



Anamaria Păuțu

Email address: anamaria.pautu@e-uvt.ro | **Address:** Universitatea de Vest din Timișoara,
Bd. Vasile Pârvan nr. 4, Timișoara, România , Romania (Work)

● ABOUT ME

I am a university assistant lecturer, physical education and sports teacher, and women's handball coach. My research interests include gender equality, gender stereotypes and inclusion in physical education and sport, the history of sport during the communist period from a gender perspective, as well as the development of youth women's handball.

ORCID iD: <https://orcid.org/0009-0004-9480-0064>

Google Scholar: <https://scholar.google.com/citations?user=xf0AduIAAAJ&hl=ro>

Research Gate: https://www.researchgate.net/profile/Anamaria-Pautu-2?ev=hdr_xprf

● WORK EXPERIENCE

27 JUL 2015 - 12 JUL 2016 - NORTHAM, UNITED KINGDOM

GAP STUDENT FREWEN COLLEGE

1 SEP 2019 - 1 SEP 2021 - TIMISOARA, ROMANIA

PHYSICAL EDUCATION TEACHER SECONDARY SCHOOL NO. 21 "VICENTIU BABES"

1 SEP 2021 - 1 SEP 2022 - TIMISOARA, ROMANIA

PHYSICAL EDUCATION TEACHER SECONDARY SCHOOL NO. 2 TIMISOARA

Profesor titular

1 SEP 2022 - CURRENT - TIMISOARA, ROMANIA

PHYSICAL EDUCATION TEACHER SECONDARY SCHOOL NO. 21 "VICENTIU BABES"

JAN 2025 - CURRENT - TIMISOARA, ROMANIA

UNIVERSITY ASSISTANT LECTURER WEST UNIVERSITY OF TIMISOARA

Delivering seminars and practical sessions in the field of physical education and sports

Guiding and supporting students in the learning process

Developing teaching materials (presentations, course materials, assignments, and practical applications)

Assessing student performance (tests, assignments, active participation)

Engaging in scientific research activities (publishing articles, participating in conferences)

Contributing to the development of educational content and adapting teaching methods

Participating in the organization and implementation of academic and extracurricular activities

Complying with academic standards and institutional regulations)

1 SEP 2026 - CURRENT

HANDBALL COACH - U17 & U13 GIRLS CSCS MILENIUM GIARMATA, ROMANIA

● EDUCATION & TRAINING

15 Sep 2011 - 30 Jun 2015 - ORAVITA, ROMANIA

HIGH SCHOOL DIPLOMA- GENERAL DRAGALINA THEORETICAL HIGH SCHOOL, ORAVIȚA

1 Oct 2016 - 26 Jun 2019 - TIMISOARA, ROMANIA

BACHELOR’S DEGREE IN PHYSICAL EDUCATION AND SPORTS- FACULTY OF PHYSICAL EDUCATION AND SPORT, WEST UNIVERSITY OF TIMIȘOARA

Address: Bulevardul Vasile Pârvan. nr.4 300223 | **Website:** uvt.ro

1 Oct 2019 - 26 Jun 2021 - TIMISOARA, ROMANIA

MASTER’S DEGREE IN FITNESS AND MOTOR PERFORMANCE- WEST UNIVERSITY OF TIMIȘOARA

Address: Bulevardul Vasile Pârvan Nr.4 300223 | **Website:** uvt.ro

1 Oct 2021 - 21 Jul 2026 - TIMISOARA, ROMANIA

PHD IN SPORT SCIENCE AND PHYSICAL EDUCATION- DOCTORAL SCHOOL OF PSYCHOLOGY, WEST UNIVERSITY OF TIMIȘOARA

Address: Bulevardul Vasile Pârvan Nr.4 300223

1 Sep 2025 - 15 Jul 2026 - TIMISOARA, ROMANIA

TEACHING AND LEARNING BRAND BY UVT- WEST UNIVERSITY OF TIMIȘOARA (UVT)

● **LANGUAGE SKILLS**

Mother tongue(s): **ROMANIAN**

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B2	B2	B2	B2	B2
SPANISH	B1	B1	B1	B1	A2
FRENCH	A1	A1	A1	A1	A1

● **DRIVING LICENCE**

Driving licence: AM

Driving licence: A1

Driving licence: A2

Driving licence: A

Driving licence: B1

Driving licence: B

● **JOB-RELATED SKILLS**

Job-related skills

Advanced communication and interpersonal skills with pupils and students

Ability to work effectively with children and adolescents, based on empathy and responsibility
Mentoring and educational support skills, including working with students with special educational needs
Strong organizational and coordination skills in sports activities and competitions
Group management and leadership skills in educational and sports settings
Ability to plan and implement age-appropriate teaching and training activities
Strong teamwork and collaboration skills in educational and interdisciplinary environments
Adaptability and effective management of dynamic situations in educational contexts
Assessment and constructive feedback skills to support student development
Promoting inclusion and gender equality in educational and sports activities

● **ORGANISATIONAL SKILLS**

Organisational skills

Strong leadership skills developed through coaching girls' football and handball teams, managing groups of 10–30 children
Excellent organisational and event management skills gained as President of the *I Heart Sport* club for 3 years, coordinating sports activities involving 100–150 students
Proven ability to plan and deliver large-scale educational and sports activities involving over 200 participants (students and parents)
Effective team coordination and group management skills in educational and sports contexts
Strong leadership and responsibility skills developed through volunteer experience in a school in England

● **COMMUNICATION AND INTERPERSONAL SKILLS**

30 APR 2020 - 31 DEC 2025

Coaching and Coordination Activities in Youth Handball

Coordinating and managing baby, mini handball, and U12 girls' teams
Currently coaching and coordinating U13 and U17 girls' handball teams
Planning and delivering training sessions adapted to children and junior players
Developing technical, tactical, physical, and teamwork skills according to players' age and development level
Preparing and accompanying teams for participation in sports competitions
Organizing and managing baby and mini handball tournaments
Developing communication and interaction skills with children through practical coaching experience and volunteer work in an international educational environment

● **CONFERENCES & SEMINARS**

21 OCT 2022 - 22 OCT 2022 Cluj-Napoca

8th International Conference of the Universitaria Consortium "Education for Health and Performance". (2022). Cluj-Napoca, România. The paper I presented is entitled: "Reducing Gender Stereotypes and Promoting Gender Equality in Physical Education Lessons – A Systematic Review Analysis."

Link <https://sport.ubbcluj.ro/date-importante/>

21 SEP 2022 - 23 SEP 2022 București, România.

25th International Congress of CESH (European Committee for Sport History). (2022). București, România. The paper I participated with is entitled: "Physical Education, Mass Sport and Gender during Communism as Reflected in the Journal of Physical Education and Sport."

Link <https://cesh2022.unefs.ro/>

12 JUL 2023 - 14 JUL 2023 Lausanne, Elveția

ISHPES (International Society for the History of Physical Education and Sport) Conferen-ce. (2023).

Lausanne, Elveția

Link <https://www.ishpes.org/uncategorized/ishpes-2023-congress-information/>

4 JUN 2024 - 6 JUN 2024 Paris (Nanterre), Franța.

27th International CESH (European Committee for Sport History) Congress. (2024). Paris (Nanterre), Franța.

Link <https://www.cesh-site.eu/?p=2200>

25 JUN 2025 - 27 JUN 2025 Rio Maior, Portugalia

International Congress of Outdoor Sports (ICOS+). (2025). Rio Maior, Portugalia.

Link <https://icoscongress.com/>

21 JUL 2025 - 22 JUL 2025 București, România

PhD Summer School of ISHPES (International Society for the History of Physical Education and Sport). (2025). București, România.

Link <https://ishpes2025.unefs.ro/phdsummerschool/>

3 SEP 2025 - 5 SEP 2025 Salerno, Italia

28th Congress of CESH (European Committee for Sport History). (September 2025). University of Salerno, Salerno, Italia.

Link <https://www.cesh-site.eu/?p=2314>

17 OCT 2025 - 18 OCT 2025 Cluj-Napoca, România

11th International Conference of the Universitaria Consortium – Education for Health and Performance. (2025). Cluj-Napoca, România.

Link <https://icu.conference.ubbcluj.ro/>

● PUBLICATIONS

The impact of gender stereotypes on physical education lessons: A pilot study regarding the qualitative analysis of teachers' perceptions.

Păuțu, A. G., Petracovschi, S., & Domokos, M. Frontiers Media SA Păuțu, A. G., Petracovschi, S., & Domokos, M. (2025). The impact of gender stereotypes on physical education lessons: A pilot study regarding the qualitative analysis of teachers' perceptions. Frontiers in Psychology, 16, 1575686. . Frontiers in Psychology 16, 1575686.

Link <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2025.1575686/full>

Reducing gender stereotypes and promoting gender equality in the physical education lesson – A systematic review analysis.

Păuțu, A. G., Bota, E., & Petracovschi, S. Babeș-Bolyai University Press Păuțu, A. G., Bota, E., & Petracovschi, S. (2024). Reducing gender stereotypes and promoting gender equality in the physical education lesson – A systematic review analysis. Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae, 68(4), 27–36. Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae 68(4), 27–36.

Link

https://www.researchgate.net/publication/379231671_REDUCING_GENDER_STEREOTYPES_AND_PROMOTING_GENDER_EQUALITY_IN_THE_PHYSICAL_EDUCATION_LESSON_-_A_SYSTEMATIC_REVIEW_ANALYSIS

The manifestation of whistleblowing in sports arbitration in Western Romania. 2025

Petracovschi, S., Macovei, M., Timofticiuc, D., Arseni, N., & Păuțu, A. Babeș-Bolyai University Press Petracovschi, S., Macovei, M., Timofticiuc, D., Arseni, N., & Păuțu, A. (2025). The manifestation of whistleblowing in sports arbitration in Western Romania. Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae, 70(2), 173–186. . Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae 70(2), 173–186.

Link <https://studia.reviste.ubbcluj.ro/index.php/subbeducatio/article/view/10139>