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| Curriculum vitae Europass | | |
| Personal information | | |
| First and Last Name | Angela Polevaia-Secareanu | |
| Adress | str. Ceucari 2/6, ap. 24, Chisinau, Republic of Moldova | |
| Telephone | Mobil: +37369326241 | |
| e-mail | poleangela1975@mail.ru | |
| Nationality | Moldovan | |
| Date of birth | 26 July 1975 | |
| Sex | female | |
| Place of birth | Bălți, Republic of Moldova | |
| Citizenship | Republic of Moldova | |
| <u>Education:</u> | | |
| <u>2023-present</u> | State University of Physical Education and Sports, Republic of Moldova; doctorate, Doctor Habilitatus (PD). Topic: Methodological support for the process of psychosocial adaptation of people with special needs in the martial arts system | |
| 2019-2021 | "Dunarea de Jos" University of Galati, Faculty of Physical Education and Sports; Master's field - Sports science and physical education Master's program - In-house kinesiotherapy | |
| 2006-2010 | State University of Physical Education and Sports of the Republic of Moldova; doctorate, Doctor of Education | |
| 2005-2006 | State University of Physical Education and Sports of the Republic of Moldova; Master's program | |
| 1993-1997 | State University of Physical Education and Sports of the Republic of Moldova, Pedagogical Faculty | |
| 1982-1992 | Middle school №9 Bălți, Republic of Moldova | |
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| <u>Scientific Degrees</u> | | |
| 2012 | Doctor of Pedagogic Sciences | |
| <u>Sport activity</u> | | |
| 1994, 1996 | Double Champion at the International Student Championship in Sambo fighting, Russia, Moscow (1994 - 64kg) and Moldova, Chisinau (1996-60 kg) | |
| 1992-1998 | Multiple awards at the European and international Sambo championships Sport training: | |
| 1986-1998 | Multiple champion in Sambo and judo Championships in Republic of Moldova, International master of sport in sambo | |
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| <u>Professional Experience:</u> | | |
| 2022 | Program PROJECT MANAGER - Cod COR 242101 | |

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| 2018-2022 | Head director of Judo Refereeing commission of Moldova. |
| 2016-present | Coach – teacher at superior category „A. Doga”, of The Republican Specialized Wrestling Sports School |
| 2015-present | Associate professor at the Department of Individual Sports, SUPES, RM. |
| 2015-present | President of the ANGELUS Wrestling Club |
| 2008-2022 | Chairperson of the Department of Individual Sports, State University of Physical Education and Sports of the Republic of Moldova |
| 2009-2015 | Superior lecturer at the Department of Individual sports, SUPES, RM. |
| 2006-2009 | Lecturer at the Department of Individual Sports, SUPES, RM. |
| 1998-2003 | Inspector – Information Technologies Department „REGISTRU”. |
| 1997-1998 | Coach – teacher at „Petuhov”, Sport School of Olympic Reserve in box and fighting, Bălți |
| 1992-1997 | Instructor-sportswoman. Sport Schools of Superior Mastery, member of the national team of the Republic of Moldova for judo, sambo. |
| Training : | |
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| 2023 | TRANSILVANIA UNIVERSITY FROM BRASOV FACULTY OF PHYSICAL EDUCATION AND MOUNTAIN SPORTS. International Scientific Conference YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT, March, 09-11, 2023, Brasov, Romania |
| 2022 | Special Olympics Europe/Eurasia Judo – Unified Kata Seminar May 12-15, 2022 Uster, Switzerland |
| 2022 | III Scientific Conference with International Participation “Continuous training of the physical culture specialist in the modern acmeological concept”, December 1, 2022 ; Chisinau. |
| 2022 | The Scientific-Methodical Seminar with international participation dedicated to the 30th anniversary of the founding of the Individual Sports Events Department, with the generic title "CURRENT PROBLEMS OF THE THEORY AND PRACTICE OF WRESTLING", September 17-18, 2022 in Chisinau. |
| 2021 | The Third Satellite Symposium of UWW Scientific Commission “Challenge and Perspectives in Wrestling” Cherkasy, Ukraine, 25-27 November, 2021 |
| 2016-2022 | I – VII International Scientific Congress “Sport. Olympism . Health”, Chisinau, Moldova |
| 2016-2022 | I-VII Scientific Conference PERSONALITY AND SPORTS: THEORY, METHODOLOGY, PRACTICE, Chişinau, Moldova |
| 2020 | V International Scientific and Practical Conference «Problems, achievements and prospects of development of medical, biological sciences and sports» Mykolaiv, October 24, 2020 |
| 2020 | 7TH European Judo Science & Research Symposium <i>and</i> 6th Scientific and Professional Conference – „Applicable Research in Judo“, 10-12. june. Poreč - Croatia |
| 2016 | International Scientific Conference VI nd EDITION Trends and Perspectives In Physical Culture And Sports Suceava 26th – 27th of May. |
| 2015 | 13th International Scientific Conference of Sport Kinetics -Sport and Exercise for Health and Quality of Life, Warsaw-Biała Podlaska, September 17-18, 2015 |

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| 2014 | Contemporary problems of theory and methodology of physical culture, sport and tourism: IV International Scientific and Practical Conference of young scientists: - Minsk: BSUPC |
| 2013 | XIII International Scientific and Practical Conference dedicated to the memory of HMS, HCUSSR, professor Ciuracov E.M. "75 YEARS OF SAMBO. Conclusions and Perspectives" |
| 2013 | International Scientific and Practical Seminar "Formation Of The Physical Culture Of A Person In The System Of Continuous Education", Taras Shevchenko State University of Lugansk, 2-3 April 2013 |
| 2012 | XVI scientific conference "YOUNG SPORT SCIENCE OF UKRAINE" SUPCL 29-31 March 2012 |
| 2011 | XV scientific congress "Contemporary Olympic sport and Sport for everyone" Chişinău, Moldova |
| 2010 | International symposium: East –Russia – West. Contemporary processes of development of physical culture, sport and tourism. State and perspectives of the formation of a healthy lifestyle: materials of the participants at the VII international symposium. |
| 2010 | XIV international scientific congress " Contemporary Olympic sport and Sport for Everyone", Kiev, Ucraina |
| 2009 | Methodological and scientific seminar : Increase of the Prestige and Role of Woman in Sport |
| 2008 | Certificate of official qualification IBSS „close fighting and combat instructor for R. Moldova”. |
| 2008 | International scientific congress "Strategies of development of sport for everyone and the legal framework of physical culture and sport in CIS countries". Chişinău, Moldova |
| <u>Participation at projects:</u> | |
| 2023 | |
| 2020-present | EU project: The Erasmus School Judo. http://old.mts.gov.md/ru/node/4893 |
| 2011-2015 | Implementation strategies of diagnostic methods in the process of training and competition of Performance sportsmen from the national team of the Republic of Moldova./ Science Academy of Moldova / Science Academy of Moldova: project registered in the sphere of Science and Innovation in the State Registry / 11.817.08.50A/ |
| 2011-2013 | Health, Environment, sport – HES. Common Operational program for Romania-Ukraine – Republic of Moldova |
| 2007-2011 | General theoretical basis of theory, methodology and organization of health activities related to different types of fighting for the population of the Republic of Moldova: Science Academy of Moldova: project registered in the sphere of Science and Innovation in the State Registry /08.817.08.006 |
| <u>Publications:</u> | |
| | More than 80 scientific papers and articles, among which the most important include: |
| Scientific magazine article | Popescu, Darius-Liviu., Polevaia-Secareanu, Angela., Lungu, Ecaterina. Peculiarities of adults` physical recreation through Wushu martial arts. In: ACROSS. 2022, nr. 6(3), pp. 21-26. ISSN - /ISSNe 2602-1463. |
| | Polevaia-Secăreanu Angela., <i>et al.</i> "The Role of Martial Arts Means for the Therapeutic Recuperation Programs". <i>Acta Scientific Orthopaedics</i> 5.4 (2022): 53-57. |

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| | <p>Baraliuc I., Manolachi V., Polevaia-Secareanu A., Cotorcea A. Particularities of Initial Selection of Primary School Age Sambo Wrestlers Based on the Study of Psychomotor Abilities. <i>Ukrainian Journal of Medicine, Biology and Sport</i>. 2021, Vol 6, № 1 (29), 345-351; DOI: 10.26693/jmbs06.01.345</p> <p>Kokun O, Imas Y., Vovkohon A., Potop V., Korobeynikov G., Korobeynikova L., Gorashchenko A., Polevaya-Secaryanu A. (2018) Physical education and sports as a tool for formation of students' psychophysiological readiness to their professional work, <i>Journal of Physical Education and Sport</i>® (JPES), 18:2, 143, 966 - 971. DOI:10.7752/jpes.2018.02143] http://efsupit.ro/images/stories/iunie2018/Art%2079.pdf</p> <p>Polevaia-Secareanu, Angela. Review on the monograph "Relative indices of maximum oxygen consumption VO₂max/ kg of freestyle wrestlers with the usage of specific loads", authors: Manolachi Victor, Mruț Ivan, Manolachi Veaceslav. In: <i>Physical Culture Science</i>. 2019, nr. 34(2), p. 203. ISSN 1857-4114.</p> <p>Polevaia-Secareanu A. Formation of specialized perceptions in judoists by means of rhythmic and musical education.: 6th European Judo Science & Research Symposium And 5th Scientific and Professional Conference – Applicable Research In Judo“. Porec Croatia, 12-14 June 2019. P. 89-93. (ISBN: 978-953-317-059-6)</p> <p>Nelepenko S., Decarcenco I., Polevaia-Secareanu A. Individual manner particularities of fight conduct in boxing. <i>Physical Culture Science</i>, 2018, nr.30(1), Chișinău, SUPES. p. 77-81. (eISSN: 2537-6438) http://scf.usefs.md/PDF/Revista%20SCF/1--2018.pdf</p> <p>Polevaia-Secareanu A. Training of judoists using the means of rhythmic education and music. <i>Sport science</i> 4(86), 41-49. DOI: http://dx.doi.org/10.15823.org.sm.2016.41; http://sportomokslas.leu.lt/index.php/SP/article/view/85/85</p> <p>Visocina N., Polevaia-Secareanu A., Gligor V. Psychological training of judoists with total and partial vision loss with consideration to psychological personality traits. <i>Theory and methodology of physical training and sport// Scientific and theoretical journal</i> 2016 (1), 78-82. (ISSN 1992-7908)</p> <p>Gligor V. Polevaia-Secăreanu A., Demcenco P.P. Study of the functional, motor and psychological potential of high performance judoists with visual disability. (2014) <i>Physical Culture Science</i>, 18(2), 19-25. (ISSN: 1857-4114) http://scf.usefs.md/PDF/Revista%20SCF/2-2014.pdf</p> |
| Methodological guide | <p>1. Professional and applicative training of specialists in the field of protection and security by means of martial arts / Methodological guide for the students of the "Protection and Security" Department, "Special sport training" module, day and distance sections. Valinex LTD. Chișinău: S.n., SUPES. Chișinău, 2014. 55 p. (ISBN 978-9975-68-259-6)</p> <p>2. Methodology of judoist training at the stage of initial sport specialization: Study guide; Chisinau: NB, 2015 (Tipogr. "Valinex SRL"). 43 p. (ISBN 978-9975-68-268-8)</p> |
| Monograph | <p>1. Theoretical and methodological basis of the organization and realization of health and fitness activities with the population of the Republic of Moldova: Strategic orientation: Restoration of human natural resources, information about sustainable development Monograph: High council on development science and technology of the Academy of Science Chisnau: 2013 (Tipogr., Valinex SRL"). 204 p. (ISBN 978-9975-68-230-5)</p> <p>2. Intensification of the study and training process of judo students by means of rhythmic education and music. State University of Physical Education and Sports of the Republic of Moldova. Ch. «Valinex» SA, 2015. 174 p</p> |

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| Professional skills and competences | <ul style="list-style-type: none"> ➤ Psychopedagogical and managerial competence acquired during professional activity at different level educational institutions in the Republic of Moldova; ➤ Analysis ability; ➤ Ability to select and dosage the information; ➤ Procedures and metaprocedures of information accesibilization (objectives to follow at the organization where I work); ➤ Information processing at different levels; ➤ Analogical and combinatory thinking; ➤ Good memory; ➤ Creativity ; ➤ Eloquence, clarity, precision, volume and expressivity in communication ; ➤ Ability of formal-informal, verbal -non -verbal communication focalized on my activity; ➤ Emotional-affective balance and self-control ability in unexpected situations; ➤ Desire and capacity for continuous improvement and opening for something new; ➤ Ability of objective evaluation and solicitude; ➤ Ability of personalization and socialization in my actions; ➤ Ability to provide a balanced climate in the group; ➤ Ability of activity organizing and planning ; ➤ Force of personal example. | | | | | | | | |
| Linguistic abilities and competences | | | | | | | | | |
| Mother tongue | Romanian, Russian | | | | | | | | |
| Other languages | | | | | | | | | |
| Self-evaluation | Understanding | | | | Speaking | | | Writing | |
| <i>European level (*)</i> | Listening | | Reading | | Spoken interaction | | Spoken production | | Written production |
| English language | B1 | Independent user | B1 | Independent user | B1 | Independent user | B1 | Independent user | B1 Independent user |
| | (*) Level of Common European Framework of Reference of Languages | | | | | | | | |
| Social competences and abilities | Teamwork, communication ability, establishing of contacts essential for the organization where I work, organization ethics, intuition, common sense associated to theoretical and practical training gave me a set of social skills and abilities necessary for achieving high results. | | | | | | | | |
| Organizational skills and abilities | Responsibility for decisions and actions taken, altruism, loyalty, innovation organizational skills, intelligence and vision are a set of qualities that characterize my personality and are necessary for a good leader. | | | | | | | | |
| Computer skills and abilities | Use of informational technologies (computer, laptop, video projector), Microsoft , word, Excel and Power Point programs in my professional activity | | | | | | | | |
| Other skills and abilities | Organization and arbitration of judo, sambo and applied sambo competitions | | | | | | | | |
| Driver license | B Category | | | | | | | | |
| Additional information | | | | | | | | | |
| Activities at editorial boards of | | | | | | | | | |

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| scientific magazines etc. | |
| | <p>Member of scientific committee:</p> <ol style="list-style-type: none"> 1. International Journal of „Wrestling Science (INWR)” http://inwr-wrestling.com/wp-content/uploads/2018/11/INWR-Member-Biographies-Oct-2018-1.pdf (157 pag) 2. International E-Journal “Sports Science and Human Health” http://sporthealth.kubg.edu.ua/about/editorialTeam |
| Awards, diplomas, certificate of merits, titles etc. | |
| | <ul style="list-style-type: none"> - master of sport in judo - international master of sport in judo and sambo - medal „Meritul Civic” / “Civic Merit”/ |
| Advisor/scientific consultant of doctoral/habilitated doctoral thesis | |
| | Polyvalent training for junior judoists with the use of Cross Fit means |
| | Recreation of senior citizen with the use of Wushu means |