

Bratosin Bogdan



[PROFILE](#)

[CONTACT](#)

[SKILLS](#)

[WORK EXPERIENCE](#)

Personal Trainer - Word Class Bucharest

2016 - present

Interviewing clients to determine personal fitness and health goals

Developing and implementing specifically designed diet and exercise plans based on individual client's needs

Engaging clients in exercises

Performing periodic fitness assessments

Supporting and encourage clients to meet their fitness goals

Ability to successfully motivate and encourage individuals.

Excellent knowledge of gym specialist training equipment like treadmills etc.

Experience training various people from all kinds of backgrounds.

Focused on maintaining personal training certification through continuing education.

Strength and Conditioning Coach CSA Steaua Bucharest Volleyball Professional Team

2019-2021

Assessing the skills and weaknesses of each individual athlete.

Assisting with the development of exercise routines and nutritional intake, exercise supervision, tracking athlete progress and adjusting exercise plans accordingly.

Designing and implementing full-scale fitness programs.

Using training programs not just to maximize athlete performance but also to minimize injury.

Personal Trainer Miha Body Tech - OYA Beauty Lounge

August 2014 - January 2016

Creating EMS fitness programs for the client

Completing coaching sessions

Tracking all sessions in the Front Desk system

Providing personal training sessions using EMS device (electro-muscle stimulation) at highest standards

Controlling and monitoring EMS fitness program(s) for each client.

Languages



Romanian – native



English - intermediate



German – beginner

Soft Skills Trainings

Lead to Achieve

Oracle University - 11. 2017

Efficient Communication

Oracle University - 02. 2017

The Collaborative Influencer

Oracle University - 06. 2016

Negotiating & Influencing Skills

Oracle University - 02. 2016

Time Management Training

Centrul de Dezvoltare

Manageriala Cluj-Napoca

Additional Information

Driving license, B category

Providing one to one guidance to clients to help them achieve their fitness goals.

Selecting the correct set of exercises for a client to achieve maximum results.

Conducting fitness and exercise classes and demonstrating equipment.

Measuring and assessing blood pressure, heart recovery rate, body fat ratio.

Designing and advising on dietary programs.

Responsible for marketing the gym at charity events, press releases etc.

Maintaining gym equipment and ensuring it is safe to use.

Tracking a client's progress and accurately updating their record.

Explaining to clients the results they can expect from particular exercise regimes.

Personal Trainer and Fitness Instructor - Fitness Club Agronomia

September 2012 - August 2014

Responsible for initial contact with new members and promoting membership sales Welcoming new gym members and giving general inductions to them.

Providing one to one guidance to clients to help them achieve their fitness goals.

Designing and advising on dietary programmes.

Selecting the correct set of exercises for a client to achieve maximum results.

Devising fitness programs for weight loss, muscular gain and rehabilitation etc.

Conducting fitness and exercise classes and demonstrating equipment

Tracking a client's progress and accurately updating their record.

Explaining to clients the results they can expect from particular exercise regimes.

EDUCATION

PhD in Biotechnologies

October 2020 – September 2024

Doctoral School of Agricultural and Engineering Sciences
University of Agricultural Sciences and Veterinary Medicine, Cluj-Napoca

Psychopedagogical Module 2

March 2024 – July 2024

Spiru Haret University, Bucharest

Psychopedagogical Module 1

October 2019 – June 2020

Spiru Haret University, Bucharest

Bachelor – Sport and Physical Education

September 2017 – June 2020

Spiru Haret University, Bucharest

International Certification as Fitness Instructor and Personal Trainer - MOVE ON Fitness Academy

May 2016 – Bucharest

Master - Sports Business Administration

September 2011 - June 2013

University of Bogdan Voda, Cluj - Napoca

Bachelor - Business Administration

September 2008 – June 2011

University of Bogdan Voda, Cluj - Napoca

SPORT AND FITNESS COURSES

Ying Yang International Fitness Convention

Certified Functional Training Instructor by Move On Fitness Education School

Certified Functional Training Advanced Instructor by Move On Fitness Education School

"Get Together Conference Amsterdam" Institute of motion by Derrick Price

"Get Together Conference Amsterdam "Bodyweight Athlete by Mike Fitch

"Get Together Conference Amsterdam "Functional by Perform Better

"Metabolic Course" by Lincoln Bryden

Workshop "Physical Sport Performance" by Romanian Football

Federation

International Conference "Physical Preparation in Sport Performance"

Psychology in sport performance – International Sports Association Strength and Conditioning course (NCSC) level 1 and level 2 by Elite Performance Institute Certification Dublin
<http://www.epicertification.com/>

LIST OF PUBLICATIONS

Articles published in full as a result of doctoral research

2020-2024

1. Bratosin, B. C., S. Darjan, & Vodnar, D. C. (2021). Single Cell Protein: A Potential Substitute in Human and Animal Nutrition. *Sustainability*, 13, 9284. <https://doi.org/10.3390/su13169284>. Impact Factor: 3.200.
 2. Bratosin, B. C., Martău, G. A., Ciont, C., Ranga, F., Simon, E., Szabo, K., Darjan, S., Teleky, B. E. & Vodnar, D. C. (2024). Nutritional and Physico-Chemical Characteristics of Innovative Bars Enriched with *Aronia melanocarpa* By-Product Powder. *Appl. Sci.*, 14, 2338. <https://doi.org/10.3390/app14062338>. Impact Factor: 2.700.
 3. Bratosin, B. C., & Vodnar, D. C. (2024). Production of Bioactive Compounds by *Aurantiochytrium limacinum* SR21 into discontinuous fermentation. *Journal of Algal Research*. Impact Factor: 5,100. (inpress)
 4. Bratosin, B. C., & Vodnar, D. C. (2024). Consumers Perception on Nutritional Bars. A Case Study: Nutritional Bars Based on *Aronia* By-Products, *ProEnvironment*, 17/7, 36-54.
-

