

## PERSONAL INFORMATION

## Dragoș Bogdan Cernat

 Bulevardul Marasesti nr.4 scara F ap 8, 600018 Bacau (Romania)

 0747605195

 cernat.dragos@ymail.com

Sex Male | Date of birth 2 Mar 1988 | Nationality română

## POSITION

## Profesor Educatie Fizica si Sport

## WORK EXPERIENCE

01/05/2010–01/09/2010

## Instructor Fitness Club Carbochim

Carbochim SRL, Bârlad (Romania)

01/09/2010–31/08/2018

## Profesor Educație fizică și sport

Scoala Gimnazială Nr.1 Ibănești, Sat Ibănesti (Romania)

02/02/2012–Present

## Antrenor Rugby

CSS Barlad, Bârlad (Romania)

-Initierea si pregatirea copiilor si juniorilor in jocul de rugby;

-Pregatirea juniorilor de la Centrul Olimpic de Rugby 7.

04/04/2016–Present

## Preparator Fizic Romania Juniors XV U17/U18

Federatia Romana de Rugby, Bucuresti (Romania)

01/09/2018–Present

## Profesor Educatie Fizica si Sport

Colegiul National Ferdinand I, Bacau (Romania)

## EDUCATION AND TRAINING

01/10/2007–23/06/2010

## Licențiat in Educație fizică și sport

Univ."Al.Ioan Cuza" Fac.EFS, Iași (Romania)

01/09/2013–28/03/2014

## IRB Coaching Level Two

International Rugby Board-Fira Air, Dublin 2, Éire/Ireland

01/09/2014–20/06/2016

## Studii de Masterat in Rugby

Univ.Ecologică din București, București (Romania)

01/09/2012–01/09/2016

## Certificat de absolvire a Gradului II in Invatamantul Preuniversitar

## PERSONAL SKILLS

Mother tongue(s)

Romanian

Foreign language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user  
Common European Framework of Reference for Languages

Communication skills Spirit de echipă

Organisational / managerial skills Leadership

Job-related skills -o bună cunoaştere a proceselor psihopedagogice;  
 -Abilitati Manageriale.

Digital skills	SELF-ASSESSMENT				
	Information processing	Communication	Content creation	Safety	Problem solving
	Proficient user	Proficient user	Proficient user	Proficient user	Proficient user

Digital skills - Self-assessment grid

Driving licence AM, B1, B