

Domnule Președinte al Comisiei Electorale,



Subsemnatul MICU Alexandru Octavian având funcția didactică de lector la Facultatea Navigație și Transport Naval Departamentul de Management în Transporturi, identificat cu CI seria KZ, nr. [REDACTED], vă rog să îmi primiți candidatura pentru funcția de membru al senatului universitar al Universității Maritime din Constanța.

Cererea mea este însoțită de următoarele documente:

- Curriculum Vitae
- Declarație pe propria răspundere
- Declarație privind incompatibilitatea

Data,

21.10.2025

Semnătură,

[REDACTED]

CURRICULUM VITAE

PERSONAL INFORMATION



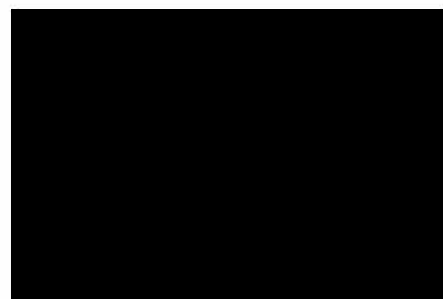
Name/Surname	MICU Alexandru Octavian
Address	C [REDACTED]
Telephone	[REDACTED]
E-mail	micu.alexandru@gmail.com
Citizenship	Romanian
Birthday	[REDACTED]
Gender	male

WORKING PLACE / OCCUPATION FIELD

Constanta Maritime University, Navigation and Naval Transport Faculty, Transport Management Department

PROFESSIONAL EXPERIENCE

Period	2024 - present
Occupation job	Member of World Sailing Council
Main activities and responsibilities	Support of sailing
Employer's name	World Sailing
Period	2021 - 2025
Occupation job	Vice-President of European Sailing Federation (EUROSAF)
Main activities and responsibilities	Management of the European Sailing Federation (EUROSAF)
Employer's name and address	European Sailing Federation (EUROSAF)
Activity type	Sport management
Period	2024 - present
Occupation job	Vice-president of Romanian Yachting Federation
Main activities and responsibilities	Management of the Romanian Yachting Federation
Employer's name and address	Romanian Yachting Federation
Activity type	Sport management
Period	2018 - 2024
Occupation job	President of Romanian Yachting Federation
Main activities and responsibilities	Management of the Romanian Yachting Federation
Employer's name and address	Romanian Yachting Federation
Activity type	Sport management
Period	2015 – present
Occupation job	University lecturer



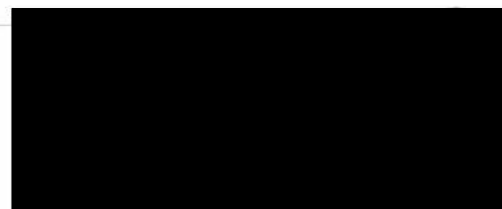
Main activities and responsibilities	Practical lessons of physical education and sports, naval and sailing practice, training the sailing and canoe team, organizing sport competitions on colleges and university, organizing The University Regatta of Constanta, driving sailing boats and motorboats.
Employer's name and address	Constanta Maritime University, Bvd. Mircea cel Bătrân, no. 104, Constanta, Romania.
Activity type	Physical Education and Sport.
Period	2009 – 2015
Occupation job	University assistant
Main activities and responsibilities	Practical lessons of physical education and sports, naval and sailing practice, training the sailing and canoe team, organizing sport competitions on colleges and university, organizing The University Regatta of Constanta, driving sailing boats and motorboats.
Employer's name and address	Constanta Maritime University, Bvd. Mircea cel Bătrân, no. 104, Constanta, Romania.
Activity type	Physical Education and Sport and Maritime Practice.
Period	2007 – 2009
Occupation job	Assistant Teacher
Main activities and responsibilities	Practical lessons of physical education and sports, naval and sailing practice, training the football team and the sailing team, leading the teams in competitions, organizing sport competitions on colleges and university, driving sailing boats and motorboats, organizing The University Regatta of Constanta.
Employer's name and address	Constanta Maritime University, Bvd. Mircea cel Bătrân, no. 104, Constanta, Romania.
Activity type	Sports management.
Period	2004 – 2007
Occupation job	Physical Education and Sport Teacher
Main activities and responsibilities	Leading the sailing class activity.
Employer's name and address	Constanta nr.27 Middle school.
Activity type	Physical Education and Sport.
Period	2004 – 2005
Occupation job	Fitness instructor
Main activities and responsibilities	Fitness Training.
Employer's name and address	YAKI SPA, Bvd. Mamaia, Constanta, Romania.
Activity type	Fitness.

EDUCATION AND TRAINING

Period	October – November 2016
Calification / Degree	National Coach Developer Scholarship in Sailing



Main study fields / professional competences	Sailing / Management
Name of the institution attended	World Sailing
Level of education	National Coach Developer
Period	2010 – 2014
Calification / Degree	Physical Education and Sport / PhD degree in Physical Education and Sport
Main study fields / professional competences	Physical Education and Sport; Physiotherapy / Research competences in physical education and sport
Name of the institution attended	National University of Physical Education and Sport, București
Level of education	post-university
Period	October 2007 – July 2011
Calification / Degree	Engineer Diploma
Main study fields / professional competences	Navigation and Naval Transport
Name of the institution attended	Faculty of Navigation and Naval Transport - Constanta Maritime University
Level of education	License Diploma
Period	2005 – 2007
Calification / Degree	Master Diploma – Sport base Management, treatment and recovery of physical activity in tourism
Main study fields / professional competences	Management in Physical Education and Sport / Managerial competences in physical education and sport.
Name of the institution attended	Faculty of Physical Education and Sports – Ovidius University of Constanta
Level of education	post-university
Period	2001 – 2005
Calification / Degree	Physical Education and Sport teacher / Bachelor Degree
Main study fields / professional competences	Physical Education and Sport / Teaching physical education classes and training of sailors; organization of sports competitions.
Name of the institution attended	Ovidius University of Constanta
Level of education	University, Diploma – Physical Education and Sports Teacher, Yachting coach license
Period	1997 – 2001
Calification / Degree	Physical Education and Sport assistant coach / Bacalaureate Degree
Main study fields / professional competences	- / Training track and field athletes; organization of sports competitions.
Name of the institution attended	Sports Highschool Constanta, Track and Field class
Level of education	highschool
PERSONAL ABILITIES AND COMPETENCE	
Mother language	Romanian



Foreigner languages known	Comprehension		Spoken		Written
Autoevaluation	Listening abilities	Reading abilities	Interaction	Expression	
English language	advanced	advanced	advanced	average	advanced
Social abilities and competence	- team spirit - good communication skills - good ability to adapt to special situations, all skills gained through experience as a teacher, coach, motorboat driver, leader for the sport teams, professional training, leisure activities.				
Organizational abilities and competence	capacity to coordinate people and teams - good organizational spirit (gained with the professional background).				
Other abilities and competence	Windows XP, Microsoft Word, Microsoft Excel, QuarkXpress, very good internet skills				
Driving license	AM, B, BE category				
OTHER INFORMATIONS					
Personal sports results	More than 20 times Romanian National Champion in single handed dinghy classes. 2002 Second place in Balkan Championship, Laser Radial Men, Bourgas Bulgaria.				
ANNEX					
INTERNATIONAL AND NATIONAL SCIENTIFIC PAPERS LIST					
B+ Category (BDI indexed)	Straton A., Micu A.O., Gidu D. V., Straton C. (2020). Work environment impact on strength production for acute low back pain subjects. Ovidius University Annals, Series Physical Education and Sport (Science, Movement and Health), Constanța, 20 (1): 59 - 66. ISSN/ISSN-L 2285-777X ISSN ONLINE 2285-7788 . Micu A.O., Rață G., Straton A., Gidu D. V., Varsami C. (2015). Comparative study on the influence of mental exercises and simulator training on learning the technique of handling keelboats. Gymnasium Scientific Journal of Education, Sports and Health, No. 1, Vol. XVI, 2015: pp.191-213. BDI: Index Copernicus, EBSCO SPORT Discus, PROQUEST, DOAJ Directory of Open Access Journal, OPEN J –GATE. ISSN-L 1453-0201; (online) ISSN 2344-5645 . Straton A., Micu A.O., Gidu D. V., Rață G. (2015). The influence of low load lumbar exercise training on the development of isolated lumbar flexor and extensor muscle strength in seafarers. Gymnasium Scientific Journal of Education, Sports and Health, No. 1, Vol. XVI, 2015: pp.265-281. BDI: Index Copernicus, EBSCO SPORT Discus, PROQUEST, DOAJ Directory of Open Access Journal, OPEN J –GATE. ISSN-L 1453-0201; (online) ISSN 2344-5645 .				

Straton A., Micu A., Gidu D. V. (2015). Spine lateral flexion strength development differences between exercises with pelvic stabilization and without pelvic stabilization. Proc. SPIE 9258, Advanced Topics in Optoelectronics, Microelectronics, and Nanotechnologies VII, 925813 (February 21, 2015); doi:10.1117/12.2072149

Gidu D. V., Ene-Voiculescu C., Straton A., Micu A., Borzic G. (2015). Music influence in the recovery of the young adults after stroke-CVA (30-40 years old). Ovidius University Annals, Series Physical Education and Sport (Science, Movement and Health), Constanța, 15 (1): 30-34. ISSN/ISSN-L 2285-777X

Book of Abstracts
B Category
Other categories (C, D)

EUROPEAN PROJECTS (GRANTS)

2014 – 2016, TCC-SCV - TRECNET Core Curriculum for Skippers of Small
manager/researcher Commercial Vessels (Nucleul Curricular Comun TRECNET pentru Skipper-ii de Ambarcațiuni folosite în scop comercial), Contract nr. 2014-1-ES01-KA202-004370.

2016 – 2018, NEO-COL – Navigational Equipment Oriented COLregs
manager/researcher Trainings, Contract nr. 2016-1-TR01-KA202-034978.

SEAMAP – Searching the Extensive Application at Maritime Protocol, Contract nr. 2017-1-TR01-KA202-045799.

2017 – 2019,
manager/researcher

2020-2021, VolunSailing/VolunSailing: supporting the mobility of
manager/researcher volunteers in yachting organizations (European Education and Culture Executive Agency)
http://volunsailing.eu/

21.10.2025



DECLARAȚIE

Subsemnatul MICU Alexandru Octavian având funcția didactică de lector la Facultatea Navigație și Transport Naval Departamentul de Management în Transporturi identificat cu CI [REDACTED] domiciliat în Constanța, [REDACTED]

cunoscând dispozițiile articolului 292 Cod Penal cu privire la falsuri în declarații, declar pe proprie răspundere următoarele:

- Nu am fost condamnat/ă definitiv pentru săvârșirea unor infracțiuni de serviciu sau în legătură cu serviciul ori pentru infracțiuni săvârșite cu intenție;
- Nu am desfășurat activități de poliție politică, definite prin lege.

Am completat prezenta Declarație, întrucât îmi depun candidatura pentru funcția de membru în senatul universitar UMC

Data,

21.10.2025

Semnătura

[REDACTED]

DECLARAȚIE

Subsemnatul MICU Alexandru Octavian având funcția didactică de lector la Facultatea Navigație și Transport Naval Departamentul de Management în Transporturi

[REDACTAT], cunoscând dispozițiile articolului 292 Cod Penal cu privire la falsuri în declarații, declar pe proprie răspundere următoarele:

Nu mă aflu în stare de incompatibilitate generată de relații personale (soți, afini, rude până la gradul al III-lea inclusiv).

Data,

21.10.2025

Semnătura,

[REDACTAT]