



POPESCU Viorela-Elena



CURRENT POSITION: Lecturer

AFFILIATION/DEPARTMENT: Department of Physical Education and Sports

ORCID RESEARCHER ID: <https://orcid.org/0000-0003-0367-0010>

URL FOR PERSONAL WEBSITE:

LINKEDIN PROFILE:

EMAIL: viorela.popescu@defs.ase.ro

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 vârstă 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.