



Norbert Csaba Lukács

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WORK EXPERIENCE

01/02/2016 – CURRENT

UNIVERSITY TEACHING ASSISTANT PARTIUM CHRISTIAN UNIVERSITY, ORADEA

Didactics of physical education and practical lessons

Address Oradea, Romania

01/09/2013 – CURRENT

PHYSICAL EDUCATION AND SPORT TEACHER SZENT LÁSZLÓ ROMAN CATHOLIC THEOLOGICAL HIGH SCHOOL

Teaching fundamental techniques of football, volleyball and handball.

Address Oradea, Romania

01/09/2012 – 01/07/2013

PHYSICAL EDUCATION AND SPORT ASSISTANT TEACHER & HOUSEMASTER ASSISTANT ST. BEES SCHOOL

Teaching fundamental techniques of basketball, football, badminton, volleyball for juniors and seniors.
Teaching games for preparatory department.

Address St Bees, United Kingdom

01/09/2011 – 31/08/2012

PHYSICAL EDUCATION AND SPORT TEACHER SZENT LASZLO THEOLOGICAL HIGH SCHOOL

Teaching fundamental techniques of football and handball. Others: tourism practice, dynamic games.

Address Oradea, Romania

01/09/2010 – 31/08/2011

PHYSICAL EDUCATION AND SPORT TEACHER IOSIF VULCAN NATIONAL COLLEGE

Teaching fundamental techniques of football and basketball.

Address Oradea, Romania

01/09/2008 – 31/08/2010

PHYSICAL EDUCATION AND SPORT TEACHER LUCIAN BLAGA HIGH SCHOOL

Teaching fundamental techniques of gymnastics, athletics and football.

Address Oradea, Romania

● EDUCATION AND TRAINING

27/11/2022 – 02/12/2022 Graz, Austria

ERASMUS + STAFF MOBILITY FOR TRAINING College of Education Styria

Address Campus Nord, Hasnerpl. 12,, Graz, Austria | **Website** <https://www.phst.at/home/>

24/10/2022 – 30/10/2022 Vilnius, Lithuania

ERASMUS + STAFF MOBILITY FOR TEACHING Vilnius University of Applied Sciences

Address Saltoniškių g. 58 - 1, 08105, Vilnius, Lithuania | **Website** <https://en.viko.lt/>

01/10/2013 – 25/10/2018 Cluj-Napoca, Romania

DOCTORAL DEGREE Babes Bolyai University, Doctoral School of Physical Education

Human movement studies, Anthropometry

Address Cluj-Napoca, Romania | **Level in EQF** EQF level 8

01/10/2010 – 10/07/2012 Cluj-Napoca, Romania

BACHELOR'S DEGREE IN ENGLISH LANGUAGE AND LITERATURE Babes Bolyai University, Faculty of Letter

Oral and Written Communications, British Studies, Morphology, Syntax

Address Cluj-Napoca, Romania | **Level in EQF** EQF level 6

05/04/2013 – 06/05/2013 Leicestershire, United Kingdom

LEVEL 1 SWIMMING TEACHER Amateur Swimming Association

Fundamentals of coaching sport, planning coaching activities, teaching aquatics

Address Leicestershire, United Kingdom

01/10/2008 – 20/07/2010 Oradea, Romania

MASTER SPORT DEGREE KINESIOLOGY Physical Education and Sports Faculty, Oradea University

Biomechanics, Biometrics, Kinesiology, Sport theory, Creativity, Motric activity.

Address Oradea, Romania | **Level in EQF** EQF level 7

01/10/2002 – 15/07/2006 Nagyvárad, Romania

BACHELOR IN PHYSICAL EDUCATION AND SPORT: FOOTBALL SPECIALIST Nagyvárad Állami Egyetem – Testnevelés és Sport Kar

Indoor skills: handball, basketball, karate, body-building. Outdoor skills: camping and travelling skills in the backcountry, basic navigation, kayaking, climbing, water rescue skills, skiing and winter travel skills. Others: Sport theory, Sociology, Psychology, First aid lessons, Anatomy.

Address Nagyvárad, Romania | **Level in EQF** EQF level 6

01/09/2004 – 22/12/2004 Tornio, Finland

ADVENTURE EDUCATION COURSE Humak Tornio, Kivirannantie 13-15, Finlanda

Experimental learning, sociology, leadership, group dynamics, decision making, safety and judgement, natural history, project work./Camping and travelling skills, Basic navigation, kayaking, rope work and climbing skills, skiing.

Address Tornio, Finland

English, Sport Theory

Address Oradea, Romania | **Level in EQF** EQF level 4**LANGUAGE SKILLS**Mother tongue(s): **HUNGARIAN** | **ROMANIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C1	C1	C1
FINNISH	A1	A1	A1	A1	A1

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user***ADDITIONAL INFORMATION****PUBLICATIONS****Publications**

1. The correlation between physical activity and academic results of students from Partium Christian University
2. The effects of additional physical activity programmes on motor and health related components in case of students in 6TH grade
3. Components of health related fitness among children in middle school within the Bihor – Hajdú-Bihar Euroregion
4. Relationship between motor skills and body composition among middle school students from Bihor – Hajdú-Bihar Euroregion
5. Cardiovascular fitness and physical activity among middle school students from Bihor – Hajdú-Bihar Euroregion
6. The prevalence of overweight and obesity among children in middle school within the Bihor - Hajdú-Bihar Euroregion
7. Prevalence of overweight and obesity among middle school children in Romania
8. Health component levels of physical fitness of students at Partium Christian University from Oradea
9. Correlation of Body Mass Index, Skeletal Muscle, Subcutaneous and Visceral Adipose Tissue in Healthy Adults: a Cross Sectional Study
10. The founding and first years of activity of Nagyvárad Atlétikai Club football team 1910 – 1914
11. Pages from Nagyvárad City's Football History (1901 – 1919)

CONFERENCES AND SEMINARS

- Conferences**
1. Physical Education National Student Scientific Conference at University of Physical Education, Budapest - 09.04.2021
 2. Physical Education National Student Scientific Conference at University of Physical Education, Budapest - 28.03.2019
 3. „Physical education and sports in the benefit of health” conference, Faculty of Physical Education and Sport, University of Oradea - 28.10.2016
 4. International Conference „Education for Health and Performance”, Universitaria Consortium Babeş Bolyai University, Cluj Napoca - 14-15.10.2016
 5. „The young researchers conference” Brasov – 03.04.2015
 6. „International Conference of Physical Education”, Budapest - 17-18.09.2014
 7. International Conference „Physical education and sports in the benefit of health”, Faculty of Physical Education and Sport, University of Oradea, 18.10.2014
 8. "Researchers night 2013", 27.09.2013

ORGANISATIONAL SKILLS

Organisational skills Guiding university's sports teams.

COMMUNICATION AND INTERPERSONAL SKILLS

Communication and interpersonal skills Organising sports competitions (football, badminton, basketball), trips.

JOB-RELATED SKILLS

Job-related skills

01.09.2014 – 31.08.2016 Guiding „Szent László” High School further training programs

COURSES

Courses

1. Legile Jocului de Rugby 19.02.2020
2. Motorikus készségek és képességek fejlesztése az elemi oktatásban I - 10-11.11.2017
3. Motorikus készségek és képességek fejlesztése az elemi oktatásban II - 17-18.11.2017
4. Workshop „Publishing in Academic Journals - tips to help you succeed!”, szervező: Taylor & Francis Group Kiadó, Kolozsvár - 24.03.2015