

Simona Fagaras

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Simona is an associate professor at the Department of Motor Science at the “G. E. Palade” University of Medicine, Pharmacy Science and Technology of Târgu Mureş. She teaches various courses for students of physical therapy. She has more than 20 years of experience in teaching at the higher education level. Simona has a master's degree in psychomotricity from the National University of Physical Education and Sports in Bucharest. In 2011, she finished her PhD in Mechanical Engineering - biomechanics of throwing in basketball, and currently she is about to finish her second PhD in Physical Education.

Her main research interests include Physical Education at different levels, body posture, anthropometry, biomechanics and quality of life. She is an author and co-author of 3 books and more than 50 articles published in international journals.

She is married and likes to play with her child and her dog. She also loves to travel with them and discover the beauty of different places.

My Topics for the 21st International Teaching Week:

- 1) Gait evaluation using app
- 2) Psychomotricity in Physical Education