

**NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY  
BUCHAREST POLYTECHNIC  
PITESTI UNIVERSITY CENTER  
DOCTORIAL SCHOOL OF SPORTS SCIENCE AND PHYSICAL  
EDUCATION**



# **HABILITATION THESIS**

**Candidate,  
MIHĂILESCU LIVIU EMANUEL**

**2026**

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**CONTRIBUTIONS TO THE  
EVOLUTION OF THE ATHLETICS  
PARADIGM FROM THE  
PERSPECTIVE OF THE  
THEORY-RESEARCH-PRACTICE  
RELATIONSHIP**

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Conf univ dr. MIHĂILESCU LIVIU EMANUEL**

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## SUMMARY

The habilitation thesis entitled Contributions to the evolution of the athletics paradigm from the perspective of the theory-research-practice relationship, brings together in the two parts of its structures, scientific, professional and academic achievements from an integrative perspective, in part I and the plan for the evolution and development of the professional, scientific and academic career.

In the first part of the important thesis, most of the moments of the professional teaching activity marked by the two directions of the career are presented, in chronological order: the university teaching activity, focused on the theoretical aspects of athletics and not only and the activity of athletics teacher-coach, carried out concurrently. In close connection with these, the concerns in terms of scientific research are presented.

This part of the thesis reflects the permanent concerns of continuous professional improvement, by completing several training programs to acquire solid professional skills, anchored in the current realities of the athletics issues in theoretical and practical terms.

The professional activities and the experience accumulated over the years have generated the development of course materials for didactic disciplines managed over time, of methodical materials for training athletes of the various teams formed for the Olympic Games, the World Championships, the European Championships, for the athletes trained by me, over time. The teaching activities were complemented by the development of four specialized books, published in 2011, 2013 and 2026, synthetically presented in the thesis.

The results of the professional activity have generated visibility and recognition, materialized in the participation as a trainer within a POSDRU project, the promotion through competition from assistant to associate professor and from coach to senior coach, the election to the position of department director, the election as a member of the University Senate.

The operationalization of the general research directions materialized in the completion of the doctoral thesis, in the results of the CNCSIS grant in which I participated as a member, in winning a research project, in the capacity of project director, in the publication of several scientific articles, presented in the habilitation thesis.

The thesis includes the most significant publications The results of the research activity generated visibility and recognition, materialized in the citations of articles in journals indexed in

international databases, membership in scientific committees of international scientific events, membership in committees for guidance and academic integrity of doctoral students.

In the second part of the thesis, the evolution and development plan of the professional, scientific and academic career is presented. This part is structured in 2 chapters: proposals for professional development in the plan of teaching and managerial activity and proposals for research activity, research directions and the modalities of action for the operationalization of research directions.