



Europass Curriculum Vitae

Personal information

Surname(s) / First name(s) **Ilinca Ilona**
Address(es) No.10, Nicolcescu Street, 200294, Craiova, (Romania)
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Fax(es)
E-mail ilona.ilinca@yahoo.com
Nationality Romanian
Date of birth 08/05/1974
Gender Female

Desired employment / Occupational field

Associate Professor (Conferentiar universitar)

Work experience

Dates **01/10/2008 - present**
Occupation or position held **Associate Professor, Department of Kinesiology and Sport Medicine**
Main activities and responsibilities - Theoretical lectures (courses) and practical sessions: Kinetoprofylaxis, Adapted sports for person with disabilities, Sport injuries rehabilitation, Rehabilitation in respiratory disease
- national and international cooperation in specific fields of interest (sport, kinesiotherapy)
- research work within the Research Center of the Faculty of Physical Education and Sports
- coordinating the students in elaboration of diploma dissertation
- participation in commissions of diploma examinations
- participation in commissions for occupation of different positions in higher education
- management of the teaching, research and publications in the Department of Kinetoprofylaxis
Name and address of employer University of Craiova, Faculty of Physical Education and Sport
13 Al.I. Cuza Str., 200585 Craiova (Romania)
Type of business or sector Higher Education Institution
Dates 01/10/1999 - 30/09/2008
Occupation or position held Introductory level professor
Main activities and responsibilities - Junior teaching assistant, Teaching assistant, than Lecturer, Department of Kinesiology
- Practical sessions: Prosthetics and orthotics, Motric Anthropology
- Theoretical lectures (courses): Kinetoprofylaxis, Adapted sports for person with disabilities, Sport injuries rehabilitation, Rehabilitation in respiratory disease
- Participating in international programmes: Leonardo da Vinci and Grundtvig, and national programmes CNCISIS and CEEX as a member and lecturer.
Name and address of employer University of Craiova, Faculty of Physical Education and Sport
13 Al.I. Cuza Str., 200585 Craiova (Romania)
Type of business or sector Higher Education Institution

Education and training

Dates 1992-1996
Title of qualification awarded Licence, Teacher of physical education and sport, Coach in the 3rd Specialization: Volleyball

Principal subjects/occupational skills covered - Anatomy, Theory of Physical Education and Sport, Methodic of Physical Education and Sport, Theory of sportive practice
 Earned abilities: knowledge of the Theory of Physical Education and Sport, knowledge of the theory of sportive coach, understanding child's psychology, understanding sportsman's psychology
 - English language

Name and type of organisation providing education and training University in Craiova, Faculty of Physical Education and Sport

Dates 1997- 2001

Title of qualification awarded Physical therapist

Principal subjects/occupational skills covered Anatomy, Pediatric Physical Therapy, Rehabilitation in children neuropsychological disorders, Physical therapeutic modalities in rehabilitation, Sport injuries rehabilitation, Rehabilitation in respiratory disease
 Earned abilities: knowledge of rehabilitation in different medical domains

Name and type of organisation providing education and training University in Craiova, Faculty of Physical Education and Sport – kinesiology specialization

Dates 2003-2008

Title of qualification awarded PhD

Principal subjects/occupational skills covered Thesis Title: "Trauma risk prognosis and the implementation of preventive injury strategies in a high level volleyball"

Name and type of organisation providing education and training University of Physical Education, Pitesti (Romania)

Dates 2008-2009

Title of qualification awarded Post-graduate course "Financing Opportunities in Romania's European Integration Process"

Name and type of organisation providing education and training Faculty of Engineering and Management of the Technological Systems, Drobeta Turnu Severin, University of Craiova, Romania;

Personal skills and competences

Mother tongue(s) Romanian

Other language(s)

Self-assessment

European level (*)

English

French

Understanding		Speaking		Writing			
Listening		Reading		Spoken interaction		Spoken production	
	VW		VW		W		W
	W		W				W

(*) Common European Framework of Reference for Languages

Social skills and competences - Good communication skills gained through my experience of working with sportsmen, students (bachelor and master) and patients with various social and initial training backgrounds
 - High potential of adaptability to various situations and environments
 - High capacity to work under pressure
 - Team work: I have worked in various types of teams from research teams to my work teams.

Organisational skills and competences - During my PhD I organised a seminar series on research methods
 - As a faculty member, I'm in the Organizing committee of International Conference held every year in Craiova
 - Member in the different teams (CERES project 93/2002, CEEX, CNCSIS, Intensive Programmes, LDV, National research programmes)

Technical skills and competences Good skills in computer technology (scanning and equilibrium system "RSSCAN, force platform Kistler "AMTI", movement analyse (acquisition and movement analysis system 3D "Simi Motion", Any Body system)

Computer skills and competences	- Good skills in using Microsoft Word, Excel, PowerPoint, Publisher; CorelDraw; Outlook; Internet Explorer.
Artistic skills and competences	Dance
Driving licence	B
Additional information	<p>PUBLICATIONS</p> <p>Papers</p> <ol style="list-style-type: none"> 1. I. Ilinca, E. Rosulescu, M. Zavaleanu, M. Shaao, „<i>The importance of exercise therapy program in improvement of functional performance for the patients with varicose veins</i> „<i>Medicina Sportiva</i> (Sport Medicine Journal), 2011, suppl. no.4/2011, p: 782-785, ISSN 1841-0162, cod CNCIS 633. B+. 2. Ilinca Ilona, Avramescu Taina, Shaao Mirela, Rosulescu Eugenia, Zavaleanu Mihaela, „<i>The Role Of High - Impacts Exercises In Improve Bone Mineral Density In Postmenopausal Women With Osteopenia Or Osteoporosis</i>”, Citius Altius Fortius - Journal of Physical Education and Sport, 2010, vol 27 no 2, ISSN 1582-8131, cod CNCIS 354, indexat Index Copernicus, Journal Master List ICV=3.65 (bază de date internaționale). 3. E. Rosulescu, Stoica D, Ilinca I, Tohaneanu A, Zavaleanu M, Constantinescu L. „<i>Effect of exercise training on diabetic distal symmetric polyneuropathy (DPN)</i>”. <i>Medicina Sportiva</i> (Sport Medicine Journal), 2010, suppl. no.3/2010, p: 559-562, ISSN 1841-0162, cod CNCIS 633. B+. 4. Ilinca Ilona, Burileanu Alin, Eugenia Rosulescu, Mirela Shaao, „<i>The Effect Of Lumbar Spine Traction In Conservative Management Of Adolescent With Lumbar Disc Herniations</i>”, 3rd International Conference „Physical Exercises - a Complex and Modern Way to Promote Healty Living”, Craiova, 2010, publicat în revista de Medicină Sportivă – „Sport Medicine Journal, Journal of Romanian Sports Medicine Society”, nr 3 – octombrie, ISSN 1841-0162, cod CNCIS 633, indexată Index Copernicus, Journal Master List. 5. I. Ilinca, M. Shaao, M. Ertanhan, E. Rosulescu „<i>Measurement Of Shoulder Mobility In Elite Volleyball - Glenohumeral Internal Rotation Deficit</i>”, 15th Annual Congress of the European College of Sport Science, Antalya / Turkey 23 - 26 June, 2010. 6. Ilinca I., Roşulescu E., Shaao M., „<i>Strategy to Minimize Physical to Risk Factors for Falls in Osteoporotic</i>”, <i>Sport Medicine Journal, Supplement 2, October 2009</i>, ISSN 1841-0162. <p>Books</p> <ol style="list-style-type: none"> 1. Ilinca Ilona, Recuperarea traumatismelor produse în practica sportivă, Editura Universitaria ISBN 978-606-510-428-0, 2009. 2. Ilinca Ilona, Sportul adaptat la persoanele cu dizabilități, Editura Universitaria ISBN 978-606-510-445-7, 2009 3. Ilinca Ilona, Kinetoprofilaxie,. Editura Universitaria, pg. 217, ISBN 978-606-510-343-6, 2008. 4. Ilona Ilinca, E. Roşulescu, M. Zăvăleanu, M. Călina, D. Enescu. „Kinetoterapia în activități sportive”. Editura Universitaria, Craiova, ISBN 978-973-742-628-4, ISBN 978-973-742-629-1, cod CNCIS 130, 2007. Publicat pe WEB site internațional http://www.display.tuc.gr/Cerps, proiect european LDV RO/04/B/F/PP 17 5006; varianta în română și engleză, CD interactiv.
Annexes	List any items attached. (Remove heading if not relevant, see instructions)