

## Curriculum vitae Europass



### Informatii personale

Nume/Prenume

**RUSU LIGIA**

Adresa

PARCUL CAMPUL LIBERTATII 1848 NR 22 VILA E 37, CRAIOVA, DOLJ

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Cetatenia

Romana

Data nasterii

24.02.1967

Sex

F

### Locul de munca vizat / Aria ocupationala

### Experienta profesionala

Perioada

1.10.2007-prezent

Functia sau postul ocupat

Profesor universitar/Director Departament Kinetoterapie si Medicina Sportiva

Principalele activitati si  
responsabilitati

Activitate didctica discipline medicale de specialitate domeniul kinetoterapie

Numele si adresa angajatorului

Universitatea din Craiova

Tipul activitatii sau sectorul de  
activitate

Didactica si de cercetare

1.10.2004-1.10.2007

Conferentiar

Activitate didctica discipline medicale de specialitate domeniul kinetoterapie

1.04.2000-1.10.2004

Lector

Activitate didctica discipline medicale de specialitate domeniul kinetoterapie

1.10.1998-1.04.2000

Asistent universitar

Activitate didactica discipline medicale de specialitate domeniul kinetoterapie

1.10. 1994-1.10.1998

Preparator

Activitate didctica discipline medicale de specialitate domeniul kinetoterapie

Universitatea din Craiova

Didactica si de cercetare

## Educatie si formare

Perioada	1981-1985-Liceul Nicoae Balcescu- Sectia matematica fizica, Craiova
Calificarea / diploma obtinuta	Absolvent liceu
Domenii principale studiate / competente dobindite	1985-1991 Diploma-medic medicina generala
Numele si tipul institutiei de invatamint / furnizorului de formare	Medicina generala
Nivelul de clasificare a formei de invatamint / formare	Universitatea din Craiova-Facultatea de Medicina generala, Craiova
	1995-1999-Institutul de Medicina Sportiva, Bucuresti- rezidentiat in specialitatea medicina sportiva
	1999- Institutul de Medicina Sportiva, Bucuresti , examen medic specialist medicina sportiva
	2000- Curs Ecografie generala- UMF Craiova
	Competenta in ecografie generala
	2004- Institutul de Medicina Sportiva, Bucuresti , examen medic primar medicina sportiva
	2007- Curs TMG, Ljubljana, Slovenia,Competenta tensiomiografie
	Alte cursuri de formare profesionala:
	1.Myelodysplastic and Myeloproliferative Disease: Biology and Treatment, with the aim of integrating this new knowledge into present work in oncology-curs organizat de European School of Oncology.-Patras, Grecia, 1997.Chairman of the Scientific Committee-Prof. Umverto Veronesi M.D.; chairman of the Course-N.C. Zoumbos; A. Bacigalupo.
	2.Curs de perfecționare postuniversitară *Ecografie generală și specială*, organizat de Universitatea de Medicină și Farmacie Craiova, 21februarie-21mai 2000. Certificat de absolvire seria B nr. 0017718
	3.Curs de perfecționare-Formation Professionelle Medicale Continue organizat de A.N.F.O.R.M.E.S cu participarea F.I.M.S, 4-5decembrie 2000, Paris, Franța. Temele cursului: urgențe pe teren; activitatea fizică , sănătate sport; traumatologie sportivă.
	4.Curs de Medicină Sportivă, organizat de Comitetul Olimpic Român cu sprijinul Solidarității Olimpice; Complexul Olimpic Sydney 2000, Izvorani, perioada 8octombrie-12octombrie2000.
	5.Simpozion/ microcurs de perfecționare cu tema Actualități și perspective în ultrasonografie* organizat de Societatea Română de Ultrasonografie în Medicină și Biologie, Universitatea de Medicină și Farmacie Craiova, 30martie2002.
	6.Curs postuniversitar cu tema*Electrocardiografie teoretică și practică*, organizat de Universitatea de Medicină și Farmacie Craiova, 1-31mai 2002.
	7.Curs postuniversitar organizat de <u>F.I.M.S-în</u> cadrul XXVII FIMS World Congress of Sports Medicine, 5-9iunie2002, Budapesta, Ungaria.
	8.Curs de educație medicală continuă cu tema- Eficiența practicii kinetoterapeutice în instituțiile de profil-, 21-22noiembrie 2003, București. Certificat de participare seria E nr. 03341, eliberat 8.01.2004, nr. înregistrare 3341/2004, număr credite 16.
	9.Curs precongres –Congresul Național de Reumatologie, Craiova 15-18 septembrie 2004, certificat de participare nr.358/18.09.2004.
	10. Curs de Echografie Doppler vascular, organizat de UMF Craiova, martie-mai 2006
	11. Curs postuniversitar de specializare cu tema “Electromiografia în recuperarea medicală”, organizat în trei module, de către U.M.F Carol Davila, București, desfășurat la Spitalul Clinic ELIAS, București, anul 2007.
	12.Simpozion și curs cu tema “Recuperarea medicală la domiciliu”, organizat de Societatea Română de Medicină Fizică și Recuperare, Colegiul Medicilor București, Spitalul Clinic de Urgență ELIAS București, 7-8decembrie 2006.
	13. Rehabilitation course Gad Ragaz Method-hidrokinetoterapie, Clinica Valens, Elvetia, mai 2008
	14. Sport Rehab Course Lower Limb/Thesalonik, Grecia, 14-16 mai 2010
	15. <i>3<sup>rd</sup> Summer Course Sports Medicine-24-29August 2015, Marathonas, Greece</i>
	16. <i>International Ultrasound Course Euro-Musculus VII, 15-18November 2016, Ghent, Belgia</i>
	17. <i>Course US-guided PRP infiltration techniques, 18November2016, Ghent ,Belgia</i>
	18. <i>Course Sports Cardiology, Romanian Society of Cradiology, 3.03.2017, București</i>
	19.Biomechanic Summit, Viena, 21-23Martie, 2018

## Aptitudini si competente personale

Limba materna

Limbi straine cunoscute

Autoevaluare

Nivel european (\*)

**Engleza**

**Franceza**

Competente si abilitati sociale

Competente si aptitudini organizatorice

Competente si aptitudini tehnice

Competente si cunostinte de utilizare a calculatorului

Competente si aptitudini artistice

Alte competente si aptitudini

Permis de conducere

**Projects**

## Română

Comprehensiune		Vorbit		Scris
Abilitati de ascultare	Abilitati de citire	Interactiune	Exprimare	
B1	B2	B1	B2	B1
A2	B1	A2	A1	A2

(\*) Cadrului european de referință pentru limbi

Comunicare cu organizatii nonguvernamentale prin implicarea in derularea unor proiecte in parteneriat cu Societatea Bolnavilor cu Scleroza Multipla-filiala Dolj; Asociatia ACCES-Craiova; Centru de recuperare a copiilor cu sindrom Down-Teodora-Dolj.

Secretar stiintific in perioada 2008-2012 in cadrul Facultatii de Educatie Fizica si Sport-Universitatea din Craiova; membru in Consiliul Stiintific al Universitatii din Craiova; membru Comisia 3-Educatie Fizica si Sport- CNCSIS 2005-2010.

Organizator al conferintelor stiintifice anuale ale Facultatii de Educatie Fizica si Sport- Universitatea din Craiova in perioada 2008-2012-cu tema *Exercitiul fizic-mijloc complex si modern de promovarea a sanatatii*, organizator cursuri postuniversitare-Masajul Shiatsu ( 2006); *INITIERE IN TERAPIA YUMEIHO si REDRESARE POSTURALA GLOBALA*, Organizator 6<sup>th</sup> Course ECOSEP Craiova, 2010

Competenta in utilizarea echipamentelor medicale aflate in dotarea centrului de cercetare-ecograf, tensiomiograf, placa de presiune si forta, miotonometru, accelerometru, stabilometru de postura, sistem Izokinetic Kin Com..

Cunoașterea instrumentelor Microsoft Office™-WORD, EXCECEL, PPT.

Pian

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B

### Director granturi cercetare

#### National grants:

Director at 3 national research programs from 2006-present: « *Algorithm of implementation and monitoring of physical exercises in neuromuscular diseases*», « *Contributions in physical exercise applications with progressive resistance for post stroke spasticity patients*», «*Algorithm for complex assessment and rehabilitation of gait using physical exercises after stroke*».

#### Granturi internationale

European projects:

- 1.EAHC Call 2009 – *IRIDE-life style* coordinator Associazione Italiana Cultura Sport;
- 2.FP 7- 244951 ISCOR FP7 - AN INTERCULTURAL STUDY OF CHILDHOOD OBESITY RISK FACTORS AND MEDIATORS;
- 3.Program Health EAC/21/2009/038 C/D3/AH/bb/ARES/2009 - SPORT&GO;
4. Program EUROCORES- NR. PROIECT 09-ETHEME-25 EUROCORES AN INTERCULTURAL STUDY OF CHILDHOOD OBESITY RISK FACTORS
- 5.ALGORITHM FOR ASSESSMENT AND PREVENTION OF MUSCULOSKELETAL DISORDERS IN OBESITY, FP7-HEALTH-2011-single stage-call, 2011, Coordinator UCV.

- 6.LDV NR.ROIECT- 2009-I-IE1-LEO05-00741, AGREEMENT LLP/LdV/TOI/2009/IRL- 519 - Life Long Learning Readiness in SMEs- ReadSME
- 7.Program Erasmus Curriculum Development 503754-LLP-1-2009-1-FR-ERASMUS - International Master In Sports Tourism Engineering (IMISTE)" coordonator UNIVERSITÉ LILLE 2
8. "Sports tourism and disability", International Master in Sports Tourism Engineering (<http://imiste.univ-lille2.fr>) 503754-LLP-1-2009-1-FR-ERASMUS - Erasmus Curriculum Development - Continuing Education
9. UCV Coordinator-DIMENSAAI Project, LLP-TOI, 2012-2014
10. Coordinator Project-TAKE HEART-Erasmus+ 2015-2017
- 11.Swiss and Romanian obese and overweight children: Profiles and cross-cultural differences for tailor-strategies. Swiss and Romanian obese and overweight children Profiles and cross-cultural differences for tailor-made strategies. IZERZO\_142307 Romanian-Swiss Research Programme (RSRP)
12. Specific Programme "Cooperation" – Theme 1 "Health";Call identifier: H2020-PHC-2015-two-stage;Proposal No: 667143-1;Acronym: IELBT
13. Dissemination and valorisation of open innovative learning for companies in Communities of Practice in SMEs from medical sector-EAC/49/2010; KA4 Multilateral projectsnuméro de référence 518877-LLP-1-2011-1-RO-KA4-KA4MP.
14. Specific Programme "Cooperation" – Theme "Health";Call identifier: FP7-HEALTH-2011-single-stage Proposal No: 282516 Acronym: AAPMO- ALGORITHM FOR ASSESSMENT AND PREVENTION OF MUSCULOSKELETAL DISORDERS IN OBESITY

### Membru granturi nationale

- 1.Member: National Research project CEEX Module I -M-C2-2358, "Individualized management for motor revalidation of patients with neurological and orthopaedic pathology by interdisciplinary research methodologies";
- 2.Project PN II- IDEAS- "Research regards effects of physical exercises in prophylaxis and treatment of metabolic syndrome at younger people";
- 3.Project PN II- Partners "Explore of biologic system in maximal muscle effort"
- 4.Manage the International Conferences" Physical Exercises - A Complex And Modern Way To Promote Healthy Living" 2008,2009,2010.

**Director of research center:** "Center for study human body motricity", University of Craiova, recognised by CNCIS 2005.

**Director of Laboratory of Tehniques and Innovative process in bioengineering-INCESA-Craiova**

Scientific papers-more then 120 papers presented to national and international conferences and more then 30 article published in national and international journals.

**Editor manager** from 2005-2013 Revista Medicina Sportivă-Journal of Romanian Sports Medicine Society

Editorial board of **Journal of Physical Education and Sport, University of Pitesti, Romania; Journal of Physical Therapy Timisoara-Romania; Montenegrin Journal of Sport Science and Medicine; Turkish Journal of Physiotherapy and Rehabilitation; BMC Research Notes, Romanian Journal of Sport Medicine**

Reviewer of Journal-**Diabetes Research and Clinical Practice, Journal of International Federation of Diabetes; American Journal of Sports Science and Medicine; PlosOne; International Sport Med Journal; Journal of Sports Sciences; Service Science and Management Research; Journal of Sport Rehabilitation;**

*Member of scientific committee* of World Academy of Science and Engineering Journal  
*Member of research committee* - European College of Sports and Exercise Physicians, <http://www.ecosep.eu/research-committee/>(ECOSEP)

Member of malpraxis national committee, sports medicine

Expert Program CORDIS 2010,2011,2012

ERASMUS mobility program, staff training, 4-16.08.2010, Pamukkale University, Denizli, Turkey; VIA College Denamrk.RUHR Bochum University, Germany, 2015

Mobility SEE Grants-Nesna University College, Norway 2014-2015.

### Apartenenta la societati profesionale

- 1995-International Federation of Sport Medicine
- 1995-Romanian Sport Medicine Society
- 1995-Balkan Sport Medicine Society
- 1995-European Sport Medicine Association
- 1998-European Haematology Association

2000-Romanian Society of Rehabilitation  
2000-European Society of Rehabilitation  
2000-European College of Sport Science  
2009- European College of Sports and Exercise Physicians(ECOSEP)

**Speaker:**

1. 2<sup>nd</sup> CONGRESS ECOSEP 2<sup>TH</sup> CONFERENCE SEM, London, 8-11September 2010
2. XVIII International Congress of Sport Rehabilitation and Thraumatology April 25<sup>th</sup> – 26<sup>th</sup> 2009- *Assessment of knee stability using neuromuscular measurement to soccer players*, Bologna, Italy
3. Biomechanic Workshop-biomechanic movement in sport, Zurich 7-9june 2009-*Prediction of foot instability and imbalance using biomechanical measurements*
- 4.**Balkan Congress Bucharest october 2008- *Therapeutic exercises in healing- Balkan Congress Bucharest october 2008- Plyometrics, neuromuscular based, indications, contraindications***
5. **13<sup>th</sup> Balkan Sports Medicine Congress, 7<sup>th</sup> International Congress of Sports Medicine Association of Greece, Drama Grecia, 29april-2may 2004 *The Importance of closed kinetic chain training rehabilitation of knee after ACL reconstruction***
6. 4th Congress Physical Education Sport and HEALTH, Pitesti, Noiembrie 2011, Romania
7. "International Conference & Exhibition on Neurology and Therapeutics", Prediction of Rehabilitation Potential in Multiple Sclerosis by Neuromuscular Assessment, Las Vegas, USA, 14-16 May 2012
8. "International Conference & Exhibition on Neurology and Therapeutics" *Biomechanical Assessment of Gait in Multiple Sclerosis*, 17-19 June 2013, Chicago, USA
9. 3<sup>rd</sup> ECOSEP Congress, *Neuromuscular assessment, what is new?*, Frankfurt am Main, April, 2013
10. Chair and speaker TMG ; today and future, workshop, Rome, 24.October 2014
11. Summer Course ISMULT-ECOSEP- Marathons , Greece, 24-29August 2015
12. World Congress & Expo on Dementia & Neuroscience, Septmeber26-28, 2016, Los Angeles, USA

**Brevete:**

**1.APARAT PORTABIL PENTRU MONITORIZAREA EVALUĂRII SI REABILITĂRII FUNCTIONALE A PICIORULUI**

Autori: Stanimir Alexandru, Rusu Ligia, Stanimir Octavian, Neagu Nicolae.  
OSIM Nr.123661/30.05.2017

**2.Orteza dinamica pentru glezna**

Autori: Stanimir Alexandr, Rusu Ligia, Marin Mihnea Ion, Stanimir Octavian  
OSIM, Nr. 130150/30.10.2018

