

# DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS



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## DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

### GENERAL PRESENTATION

### ACTIVITY DESCRIPTION

The members of the educational department provide a special training of the students from the first and second year all U.P.T. faculties. Physical Education and Sport discipline is obligatorily, being scheduled in the Syllabus during four semesters. The finality is assessed through marks (admitted-rejected), through execution of the objectives scheduled in the Syllabus.

The department team is organizing competitions in all sport disciplines during the entire university year, based on a calendar elaborated at the beginning of the university year. The sport competitions, which are organized by the department and in collaboration with the student leagues addresses to all years of studies, boys and girls.

During the base course, students can choose between the next disciplines: aerobics, medical gymnastic, basket ball, body building, fitness, football, handball, jogging, field tennis and volley ball.

A very important objective of the department team is professional perfection and self perfection, through different forms among: scientific research, scholarships, research grants, PhD, performance sports and table sports.

The entire activity is taking place on two new-fangled bases, endowed with natural and synthetically grass court, running track, fitness rooms, body building and sport games, two swimming pools, from which one is covered.

The members of the department are involved in performance sport activity representing the "Politehnica" University of Timișoara between national and international championships.

The fundamental objectives of the Physical Education and Sport Department are:

- Forming and perfecting the human resources high qualified through promoting the excellence teaching system and adapting it to current standard in priority domain at European level;
- Promoting some knowledge's and modern orientation methods in the physic education and sport, physiotherapy and physical culture in general;

- Participation of the physical culture and of another sub domain of scientifically knowledge, in affirming and developing social contemporaneous values.

### RESEARCH DOMAINS

1. Physical education
2. Sport for all
3. Performance sport
4. Sport management
5. Physiotherapy
6. Medical sport
7. Tourism sport

### RESEARCH PROJECTS

1. Lecturer PhD. Bogdan Almăjan-Guță: "Energy for a clean city", nr.2213, National Plan 2, the Energy Partnership in preferential domains.

2. Lecturer PhD. Bogdan Almăjan-Guță"Project Manager: "National Plan II. Improvement of life quality in children with cystic fibrosis by the implementation of a new strategy regarding physical therapy based on incentive techniques and individualized physical training" The research project is financed by UEFISCSU Romania, Contract no. 13/09.08.2010

3. Lecturer PhD Bogdan Almăjan-Guță - Partnership in priority domains, the work pace's D9 Ergoengineering-applications in dental medicine.

4. Assist. PhD Alecu Ciorsac - Anchoring caveolin-1 in cell membranes: NMR studies and molecular dynamics simulation, Nr. grant 3V/2IJ, 2011, Vest University of Timisoara

5. Assist. PhD Alecu Ciorsac - Research of new therapeutic agents by criblaj in sillico. Development and application of bioinformatics approaches, Nr. grant 19582VJ, 2010, Vest University of Timisoara

6. Assist. PhD Alecu Ciorsac – New tendencies in computational biophysics, Nr. Grant WE 4 (Workshop exploratoriu)

### BOOKS

1.Ciorsac Alecu: Biochemical bases of development of the qualities biomotrice junior football players, Ed. Politehnica, ISBN 978-606-554-382-9, 2011

**PUBLISHED PAPER WORKS ISI QUOTATION**

1. Ciorsac Alecu-Aurel, Craciun Dana, Ostafe Vasile, Isvoran Adriana - A bioinformatics characterization of the human glycogen phosphorilase surface binding regions, Romanian Biotechnological Letters, 2011
2. Ciorsac Alecu-Aurel, Craciun Dana, Ostafe Vasile, Isvoran Adriana - Nonlinear correlation in the hydrophobicity and average flexibility along the glycolytic enzymes sequences, Chaos, Solitons and Fractals, 2011
3. Veronica Beswick, Pierre Nedellec, Alain Sanson, Ciorsac Alecu-Aurel, Vasile Ostafe, Isvoran Adriana, Nadege Jamin - Comparative molecular dynamics simulations of the caveolin CRAC motif in micelle and bilayer, The VIII th European Biophysical Societies Congress, Budapest, 23-27 aug. 2011

**PUBLISHED PAPER WORKS IN INTERNATIONAL CONFERENCES**

1. Almăjan-Guță Bogdan, C.Avram, A.M.Rusu, H.Filipescu, V.Almajan-Guta, O.Cluci, L.Pop, M.Oravitan - Incentive techniques and airway clearance therapy in teenagers with cystic fibrosis, 6th World Congress of ISPRM, San Juan, Puerto Rico, 12-16 june 2011
2. M.Oravitan, C.Avram, A.M.Rusu, L.D.Hoble, Almajan-Guta Bogdan - Optimizing the somatic and cardio-metabolic parameters at young obese by modifying the lifestyle and implementing an individualized physical training protocol, 6th World Congress of ISPRM, San Juan, Puerto Rico, 12-16 june 2011
3. C.Avram, M.Oravitan, Almajan-Guta Bogdan, L.Hoble, A.Rusu, R.Dragoi - Interval exercise training effectiveness in sleep apnea patients with metabolic syndrome, , 6th World Congress of ISPRM, San Juan, Puerto Rico, 12-16 june 2011

**BDI INDEXED NATIONAL JOURNALS**

1. Almajan-Guta Bogdan, Rusu Alexandra, Avram Claudiu, Almajan-Guta Violeta, Individualized training, chest physiotherapy and incentive training in cystic fibrosis patients, The journal of romanian sport medicine society, Scopus, 2011
2. C.Avram, M.Oravitan, A.Nagel, Almajan-Guta Bogdan, L.Hoble, A.Rusu, Testing and training the strength, power and complex reactions in rugby players, Palestrica milenului III-Civilizatie si sport, Scopus, 2011
3. C.Avram, M.Oravitan, M.Domokos, Almajan-Guta Bogdan, L.Hoble, C.Oancea, Supervized lifestyle intervention effectiveness in reducing

cardiometabolic risk of patients with metabolic syndrome, Medicine in evolution, Scopus, 2011

4. Craciun Dana, Ciorsac Alecu-Aurel, Ostafe Vasile, Isvoran Adriana, A bioinformatics study of the surface properties of human and bacterial aldolases, Annals of West University of Timisoara, Series of Chemistry, B+, 2011

**PUBLISHED PAPER WORKS IN SCIENTIFIC U.P.T. BULLETIN – D – CNCSIS; EBSCO**

1. Ionescu Dan, Groza Luminița - The study of backboard rebounds at basketball team BCM Danzio Timisoara
2. Ciorsac Alecu Aurel - Types, dynamics and effort dimensions of a basketball team (M) from the second Romanian league
3. Chirilă Mariana, Chirilă Daniel - Methods and means of operation for the development of specific resistance typical to long running athletes
4. Alexandru Mihai - Means and methods for reactive power development in football game
5. Răileanu Tudor - New trends in national and international rowing management
6. Bianu Eduard, Torok Iosif - Studies concerning the organizational possibilities of conducting Physical Education and Sports lessons in private University Education

**PERSPECTIVES**

- The use of modern technologies inside Ph. E.S
- The founding of two physic effort evaluation laboratories
- The creating of interdisciplinary competences inside the research team
- The organizing of table sport competitions during the entire university year
- The organizing of a Scientific Conference

**RESEARCH TEAM**

- Lect.dr. Almăjan-Guță Bogdan
- Lect.dr. Chirilă Mariana
- Assist.dr. Ionescu Dan
- Assist.dr. Chirilă Daniel
- Assist.dr. Gui Bachner Gabriela
- Assist.dr. Ciorsac Alecu
- Assist.dr. Alexandru Mihai
- Assist. Groza Luminița
- Assist. Olariu Ovidiu
- Assist. drd. Caba Vlad
- Assist. Răileanu Tudor
- Assist.drd. Bianu Arcadie
- Assist. Sărândan Sorin