House, Pitești, 2014.
- Mihaila, I., Popescu C.D, Handbal. Practical-Methodical Guide, University of Pitești Publishing House, Pitești, 2009.
- Mihăilă, I., Evaluation in the selection and preparation of performance handbags, Publishing House. Craiova University, Craiova, 2006.
- Sotiriu, R. Handbal, Theory and Methodology, Garold Publishing House, Bucharest, 1998.

2. Methods and techniques of muscular tonification:

- Planes and axes of movement;
- Methods and techniques for toning the thigh muscles
- Methods and techniques for toning the calf muscles.
- Methods and techniques for toning muscles of the pelvis.
- Methods and techniques for toning the muscles of the back.
- Methods and techniques for toning the muscles of the anterior of the thorax and of the abdomen
- Methods and techniques for toning the muscles of the upper limb
- Methods and techniques of toning muscles of the neck

Bibliography:

- Bompa T., Periodization: the theory and methodology of training, Ex Ponto Publishing House, Bucharest, 2002.
- Delavier F., Strength Training Anatomy, Publisher Human Kinetics, USA, 2005.
- Papilian V., Human anatomy. Volume I. București Publisher, ALL, 2003.
- Ulăreanu M.V., Bodybuilding, Publishing House, Printech, 2014.
- Ulăreanu M.V., Urichianu A.I., Georgescu C., Methods and Techniques for Toning Muscles, Publishing House, Printech, 2015.
- <http://www.frcf.ro>;
- <http://www.ifafitness.com>

F. Description of the competition procedure:

See the Methodology for organising, conducting and completing the competition for open academic and research positions at the Ecological University of Bucharest

(http://www.ueb.ro/manag_calitate/regulamente/METODOLOGIA%20DE%20ORGANIZARE,%200DEFASURARE%20SI%20FINALIZARE%20CONCURS%20CADRE%20DIDACTICE%20SI%20DE%20CERCETARE%20-%20202018.pdf).

G. The full list of documents that candidates must include in their application files:

1. Cover page

2. OPIS

3. Application signed by the candidate, including a self-declaration that certifies the truth and accuracy of the information provided by the candidate.

4. A proposal for developing the candidate's academic career both in terms of teaching, and in terms of scientific research; the proposal, of no more than 10 pages, must be drawn up by the candidate and is one of the main criteria to distinguish between applicants.

5. The applicant's Curriculum Vitae both in printed and electronic form, that must include:

a. information about education and degrees;

b. information about professional experience and relevant jobs;

c. information regarding the research-development projects - that they conducted as project managers and grants they obtained, if such projects or grants exist, indicating for each of them the source and the amount of funding and the main resulting publications and patents

d. information about the awards or other recognition of the scientific contribution of the candidate.

6. The candidate's List of papers in printed and electronic form, structured as follows:

a. the list of maximum 10 papers considered by the candidates to be the most relevant for their professional achievements, which will be included in the file in electronic form.

b. PhD thesis or theses;

c. patents and other industrial property rights;

d. books and chapters in books;

e. articles/studies *in extenso* published in the main international scientific journals;

f. publications *in extenso*, issued in publications of the most important international scientific conferences;

g. other works and scientific contributions

7. The Verification Sheet stating the fulfilment of the competition standards required by the

Ecological University of Bucharest's own methodology, filled in and signed by the candidate

8. **Documents related to the possession of a doctoral degree:** a certified copy of the Ph.D. degree and, if the original PhD degree was obtained abroad, the certificate of recognition or equivalence thereof.

9. **The Summary** of the doctoral dissertation in Romanian and in a widely spread foreign language, no more than one page for each language.

10. **The self-declaration** of the candidate indicating situations of incompatibility according to Law no. 1/2011

11. **Copies of other certificates** attesting the applicant's studies: high school, undergraduate, masters, studies certificates, etc.

12. **Copy of the identity card** or, if the candidate does not have an identity card, a copy of the passport or other valid identity document issued for the same purpose as the identity card or passport.

13. If the candidate has changed his or her name, copies of documents certifying the change of name - **marriage certificate** or proof of the change of name.

14. **Maximum 10 publications, patents or other works of the candidate**, in electronic form, selected by the candidate and considered as the most relevant for their professional achievements. The candidate's works that are not available in electronic format: course books, treaties, articles in accredited scientific journals, certificates of participation in congresses, symposiums, and scientific sessions will be presented in written form.

H. The competition file must be delivered at the following address:

The Ecological University of Bucharest
Faculty of Physical Education and Sport,
Vasile Milea 1G Avenue, Bucharest, Romania

A Building, 2st floor, Department of Physical Education and Sport

Phone number: 021.3167931; 021.3167932; 021.3166380.

Monday, 10.00-12.00

Wednesday, 10.00-12.00

Contact person:

Professor Vladimir Potop Ph.D. – Director of Physical Education and Sport Department