

PERSONAL INFORMATION

Mihaela Oravițan



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Sex female | Date of birth 02/06/1968 | Citizenship Romanian

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WORK EXPERIENCE

September 2016- present

**PhD Coordinator**

"Babeș-Bolyai" University of Cluj, Physical Education and Sports Doctoral School (2016-2018) and West University of Timișoara (2018-present)

Main responsibilities: to coordinate PhD thesis in in Science of Sports and Physical Education  
 Sector Education

February 2015 - present

**Professor PhD**

West University of Timisoara, Faculty of Physical Education and Sport, <http://www.uvt.ro>

- Main responsibilities: teaching (courses and seminars) of Anatomy, First aid, Physical Therapy in Traumatology, Kinetoprophyllaxy, Rehabilitation in Sports pathology, scientific coordination of bachelor and dissertation works of the students
- Sector Education

March, 2012 – March 2016

**Vice Dean**

West University of Timisoara, Faculty of Physical Education and Sport, <http://www.uvt.ro>

- Main responsibilities: coordination of the academic and research activities inside the faculty, supervising the activity of the Physical Therapy and Special Motricity Department and of the competition for professional ascension in the faculty, drafting the specific reports about the academic and scientific research of the faculty, organization of the scientific events of the faculty.
- Sector Education

April, 2008 - February 2015

**Associate Professor PhD**

West University of Timisoara, Faculty of Physical Education and Sport

- Main responsibilities: teaching (courses and seminars) of Anatomy, First aid, Physical Therapy in Traumatology, Kinetoprophyllaxy, Rehabilitation in Sports pathology, scientific coordination of bachelor and dissertation works of the students
- From 2010, associate professor at "Victor Babes" Medicine and Pharmacy University from Timisoara, Faculty of Medicine, Master's program *Prevention and Rehabilitation in cardiopulmonary pathology*, discipline: *Physical therapy techniques for strength and resistance development*.
- Sector Education

March, 2008 - February, 2012

**Scientific Chancellor**

West University of Timisoara, Faculty of Physical Education and Sport

- Planning, coordination and reporting the scientific research activity of the faculty, supervision of the competition for professional ascension, organization of the scientific events of the faculty.
- Sector Education

March, 2004 - March, 2012

**Member of the Teachers Council**

West University of Timisoara, Faculty of Physical Education and Sport

- Main responsibility: involvement in operative management of the faculty
- Sector Education

March, 2001 - April, 2008

**Lecturer**

West University of Timisoara, Faculty of Physical Education and Sport

- Main responsibilities: teaching (courses and seminars) of Anatomy, First Aid, Physical Therapy in Traumatology, Kinetoprophylaxy, scientific coordination of bachelor and dissertation works of the students
- **Sector Education**

October, 1996 – March, 2001

**Assistant**

West University of Timisoara, Faculty of Physical Education and Sport

- Main responsibilities: teaching (seminars) of Anatomy, First Aid, Biochemistry
- **Sector Education**

March, 1994– October, 1996

**Teaching assistant**

West University of Timisoara, Faculty of Physical Education and Sport

- Main responsibilities: teaching (seminars) of First Aid, Massage, Hygiene
- **Sector Education**

January, 1994 – December, 1998

**Resident physician in sports medicine**

Emergency County Hospital from Timisoara

- Main responsibilities: application of specific diagnostic and therapeutic procedures
- **Sector Health**

January, 1993 - December, 1993

**Junior doctor**

Emergency County Hospital from Timisoara

- Main responsibilities: application of specific diagnostic and therapeutic procedures
- **Sector Health**

March, 1991 – January, 1993

**Nurse**

Emergency County Hospital from Timisoara

- Main responsibilities: application of specific therapeutic procedures, care provision
- **Sector Health**

**EDUCATION AND TRAINING**

December 2015

**Habilitation Certificate**

Babeş-Bolyai University of Cluj, Physical Education and Sports Doctoral School  
Habilitation thesis with the title *Contributions of Physical Activity and Kinetotherapy in the Prevention and Rehabilitation of Weight, Postural and Musculoskeletal Disorders*

October, 2000 - July, 2004

**Physical therapist**

West University of Timisoara, Faculty of Physical Education and Sport

- Bachelor degree in Physical Therapy
- Relevant disciplines: Physical therapy basis, Exercise physiology, Athletic training theory, Physical education and sports theory, Scientific research methodology, Physical therapy in neurology, Physical therapy in orthopedics, Physical therapy in internal medicine, Physical therapy in obstetrics and gynecology

October, 1998 - March, 2006

**PhD Degree**

“Victor Babes” Medicine and Pharmacy University from Timisoara

- Thesis title: *Considerations on the Importance of Physical Therapy in Traumatic Knee Injuries Rehabilitation*
- Scientific coordinator: Prof. PhD Pompiliu Petrescu
- PhD degree in Medicine

January, 1994 – October, 1998

**Sports Medicine Specialist**

“Victor Babes” Medicine and Pharmacy University from Timisoara

- Residency consisted in stages in: *Sports medicine*, at Sports Medicine Center Bucharest (1.03.1994 – 31.12.1994), *Physiotherapy*, at Municipal Emergency Hospital Timisoara, Department of Physiotherapy and Medical Rehabilitation (1.01.1995- 30.06.1995), *Internal medicine*, at Emergency County Hospital from Timisoara, 1st Medical Clinic (1.07.1995 – 31.12.1995), *Orthopaedics-Traumatology*, Emergency County Hospital from Timisoara, 1st Clinic of Orthopaedics-Traumatology (1.01.1996-30.06.1996), *activity in a sports center*, at School Sport Club and at Male Junior Olympic Gymnastic team (1.07.1996-1.10.1998).

January, 1993 – January, 1994

**Junior doctor**

Emergency County Hospital from Timisoara

- Stages and courses in Internal Medicine, Pediatrics, Surgery, Obstetrics and Gynecology (3 months each)

September, 1986-September, 1992

**Doctor/Physician**

“Victor Babes” Medicine and Pharmacy University from Timisoara

- Bachelor degree in general medicine
- Relevant disciplines: Anatomy, Physiology, Biochemistry, Semiology, Hygiene, Surgery, Internal Medicine, Orthopedics-Traumatology, Obstetrics-gynecology, Balneo-physiotherapy, Pediatrics.

September, 1982 – July, 1986

**Baccalaureate**

No. 1 Mathematics-Physics High School (current “Grigore Moisil”) from Timișoara, Informatics Profile

- Qualified as operator, programmer, computer analyst.

**PERSONAL SKILLS**

Mother tongue(s) Romanian, Hungarian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	B2	B2
French	B2	B2	B1	B1	B1

Communication skills

- good communication skills gained through my experience as teacher, doctor, projects coordinator, scientific chancellor, vice dean.

Organisational / managerial skills and competences

- leadership, capacity of developing and maintaining co-operative networks and working intra- and inter-institutional relationships, prioritization capacity, timelines driven, promptitude in solving organizational problems, capacity of promote innovating solutions, ability to realize strategies and prognoses based on group and individual diagnosis – skills gained through my experience as vice dean, scientific chancellor, projects coordinator, editor-in-chief of the faculty’s journal.

Research competences	- capacity of organizing and coordinating the research activity at the faculty level based on research goals, capacity to design and execute systems for the acquisition and collation of information through the effective use of appropriate resources and equipment, capacity to construct coherent arguments and to validate the research results – skills gained through by participating to numerous national and international scientific manifestations, courses, seminars, by coordinating 120 bachelor and dissertation works, research projects and by editing, reviewing and elaborating scientific publications.
Teaching competencies	- consistent knowledge of the disciplines and of the teaching methods, the ability to perform interactive teaching approaches, to build a stimulating and effective educational environment, capacity of assessment, modelling and design the teaching approaches, ability to design and develop inter - and trans-disciplinary aspects, to adapt the teaching materials to the progress made in the field - skills acquired through education and in 20 years of teaching in higher education.
Computer skills	- Qualified as operator, programmer, computer analyst - Microsoft Office (Word, Excel, PowerPoint) – consistent skills - Data analysis software (Graph Pad, SPSS) – consistent skills
Publications	- Internet user (focused search, e-mail) – consistent skills  - 140 scientific articles, 9 books (Annex) - Founder and Editor-in-Chief (2008-2016) of <i>Timișoara Physical Education and Rehabilitation Journal</i> (indexed in over 10 major international databases : EBSCO, ProQuest, J-Gate, DOAJ, Index Copernicus, Versita etc. and in numerous international catalogs); - Member in the Scientific Committees of <i>MEDICINA SPORTIVA - Journal of Romanian Sports Medicine Society</i> (indexed in EBSCO, ProQuest, Index Copernicus, OMNI), <i>JOURNAL OF SPORT AND KINETIC MOVEMENT</i> , <i>Annals of West University of Timisoara, Physical Education and Sport Series</i> and of <i>Scientific Bulletin of the "Politehnica" University of Timisoara - Physical Education and Sport Series, Timișoara Physical Education and Rehabilitation Journal</i> ; - Reviewer for 2 ISI indexed publications: <i>Proceedings of the 14th Symposium on Experimental Stress Analysis and Material Testing</i> and <i>Journal of Back and Musculoskeletal Rehabilitation</i> .
Projects	- Director/coordinator for 3 national research projects, coordinator for the Lead Partner for an international project, Partner coordinator for an EU founded project, director/coordinator of 3 local projects, member in an international project, in 3 national projects and 1 local project (Annex).
Courses and Seminars	- 30 postgraduate national and international courses and seminars regarding physical therapy and complementary methods, postural disorders, research projects management (Annex)
Honours and awards	- Awards for excellence from the management of West University of Timisoara for attracting research funds (2010) - Mention for the article Effective lifestyle supervision lifestyle in order to reduce cardio-metabolic risk in patients with metabolic syndrome (co-author), presented at the 34th Annual National Congress of Physical Medicine and Rehabilitation, with international participation, Poiana-Brasov, 2011
Memberships, affiliations	- Member of the national consultative working group (2014-2015) regarding the Law on the organization and exercise of the profession of physiotherapist, as well as for the establishment, organization and functioning of the College of Physiotherapists in Romania, which was published in the Official Gazette no. 0939, Act no. 229/17 November 2016 - Member of the Leading Council of Romanian Society for Sports Medicine (2009-2014) - Member of Sports Science Council from Romania (since 1999) - Member of Balkan Society of Sport Medicine (since 2009) - Member of International Society of Physical and Rehabilitation Medicine - ISPRM (since 2008) - Member of International Association for Physical Education in Higher Education (since 2010) - Member of the West University of Timisoara Self-assessment Committee for EUA (European University Association) evaluation (since 2010) - Member of the Scientific Council of Educational Research and Creation (CSCCU) from West University of Timisoara (since 2013) - West University of Timisoara representative in ROHEALTH Cluster (since 2018).

## References

- Assoc. Professor PhD *Mária BARNAI*, Dean of the Faculty of Health Sciences and Social Studies, University of Szeged, H-6726 Szeged, Temesvári krt. 31, Hungary, Phone: +36-62-544-947, e-mail: [barnaim@etszk.u-szeged.hu](mailto:barnaim@etszk.u-szeged.hu);
- Assoc. Professor PhD *Anna KISS FEHÉRNÉ*, Head of the Physiotherapy Department of Albert Szent-György Health Center, H-6725 Szeged, Tisza Lajos krt. 107, Hungary, Phone: +36 62 544 000, e-mail: [feherne.kiss.anna@med.u-szeged.hu](mailto:feherne.kiss.anna@med.u-szeged.hu);
- Professor PhD *Ricardo IZZO*, Sport Science Faculty, Urbino University "Carlo Bo", Italy, e-mail: [riccardo.izzo@uniurb.it](mailto:riccardo.izzo@uniurb.it);
- Professor PhD *Tatiana DOBRESCU*, Vice Dean of the Faculty of Movement, Sports and Health and Sciences, „Vasile Alecsandri” University of Bacau, email: [tatianadobrescu2002@yahoo.com](mailto:tatianadobrescu2002@yahoo.com)
- Assoc. Professor PhD *Mirela VASILESCU*, Faculty of Physical Education and Sports, University of Craiova, email: [medsprt@yahoo.com](mailto:medsprt@yahoo.com)
- Assoc. Professor PhD *Zoltan PÁSZTAI*, University of Oradea, Physical Education, Sports and Physical Therapy Department, email: [pasztayzoltan@yahoo.com](mailto:pasztayzoltan@yahoo.com).

## ANNEXES

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- List of publications, projects, conferences, courses and seminars