

## Curriculum Vitae

### MARIA MIRELA VASILESCU



#### Personal Address

Postal address: Soimului Street, no. 27, B1, Apart. 28, Craiova, 200376, Dolj, Romania; E-mail address: *medsprt@yahoo.com*

#### Places of work addresses

1994-present: Sports Medicine Department, Emergency Hospital, Craiova, Romania; postal address: Aleea Voinicului, no 14, Craiova, 200342, Romania

2005 – present: Sports Medicine and Kinesiology Department, Faculty of Physical Education and Sports, University of Craiova, Romania; postal address: Brestei Street, no 156, Craiova, 200207, Romania; Phone: +40 251 422743; Fax: +40 251 422090

#### Education

1976-1982: Faculty of General Medicine and Pharmacy, University of Craiova, Romania (physician diploma); 1990-1994: University of Medicine and Pharmacy “Carol Davila” and National Institute of Sport Medicine, Bucharest, Romania (Sports Medicine specialist diploma); 2005: Faculty of General Medicine and Pharmacy, University of Craiova – PhD (dissertation title “Modern Methods for Physical Performance and Muscle Fatigue Evaluation”); 2007: Master degree in “Medical Institutions Management” University of Medicine and Pharmacy, Craiova.

#### Other Post Graduate Studies

Intensive courses: Medical Informatics, Medicine University of Craiova (1998-1999); Management of Projects, Medicine University of Craiova (2005); Actualities in Electrocardiography, Medicine University of Craiova (2005); General Echography, Medicine University of Craiova (2005); Sport Nutrition, FIMS, Beijing (2006); Electromyography, UMF Bucharest (2006-2007); Tensiomyography Evaluation, TMG-BMC Company, Ljubljana (2007); Clinical Exercise Testing, International Society for Exercise Intolerance Research and Education, Bucharest (2010).

**Academic Positions:** associate professor; **Specialties:** sports medicine, physiology, management of medical institutions; **Research Areas:** medicine, physical education and sport.

**Research Specialties:** sports medicine, exercise physiology, rehabilitation.

**Administrative experience:** 1994 – 1998: Sports Medicine Department, Emergency Hospital, Craiova, Romania; 1998 – present: primary doctor in sports medicine, Sports Medicine Department, Emergency Hospital, Craiova; 2005 – 2007: lecturer; 2007 – present: assoc. professor, University of Craiova (Sports Medicine and Kinesiology Department, Faculty of Physical Education and Sports).

#### Grants

**Director of research national grants:** 2008-2011: “Research Regards the Effects of Physical Exercise in Prevention and Therapy of Metabolic Syndrome at Young Subjects” (Romanian National Program II-IDEAS); 2008-2011: “Research of Biological System Involved in Maximal Muscle Effort” (Romanian National Program II- PARTENERS).

**Member of research national grants:** “Algorithm of implementation and monitoring of physical exercises in neuromuscular diseases” (Romanian National Program II- IDEAS, 2006); “Contributions in the physical exercise applications using progressive resistance at patient with post stroke spasticity” (Romanian National Program II- IDEAS, 2007); “Algorithm for complex assessment and rehabilitation of gait using physical exercises after stroke” (Romanian National Program II- IDEAS, 2008); “Individualized management for motor rehabilitation of patients with neurological and orthopedic pathology by interdisciplinary research methodologies” (CEEX I-M-C2-2358, 2006).

**Others grants:** “Assessment of rehabilitation in sport traumatology using orthotics devices” - partnership between University of Craiova and *Ortoprotetica Company* (2005); “Study regarding efficiency of complex gait rehabilitation program in multiple sclerosis using static and dynamic devices” - partnership between University of Craiova and *Ortoprotetica Company* (2006); “Computerized analysis of gait at patients with neuromuscular diseases using 2D- SIMI MOTION System” - partnership between University of Craiova and Multiple Sclerosis Association from Craiova.

## Curriculum Vitae

**Member of International Grants:** Training center for health care, Prophylactic and rehabilitation Service, Leonardo da Vinci International Program, RO/04/B/P/PP175006 (2005-2007).

**Scientific and Professional Societies Membership:** Romanian Sports Medicine Society (Vice-president, 2005-present); Romanian Physiology Society; International Federation of Sports Medicine (FIMS); European Association of Sports Medicine Federation (EFSMA); Balkan Sports Medicine Association (BSMA); International Society for Exercise Intolerance Research and Education.

**Editorial Board Member and Journal's Reviewer:** Editor in Chief of *Medicina Sportiva*, Romanian Sports Medicine Journal (ISSN1841-0162); member of Scientific Committee and Editorial Review Board on Medical and Biological Sciences, "World Academy of Science, Engineering and Technology" (ISSN 2010-3824), international reviewer "Journal of Clinical Rehabilitative Tissue Engineering Research" (ISSN 1671-59269), member of Scientific Committee "Timisoara Physical Education and Rehabilitation Journal" (ISSN: 2065-0574), "Palestrica Milenium 3" (ISSN 1582-1943).

**Published Articles** (selection of main articles between 2011-2009)

**Vasilescu M**, Rusu L, Balseanu TA et al (2011). Effects of the Intermittent Exercise Programs on Lipid Profile and Anthropometric Characteristics at Obese Young Subjects. *International Journal of Chemical and Biological Engineering*; 53: 952-955.

**Vasilescu M**, Rusu L, Nestianu V et al (2011). Complex method for localized muscle fatigue evaluation. *International Journal of Chemical and Biological Engineering*; 53: 795-798.

**Vasilescu M**, Cosma G, Balseanu TA et al (2011). The Effect of a Multiple Session of Maximal Exercise on Lipid Profile and Arterial Stiffness Evolution in Obese and Overweight Young People, *Medicina Sportiva*, S IV: 831-833.

**Vasilescu M**, Calota F, Balseanu AT et al. (2011). Ultrasonographic measurement of intra-abdominal adiposity, a simple method for screening and monitoring the metabolic syndrome. *International Journal of Chemical and Biological Engineering*; 53: 790-794.

**Vasilescu M**, Balseanu AT, Balasoiu M, Rusu L et al (2010). The effects of continuous versus intermittent aerobic exercises on lipid profile and anthropometrical parameters at young with Metabolic Syndrome. *Medicina Sportiva*; 6(1): 1304-1311.

Romanescu FM, **Vasilescu M**, Rusu L et al (2010). Skeletal muscle fatigue - from the peripheral to the central mechanisms, *Medicina Sportiva*; 6(3):1332-1339.

**Vasilescu M**, Balseanu TA, Balasoiu M, Rusu L et al (2010). The effects of continuous versus intermittent aerobic exercises on lipid profile and anthropometrical parameters at young with Metabolic Syndrome. *Medicina Sportiva*; 6(1): 1304-1311.

Ionescu A, **Vasilescu M**, et al (2010). Effects of High Glutamine Wheat Protein Isolate Supplementation in Top Female Aerobic Gymnasts. *Medicina Sportivă* , 6(1):1262-1268 .

Jaliu B, Ionescu A, **Vasilescu M**, Jaliu B (2010). Eating dysfunctions in female athlete a meta-analysis. *Medicina Sportivă* 4(3):1151-1154.

Rusu L, Călina ML, Avramescu ET, Păun E, **Vasilescu M**. (2009). Neuromuscular investigation in diabetic polyneuropathy. *Rom J Morphol Embryol*; 50(2):283-90.

Calota F, Mogoantă S, **Vasilescu M**, et al.(2010). The valvular segment of the lower limbs venous system:anatomical, physiological and physiopathological aspects.*Rom.J.Morphol.Embryol*;51(1):157-61.

Ionovici N, Negru M, Grecu D, **Vasilescu M** et al (2009). Hypothesis of microfractures by buckling theory of bone's trabeculas from vertebral bodies affected by osteoporosis. *Rom J Morphol Embryol*; 50(1):79-84.

Murgu A, Ionescu A, **Vasilescu M** et al 2009). Lumbosacral spine macrotrauma to athletes - Incidence and etiology , *Medicina Sportiva*; 4(3):1029-1033.

**Vasilescu M**, Ionescu A, Nestianu A, Nestianu V, Rusu L, et al (2009). The computerized analysis of muscle fatigue using surface electromyography and synthetic indices at athletes. Proceedings of 6th European Sports Medicine Congress EFSMA, Moduzzi Editore, pp.319-322.

**Vasilescu M**, Oravitan M, Rusu L et al (2009). Continuous versus two types of intermittent aerobic exercise in the treatment of obesity. Proceedings of 6th European Sports Medicine Congress EFSMA, Moduzzi Editore, pp 351-354.

**Vasilescu M**, Rusu L, Dinca M et al (2009). The influence of aerobic exercise and caloric restricted diet association at young patients with metabolic syndrome. Proceedings of 6th European Sports Medicine Congress EFSMA, Moduzzi Editore, pp315-318.