

RAOUL-ȘTEFAN ZANCA, PhD

Lecturer

Faculty of Physical Education and Sport

Babeș-Bolyai University

Cluj-Napoca, Romania

ORCID: 0000-0002-9372-001X

Email: raoul.zanca@ubbcluj.ro

ACADEMIC PROFILE

Lecturer in the Department of Individual Sports, Faculty of Physical Education and Sport, Babeș-Bolyai University, with an academic and professional background spanning university teaching, research in physical education and sport, athletics coaching, and sport administration.

PhD in Human Motricity Sciences, with doctoral research focused on the role of plyometric training in the preparation of young female sprint athletes. Current research interests increasingly address the theoretical and epistemological foundations of human movement science, particularly the ways in which scientific paradigms conceptualize, represent, measure, and explain human movement.

CURRENT ACADEMIC APPOINTMENT

Lecturer

Department of Individual Sports

Faculty of Physical Education and Sport

Babeș-Bolyai University, Cluj-Napoca, Romania

July 2020–present

Teaching and academic activities at undergraduate and Master's level, including athletics, athletic technique, methodology of teaching athletics and basketball, sport mastery, climbing, and sport management and marketing.

Assistant Lecturer

Faculty of Physical Education and Sport

Babeș-Bolyai University, Cluj-Napoca, Romania

October 2002–July 2020

EDUCATION

Doctoral Degree (PhD) in Human Motricity Sciences

National University of Physical Education and Sport (UNEFS), Bucharest, Romania
2015

Doctoral studies: November 2012 – May 2015
IOSUD UNEFS – Doctoral School

Doctoral thesis:
The Role of Plyometric Training in Optimizing the Preparation of Female Junior III Athletes in Sprint Events

Scientific supervisor: Prof. Dorina Orțănescu

Master's Degree in Physical Education and Kinesiology

Babeș-Bolyai University, Faculty of Physical Education and Sport, Cluj-Napoca, Romania
2001–2003

Bachelor's Degree in Physical Education and Sport

National Academy of Physical Education and Sport, Bucharest, Romania
1997–2001

Second specialization: Athletics Coaching

Certificate of Completion — Department for Teacher Training

National Academy of Physical Education and Sport, Bucharest, Romania
1997–2001

PROFESSIONAL QUALIFICATIONS

Basketball Coach Qualification
CNFPA, Bucharest, Romania
2008

RESEARCH INTERESTS

Epistemology and scientific paradigms in movement science

Human movement and human motricity

Theoretical foundations of movement science

Physical education and sport science

Athletics and sprint performance

Plyometric training and motor preparation

Motor learning and movement methodology

Physical fitness and performance assessment

Sport pedagogy and teaching methodology

ACADEMIC AND INSTITUTIONAL SERVICE

Member of admission committees, Faculty of Physical Education and Sport, Babeş-Bolyai University.

Member of undergraduate final examination committees, Faculty of Physical Education and Sport, Babeş-Bolyai University.

Member of the committee involved in the preparation of the accreditation documentation for the Physical Education and Sport programme, Babeş-Bolyai University, 2015–2016.

Participation in academic and scientific committees associated with events in the field of physical education and sport.

Member of the ProUniversitaria Babeş-Bolyai Association, 2014–2019.

PROFESSIONAL EXPERIENCE IN ATHLETICS

Athletics Coach

Liceul cu Program Sportiv Bistrița / CSM Bistrița
2001–2007

Coaching activity focused primarily on sprint and jumping events. Athletes coached during this period obtained national-level medals in youth and junior competitions, including three gold medals.

SPORT ADMINISTRATION

Executive Director

Directorate for Sport and Youth, Bistrița-Năsăud
May 2009 – May 2012

Institutional coordination, sport infrastructure administration, sport and youth programmes, and cooperation with public institutions and sport organizations

CURRENT SCHOLARLY PROJECT

The Scientific Foundations of Human Movement: Paradigms, Representation, and the Search for an Integrative Epistemology

Scholarly monograph examining the epistemological foundations, representational frameworks, and explanatory boundaries of major paradigms in human movement science. The project investigates how different scientific frameworks construct human movement as an object of inquiry and how their assumptions, units of analysis, methods, and forms of representation shape the explanations they produce.

LANGUAGES

Romanian: Native

English: Advanced proficiency

Hungarian: Intermediate proficiency

PROFESSIONAL AFFILIATION

Babeş-Bolyai University
Faculty of Physical Education and Sport
Department of Individual Sports
Cluj-Napoca, Romania

ORCID: 0000-0002-9372-001X

Institutional email: raoul.zanca@ubbcluj.ro