



## POPESCU Viorela-Elena



**CURRENT POSITION:** Lecturer

**AFFILIATION/DEPARTMENT:** Department of Physical Education and Sports

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### PROFILE

Since 2016, I have been serving as a university lecturer at the Bucharest University of Economic Studies (ASE), bringing a total of 26 years of experience in higher education. I hold a Ph.D. in "Human Motor Sciences" and possess multiple specializations in Physical Education and Sports, as well as in Kinetotherapy.



## EDUCATION

**Habilitation** -

**Post-Doc** -

**PhD (Doctorate)** **2015** - PhD in the field of "Human Movement Sciences", I.O.S.U.D.-U.N.E.F.S. Bucharest, Romania. Doctoral Thesis - The Influence of Physical Exercise on Body Composition in Overweight and Obese Female Students in Economic higher education.

**Master** **2007**, Master's Degree in Recovery after effort and post-traumatic rehabilitation in Physical Education and Sports, Spiru Haret University, Bucharest, Romania.

**Bachelor** **1999**, Bachelor in Physical Education and Sports – Handball, National Academy of Physical Education and Sports (A.N.E.F.S.), Bucharest, Romania.

## PROFESSIONAL TRAINING

**2018** – First Aid Course "Basic Life Support", SMURD Foundation, Course within the project "Academy of Hope – Volunteering Out of Love for Life," held at the Bucharest University of Economic Studies (ASE) (Certified)

**2018** – Sport Dance Course – Bachata, Salsa, Charleston, Tango and Waltz – (Certified)

**2011-2013** – Course "Training and Awareness Program in Quality Assurance in Distance Learning – DL," Spiru Haret University in partnership with the Commercial Academy of Satu Mare and TUV Austria – Romania. This course was conducted as part of the POSDRU/86/1.2/S/60720 Project (Certified)

**2009** – Turkish Language Course at the Summer Camp in Manavgat, Tomer University from Ankara – (Certified)

## ACADEMIC EXPERIENCE

**2016 – Present** – University Lecturer, PhD – Department of Physical Education and Sport, Bucharest University of Economic Studies (ASE)

**2015-2016** – University Assistant, PhD – Department of Physical Education and Sport, Bucharest University of Economic Studies (ASE)

**2001-2015** – University Assistant – Department of Physical Education and Sport, Bucharest University of Economic Studies (ASE)

**1999-2001** – University Preparator – Department of Physical Education and Sport, Bucharest University of Economic Studies (ASE)



## LIST OF PUBLICATIONS

### **List of articles published in peer reviewed journals:**

1. Pop, C.L., Popescu, V.E., 2024, Impact of COVID-19 Confinement on Anthropometric and Fitness Features of University Students, *Pedagogika-Pedagogy* Volume 96, no. 4, pg. 505–511, ISSN:0861-3982 (Print);1314-8540 (Online), WOS:001233682500005, doi.org/10.53656/ped2024-4.05
2. Pop C.L., Popescu V., Ciomag R.V., Hantau C., Nae I.C., 2023, University students' physical features-reasons, consequences, solutions, *Physical Education of Students*, Vol. 27, Nr. 6, pg. 349-357, ISSN:2308-7250, doi.org/10.15561/20755279.2023.0607
3. Pop Cristiana-Lucreția, Popescu Viorela, 2023, A brief history of the physical education and sports department at the 110th anniversary of the Bucharest University of Economic Studies, *Revista științelor motricității umane „Marathon”*, Editura A.S.E. București, Vol XV, Nr. 1, pp. 4-8, doi.org/10.24818/mrt.23.15.01.01
4. Popescu Viorela, 2023, Handball – an “invented” sport: history and achievements at the Bucharest University of Economic Studies, *Revista științelor motricității umane „Marathon”*, Editura A.S.E. București, Vol XV, Nr. 1, pp. 29-34, doi.org/10.24818/mrt.23.15.01.05

### **List of papers published in conference proceedings:**

1. Urzeală Constanța, Popescu Viorela, Predoiu Radu, 2014, Dimensions of the personality of athlete and non-athlete normal weight and overweight female students, pp. 395–401, 3rd International Congress on Physical Education, Sport and Kinetotherapy (ICPESK 2013), doi.org/10.1016/j.sbspro.2014.02.234
2. Teodorescu Silvia, Popescu Viorela, The effects of pilates, stretching and fitness on the body composition of overweight and obese students, Medimond – Monduzzi Editore International Proceedings Division, Publishing Company Bologna (Italy), July 2015, pp. 525, ISBN 978-88-7587-718-7 Iulie 2015 © Copyright 2015 by MEDIMOND s.r.l. Via G. Verdi 15/1, 40065 Pianoro (Bologna), Italy

### **List of books & book chapters:**

1. Popescu Viorela-Elena, 2023, Beneficiile exercițiilor fizice asupra studentelor cu surplus și exces ponderal din învățământul superior economic-Analiza efectelor pozitive pentru sănătate și performanță academică, Editura Thea, Universitaria Craiova – editură A2, 121 pp., ISBN 978-606-14-1951-7, ISBN 978-606-95770-0-4
2. Popescu Viorela, 2015, Rolul și influența exercițiului fizic asupra compoziției corporale la studentele supraponderale și obeze din învățământul superior economic, Editura A.S.E., 115 pp., ISBN 978-606-34-0017-9
3. Viorela-Elena Popescu, 2013, Studiu privind refacerea prin odihna pasivă la studenții în vîrstă de 18 - 20 ani, Editura A.S.E., 104 pp., ISBN 978-606-505-599-5



## OTHER RELEVANT PROFESSIONAL EXPERIENCE

**2009 – 2012** – Responsible for occupational health and safety within the Department of Physical Education and Sports of the Bucharest University of Economic Studies, as per Decision No. 1084 of 18.03.2009.

## PROFESSIONAL ASSOCIATIONS AND MEMBERSHIPS

**2021 – present** – Member of the Board of Directors of the Catchball Association of Romania

**2021** – Founding Member of the Catchball Association of Romania

## MEDIA PRESENCE

2023 – Appearance on the TV show „Chefs at Knives”

## LANGUAGES

**Turkish** – intermediate

**English** – intermediate

## SKILLS

**Coordination and communication skills**, adaptability, creativity, responsibility, perseverance, analytical thinking, stress resilience, diplomacy, and teamwork.

**Competencies** and abilities acquired through practicing performance sports, professional experience, and implementing partnership projects with other departments and institutions.

**Expertise** in organizing and coordinating sports activities, gained as a teacher and coach at various levels of performance.

### Digital Skills:

Internet navigation;

Use of communication programs (email, Skype, Zoom, Messenger);

Microsoft Office (Word, Excel, PowerPoint, Publisher), developed through activities specific to the profession;

Driving License – Category B.