

## DOCTOR HONORIS CAUSA

### Prof. Dr. Tudor BOMPA – York University, Toronto, Ontario, Canada

The Senate of the Politehnica University of Timișoara has gathered in a festive meeting today, in order to award the academic title of DOCTOR HONORIS CAUSA to Professor Tudor BOMPA, „Professor Emeritus” of the prestigious York University, Toronto, Ontario, Canada, known throughout the world as one of the top specialists, namely the one who has revolutionized training methods for athletes.

The researcher, born in Romania, has set up the “Tudor Bompa Institute” in order to promote his patented methods worldwide. For the Politehnica University of Timișoara, it is a great joy that the Professor who enjoys such wide national and international recognition should from now on add his name to the gallery of exceptional people who have been awarded this meritorious distinction. The title of Doctor Honoris Causa is the highest distinction that the University Senate may award, in recognition of personal value, but also, in this case, as a thankful recognition of the recipient’s attachment to the city of his days as a young teacher within the Polytechnic Institute of Timișoara, during the 60’s.

Professor TUDOR BOMPA was born on 23 December 1932 in the town of Nasaud, in Northern Transylvania. He attended his first school classes in his hometown, and in 1949 he moved to the Sports School in Cluj-Napoca, under the patronage of the local “Victor Babeș” University. During his junior years, he was part of the national athletics team, and won several silver and bronze medals at the National Championships, in the pentathlon, javelin and discus competitions. He attended the courses of the Institute of Physical Culture and Sports, a prestigious sports academy in the Romanian capital city, Bucharest, which he graduated at the age of 24, in 1956. In Bucharest, he activated within the Central Army House Club, with which he won six national titles at rowing and a silver medal in 1958 at the European Championship. As a student, but mainly after graduation, between 1960 and 1970, he served as Director of the Central Army House Sports Club, as university assistant professor at the Polytechnic Institute of Timișoara and the University of Bucharest, and as Athletic Director at Politehnica Timișoara Sports Club. Starting in 1960, he laid the foundations of new training methods for performance athletes, which were first published in the journal “Studies and Research” Politehnica Timișoara, T. BOMPA being part of the editorial board.

In 1970, at the age of 38, TUDOR BOMPA moved to Canada, where he continued his professional development, as follows:

He attended Master’s studies at York University, in Toronto, Canada, between 1972 and 1974.

He attended the doctoral studies program at New York State University, Buffalo, between 1975 and 1979.

He was conferred the Ph.D. degree in 1979 with the thesis: “Mechanical analysis of the action of the arms”, the work having a strong multidisciplinary nature within the field of biomechanics.

He was conferred the Ph.D. degree also by the Free University of Brussels, Belgium.

Since 2004, TUDOR BOMPA has been a member of the academic staff of York University, in Toronto, Canada, within the Department of Physical Education and Athletics, in the following teaching positions:



Assistant Professor (1971-1979), Associate Professor (1980-1992), University Professor (1993- present).

In 1998, for outstanding career merit, the prestigious York University of Toronto awarded him the title of “Professor Emeritus.”

In the following years, T. BOMPA has been training high-performance athletes, and achieved prestigious results in international sports by revolutionizing training methods. As characterized by the American Bodybuilding Magazine (2003): “Tudor Bompa is known to many as the man who single-handedly revolutionized Western training methods. After more than 40 years of work in the arena of international sports, he’s widely considered one of the world’s leading specialists when it comes to periodization, planning, peaking and strength and power lifting. Name your favorite coach and very likely he’s been strongly influenced by Tudor Bompa’s work.

As he is known all over the world, the British magazine “PeakPerformance” (2012), states that: “Tudor Bompa was called the “father” of periodization (planned training) and I am certain that there are few athletes in the world who do not owe their success (even if they do not realize), in one way or another, to the theories of the former Romanian. He is one of the world’s leading specialists. “The system and training methods of the distinguished specialist are proven by the performance of” Bompățs champions”, who won 11

medals (4 gold, 2 silver and 5 bronze) in the Olympic Games and World Championships; 3 medals (2 gold) in the Pan American Games; 22 medals in National Championships (in Canada and Romania).

Two outstanding results have crowned his permanent, uninterrupted concerns in the development and application of his methods in order to achieve the highest level of performance:

Mihaela Penes, Romanian junior, javelin, Olympic champion in Tokyo in 1964.

TUDOR BOMPA managed the physical training of young Mihaela Penes, for a year and a half in the years 1963-1964. Thus, the 17-year-old unknown, who was not taken into account after a 51-meter qualification, became Olympic champion in Tokyo with a 60.54-meter throw in the first attempt. She was the "bomb" of the Olympics, "the wonder of Tokyo," who shocked the world.

Ben Johnson, Canadian Sprinter, Olympic Champion at the 1988 Olympics in Seoul, 100 meters.

T. BOMPA's best known "product" is the Canadian Sprinter Ben Johnson. In 1988, at the Seoul Olympics, in the "race of the century", while competing with American sprinter Carl Lewis, Johnson arrived first in the 100 meter competition, with a new world record of 9.79 seconds. This was the peak of the confrontation between the two world speed titans.

Prof. Dr. TUDOR BOMPA made his studies known through publications and scientific research in the field of sports.

Thus, T. BOMPA published 15 books (8 in English), all "best sellers", translated into 18 languages: Chinese, Russian, Japanese, Italian, French, Spanish, etc., and sold in about one million copies. Most of these books are used as textbooks in universities, training institutions, certification programs, and continuing education in over 180 countries of the world. Dr. Bompa's concepts can be found in his many books, the most famous of which are:

- "Periodization: Theory and Methodology of Training", often called the "Bible" of training;
- "Periodization of Training for Sports", the most popular force training book in the world.

Besides books, he has published over 100 research papers and works on training methods. As a highly respected training specialist, Dr. TUDOR BOMPA has made presentations in over 35 countries of the world.

As T. BOMPA states, "I would not go so far as to say that I am the" father "of modern training, but I can say that my work has greatly influenced modern training. The training plan we have prepared with Ben Johnson for the Seoul Olympics has become the "Bible" in everything that has meant the world sprint.

Alongside the journalistic activity through books and scientific papers, 22 research grants are also mentioned in T. BOMPA's professional biography.

A special initiative put into practice was that he set up the "Tudor

Bompa Institute".

Together with his disciples, the American Karl Koch and the Italian Carlo Buzzichelli, the distinguished coach has laid the foundations of the Institute that nowadays bears his name, in order to promote the patented methods of the Romanian specialist throughout the world, methods that brought him numerous awards and positions in international sports organizations, as, for example:

- Director, Research and Development, Amerfit, Bloomfield, Connecticut. Responsible for the research, design and monitoring of the training of American professional and amateur athletes

- Member of the Scientific Sports Committee, United States, for the Athletics Team between 1996 and 1999, and for the Volleyball Team, between 1994 and 1995.

- Special consultant for the Canadian athletics, swimming, biking and basketball teams, for their training program for 1988 the Olympic Games.

- Member of the scientific sports committees of the following organizations: The Canadian Amateur Basketball Association (1985-1987); - The Canadian Association of Athletics (1984-1986); The Canadian Federation of Target Shooting and Squash (1985-1988).

- Corresponding Member, International Council of Health, Physical Education and Recreation (U.N.E.S.C.O.) 1978-1982.

- Delegate Member, Annual Convention of the International Rowing Federation, 1978 (Hamilton, New Zealand), 1977 (Amsterdam), 1975 (Nottingham), 1967 (Vichy), 1965 (Moscow), 1974 (Amsterdam).

Prof. TUDOR BOMPA Ph.D has received 23 distinctions and awards from prestigious institutions, governments and states: The United States of America (2014); The Iranian Government (2007); The Argentinian Ministry of Education (2006); The University of Nuevo Leon, Mexico (2006); The President of Brazil (2005); Sapienza University, Italy (2004); The Portuguese Ministry of Education (1999); The Australian Council of Sports (1993); The Spanish Olympic Committee (1989); The Canadian Olympic Committee (1985); Hamilton City Hall, New Zealand (1979).

In Romania, he was awarded the title of "Master of Sports" in 1956, and of "Citizen of Honor" of his hometown, Nasaud, in 2012.

Although he is less known in Romania, which he sadly acknowledges, TUDOR BOMPA is famous in the international sports world.

It much remains unsaid in order to sketch a complete image of the achievements of Professor TUDOR BOMPA, but more can be found in the prestigious title brochure, drafted by the members of the Specialty Commission. Based on the unequivocal conclusions presented in the file, the Senate of the Politehnica University of Timisoara unanimously expressed the will to award the title of DOCTOR HONORIS CAUSA, thus honoring a personality who has distinguished himself through scientific work, actual outstanding results and a highly professional career.