

## SUMMARY

The habilitation thesis entitled *Integrative aspects of the values of physical exercise as sustainability in youth's education* highlights the achievements and personal contributions on the integrativeness of formative-educational values of physical exercises performed in various contexts (physical education lesson, leisure activities, sports initiation programs etc.) by interacting with theoretical and practical notions specific to other related fields, resized educational purposes in today's society.

This paper, structured in three parts, *Scientific and professional achievements-Part I, The career evolution and development plan - Part II and Bibliography -Part III*, highlights the scientific, professional evolution and the development of teaching career through continuous concern for increasing the quality of the educational process, contributing to improving the training process, facilitating continuous training and acquiring specific skills, and also through involvement in developing international cooperation and promoting the quality of life, after obtaining the doctorate in Physical Education and Sports at the National Academy of Physical Education and Sports, Bucharest (2009).

The first part of the thesis, **Scientific and Professional Achievements**, includes three chapters, which mention aspects of the evolution of the research approach highlighting the impact of physical exercise, the contribution to improving the teaching and research process, and the evolutionary landmarks of teaching, academic and professional activity. This part focuses on the significant results obtained in the didactic and research activity of the studied field carried out on the following main directions:

- 1. The formative role of physical exercises from an integrative point of view and the interaction in motor communication.*
- 2. Optimizing the flow of documents necessary for the university teaching process.*
- 3. Developing the skills necessary for the management of planning documents specific to the field.*
- 4. The integrativeness of physical exercises values reflected in improving the quality of life of young people with disabilities.*

The first thematic direction, *The formative role of physical exercises from an integrative point of view and the interaction in motor communication*, highlights notions with impact on the approaches of knowing the subjects involved in the educational process, offering a modern

pedagogical climate, suitable for dialogue and exchange of ideas, the evolution of body formation and modeling, redefining and updating the meanings of interaction with interdisciplinary theoretical and practical notions.

Formation of new skills, as well as harmonious physical development through exercise, the value and impact of assimilation obtained through the educational process and reflected in attitude-motor communication throughout life, the awareness that offering professional information is an "investment" in educating future generations, as well as the awareness of the need to facilitate access to high quality programs, are some of the approaches in this thematic direction.

The second thematic direction, *Optimizing the flow of documents necessary for the university teaching process*, is constituted by the involvement for increasing the quality of the training by ensuring the coherent development of resized educational purposes in today's society, by studying and disseminating information from institutional documents of major importance as well as by contributing to the formation and valorization of motor skills in the context of social relations and insertion on the labor market. The training process has ensured continuity and educational quality through complexity, forming new skills in students through interdisciplinary and body-attitude interferences that enhance the level of assimilation of specific skills, creating new ideas and outlining prospective horizons to facilitate scientific research in the field.

The third thematic direction, *Developing the skills necessary for the management of planning documents specific to the field*, highlights aspects of guidance, responsibility and involvement of students in designing promotional materials, editing documents necessary for sports competitions or physical education. The exposition of informational content concerning the importance of acquiring abilities for working with documents in the field of *Sports Science and Physical Education* needs a different approach due to the use of portable technologies which influence the way the planning documents are filled in.

The cumulative effects of the formation of new skills and attitudes was highlighted by the accumulated volume of theoretical and practical information acquisitions, as well as by optimizing the transfer of theoretical knowledge in the acquisition of practical skills.

The last thematic direction, *Integrativeness of physical exercise reflected in improving the quality of life of young people with disabilities*, argues the relevant aspects of the influence of adapted physical programs in maintaining and improving people with disabilities' quality of life. Issuing proposals and recommendations in the management of personalized programs through

physical exercises and finding viable solutions on the particularities of physical exercises, highlighting the integrative aspects of their valences that play a major role in achieving a general well-being of the body, valuing, among others, the communication and relationship that facilitate socialization.

The first part of the habilitation thesis also includes the *Evolutionary landmarks of the didactic, academic and professional activity*, chapter in which we detailed the involvement in different didactic activities, the contribution to the increase of the institutional visibility by participating in national and international conferences and publishing articles in journals and/or volumes of scientific events indexed in Web of Science and international data bases, professional achievements recognized both nationally and internationally, attention paid to the exchange of knowledge and educational values through activities carried out in research and development projects, the ability to guide students, as well as the contribution to the improvement of information resources through the publication of specialized books and university courses.

In the second part of the thesis, **The career evolution and development plan**, I outlined the directions of scientific research, the proposals for further development of the teaching career and the professional path. The academic perspective is also based on obtaining the habilitation certificate in order to manage doctoral work.

The third part, dedicated to Bibliographic References, contains the informational resources that supported the elaboration of the contents presented in the habilitation thesis.