

# Transilvania University of Braşov, Romania

## Study program: Physical Education and Sports

Faculty: Physical Education and Mountain Sports

Study period: 3 years (bachelor)

### 1<sup>st</sup> Year

| Course title       | Code | No. of credits | Number of hours per week |         |            |         |
|--------------------|------|----------------|--------------------------|---------|------------|---------|
|                    |      |                | course                   | seminar | laboratory | project |
| Functional anatomy | AF   | 4              | 2                        | 1       | -          | -       |

**Course description (Syllabus):** Anatomy – Generalities; Osteology; Joint system; Myology; Getting elementary on the cardiovascular and respiratory systems; Basics of biomechanics.

| Course title | Code | No. of credits | Number of hours per week |         |            |         |
|--------------|------|----------------|--------------------------|---------|------------|---------|
|              |      |                | course                   | seminar | laboratory | project |
| Kinesiology  | KIN  | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Kinesiology - definitions, notions, concepts, Human motility - generalities, forms of motor manifestation, physiological and psychic mechanisms. Motility in ontogenesis, Motor learning - content, types of motor learning, Motor activity - motivation, purpose and motive load, content elements (motor skills, motor skills, driving qualities, driving capacity), Motor activity - means of learning and improvement, psycho-physical implications, Fatigue, adaptation to effort, overcompensation, recovery, Programming and planning of motor activities, Evaluation in motor activity.

| Course title                           | Code      | No. of credits | Number of hours per week |         |            |         |
|----------------------------------------|-----------|----------------|--------------------------|---------|------------|---------|
|                                        |           |                | course                   | seminar | laboratory | project |
| Foreign Language 1 (English / Spanish) | LE01/LS01 | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** The course is designed to offer the students the possibility to acquire the grammar structures (articles, nouns, adjectives, personal and reflexive pronouns) to use them adequately and accurately and to familiarize with the general vocabulary used in written and oral communication.

| Course title               | Code | No. of credits | Number of hours per week |         |            |         |
|----------------------------|------|----------------|--------------------------|---------|------------|---------|
|                            |      |                | course                   | seminar | laboratory | project |
| General bases of athletics | BGA  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Selection and introduction of the contents specific to the athletics discipline, in the general training context; The complex explanation of the mechanisms of general motility and the technique specific to the athletic discipline; Elaboration of the documents of planning and recording of the basic contents of the athletic discipline; Use of evaluation and evaluation systems of the correct executions on the components of the training process of the athletic discipline; The technique and methodology of learning the exercises in the running school; Technique and methodology of learning exercises in jumping school; Technique and methodology of learning exercises in the diving school; The use of specific principles, regulators and systems for learning the upper level of the techniques and methods of exercising running, throwing and jumping are just as they are a mechanism of stabilizing speed running, resistance running, running with obstacles, jumping in lung time, with steps in stabilization, jumping in height with stepping and jumping in height with ventral rolling, throwing the ball of foot with the impeller.

| Course title                | Code | No. of credits | Number of hours per week |         |            |         |
|-----------------------------|------|----------------|--------------------------|---------|------------|---------|
|                             |      |                | course                   | seminar | laboratory | project |
| General bases of gymnastics | BGG  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Gymnastics - brief history, gymnastics place EFS system, order, tasks and characteristics; Fundamental means of gymnastics branches; Gymnastics Terminology - evolution and basic principles. Basic Gymnastics - features and systematization; exercises front and order (FO) - systematic role: gathering bands, travel, work place and away action, composition and changes formations, movements in the figures; General physical development exercises (DFG) - features and systematization, free exercises and compound, rules of composition and methodical teaching, exercises with portable objects: sticks, medicine ball, with banks, fixed scale and special equipment; Exercises applications - features and systematization; methodological rules for the composition and delivery pathways applications; Artistic gymnastics school - content, technical and methodological approach.

| Course title              | Code | No. of credits | Number of hours per week |         |            |         |
|---------------------------|------|----------------|--------------------------|---------|------------|---------|
|                           |      |                | course                   | seminar | laboratory | project |
| General bases of Football | BGF  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** The game of football - the description and content; Technical football; Specific technical elements of football (Hitting the ball with the foot; Receiving the ball; Driving the ball; Stripping opponent's ball; Protecting the ball; Hitting the ball with the head; Movement misleading); Tactics of football - general. Game system; Tactics collective attack and defense (The demarcation. Marking; Overcoming individual; Passing the ball; Pressing. Tactical combinations).

| Course title               | Code | No. of credits | Number of hours per week |         |            |         |
|----------------------------|------|----------------|--------------------------|---------|------------|---------|
|                            |      |                | course                   | seminar | laboratory | project |
| General basics of Handball | BGH  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Handball technique (attack, defense, goalkeeper): the fundamental position of attack and defense, the movement in the field; Kinetic muscle training programs for arms, trunk, legs to prevent injuries, Holding, catching and passing the ball, driving the ball, throwing at the goal; Kinetic programs of general motor education for the efficiency of technical procedures, Removing the ball from the opponent, blocking the opponent with the body; Kinetic programs and motion games for space-time coordination and orientation, Handball tactics (definition, purpose, classification, principles, individual tactic in attack, tasks of the players in the positions); Kinetic programs and motion games to increase resistance, Collective tactic in attack (principles, means, simple and basic combinations); Phases of attack, forms of attack; Attack systems; Kinetic programs and motion games to increase strength, Defense: individual and collective tactics, principles, means; Phases and forms of defense; Kinetic programs and motion games for speed training, Handball - prophylactic means.

| Course title                                     | Code | No. of credits | Number of hours per week |         |            |         |
|--------------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                                  |      |                | course                   | seminar | laboratory | project |
| Theory and practice of training in alpine skiing | TPS  | 5              | 2                        | -       | 3          | -       |

**Course description (Syllabus):** The emergence and evolution of skiing worldwide; General bases of ski learning methodology; Methodology of driving learning through aspects of modern didactics; Basic Technique Walks, ascents, returns - Direction changes on the spot; Ski positions Direct descent-Oblique descent; Stopping technique Snow plough stop and snow plough glide; Passage through damping of slope connections (passage of sloping and damping connections) Passage through retraction Direct and indirect path in ski methodology; Basic technique - Garlands Ghirland with simultaneous opening of the skis; Cristie with rotation Cristie with counterweight; The competitive samples from the Alpine ski slalom (SL); Giant slalom (GS); Super-giant Slalom (SG); The Alpine combined descent (Slalom and descent).

| Course title                         | Code | No. of credits | Number of hours per week |         |            |         |
|--------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                      |      |                | course                   | seminar | laboratory | project |
| Physical education and sport history | IEFS | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** The history of physical education and sport is part of "the olive branch" which is offered by sport and is not only a sacred custom of beginning, a sign of the continuity and nobility of Olympic spirit, but also a symbol of harmony, conciliation of reason and fair-play. The history of physical education constitutes a chapter in the history of general education. It studies the origin, evolution, and diversity of the forms of practicing physical

exercise, the organizational and institutional frame in which they was practiced, from the oldest times up to the present. The historical method contributes to the understanding of the elements of a science for the comprehension of entire process of its evolution, the succession, and variation of the concepts about the human being and life, generated by the philosophical thinking of the times.

| Course title                                                   | Code | No. of credits | Number of hours per week |         |            |          |
|----------------------------------------------------------------|------|----------------|--------------------------|---------|------------|----------|
|                                                                |      |                | course                   | seminar | laboratory | practice |
| Practical applications in mountain environment - alpine skiing | APS  | 4              | -                        | -       | -          | 3        |

**Course description (Syllabus):** Slip on light and medium slopes, repeating the following specific techniques alpine skiing: direct descents with counterparties stop focusing on balance, weight distribution body posture trunk line descent, etc.; Improving the technical mechanism: bypassing the plow with a focus on weight distribution on foot outside turn, balance training and coordination between the upper and lower limbs, etc.; Improving technical mechanism to achieve oblique descent on slopes steeper; Improving technical mechanism to correct crossing slopes, adjusting posture, by absorption or retracted; Improving and correcting detour rotating focusing on: preparation, release, management and completion; Games and relays for increasing the capacity of balance, coordination, better control of skis; Through some trails among benchmarks for improving the technique of execution following techniques: Christiana rotation, with simultaneous opening and against directing sliding.

| Course title | Code | No. of credits | Number of hours per week |         |            |         |
|--------------|------|----------------|--------------------------|---------|------------|---------|
|              |      |                | course                   | seminar | laboratory | project |
| Physiology   | FIZ  | 4              | 2                        | 1       | -          | -       |

**Course description (Syllabus):** Musculoskeletal: osseous system physiology; musculoskeletal physiology; The nervous system: general concepts, reflective; nerve physiology; the synapse physiology; physiology of the spinal cord; brainstem physiology; physiology of the cerebral hemispheres; physiology of the autonomic nervous system, the sympathetic and parasympathetic; Endocrine: adrenal glands; thyroid gland; the endocrine pancreas, and the sexual glands; Respiratory: respiratory physiology: inhalation and exhalation, respiratory volumes, lung capacity, breathing gas transmission and regulation; Cardiovascular: heart physiology; circulation physiology; circulation physiology; physiology lymphatic circulation; Nerve regulation of blood circulation; Metabolism physiology intermediary metabolism of carbohydrate, lipid and protides; energy metabolism physiology.

| Course title                           | Code      | No. of credits | Number of hours per week |         |            |         |
|----------------------------------------|-----------|----------------|--------------------------|---------|------------|---------|
|                                        |           |                | course                   | seminar | laboratory | project |
| Foreign Language 2 (English / Spanish) | LE02/LS02 | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** The course is designed to offer the students the possibility to acquire the grammar structures (articles, nouns, adjectives, personal and reflexive pronouns) to use them adequately and accurately and to familiarize with the general vocabulary used in written and oral communication.

| Course title                                 | Code | No. of credits | Number of hours per week |         |            |         |
|----------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                              |      |                | course                   | seminar | laboratory | project |
| Theory and practice of training in athletics | TPA  | 3              | 1                        | -       | 2          | -       |

**Course description (Syllabus):** As general objectives, we mention the explanation of the general motive mechanisms, the technique and the methodology of the exercises in athletics; elaboration of planning documents and records from athletics; identifying the implementation methods in the teaching process; selecting and applying established methods and means; the use of correct evaluation and evaluation systems; this content also contains: the general basis of running, jumping and throwing.

| Course title                                  | Code | No. of credits | Number of hours per week |         |            |         |
|-----------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                               |      |                | course                   | seminar | laboratory | project |
| Theory and practice of training in gymnastics | TPG  | 3              | 1                        | -       | 2          | -       |

**Course description (Syllabus):** Explanation of the mechanisms of general motility and of the specific means of the sports branch: gymnastics. The procedural approach of some theoretical knowledge regarding the elementary notions, the terminology, the content of the basic gymnastics. Formation of a rich luggage of theoretical and practical knowledge regarding the use of the acrobatic and artistic gymnastics means necessary for the training of the gymnastics specialist; Training to properly master and execute acrobatic exercises and equipment, as well as in the organization and conduct of activities specific to the field of EFS.

| Course title                              | Code | No. of credits | Number of hours per week |         |            |         |
|-------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                           |      |                | course                   | seminar | laboratory | project |
| Theory of training in tourism-orientation | TPTO | 4              | 2                        | -       | 1          | -       |

**Course description (Syllabus):** Current modern approaches in defining the concept of tourism; The role of school tourism in education; Classification of modern forms of tourism; Peculiarities of mountain tourism activities; Main forms of tourism practice; Aspects of mountain tourism activities; Methodical preparation of a mountain tourist activity; Theoretical aspects of sport orientation; The steps necessary for organizing a sports orientation competition; Theoretical aspects of sports orientation map; Map Orientation Technique; Theoretical notions regarding weather forecasting, infrastructure and tourist markings in mountain areas; Compass Orientation Technique-The map's northwest process; Theoretical notions about alpine meteorology and forecasting theoretical notions about tourist infrastructure and markings in mountain areas.

| Course title                                                         | Code | No. of credits | Number of hours per week |         |            |          |
|----------------------------------------------------------------------|------|----------------|--------------------------|---------|------------|----------|
|                                                                      |      |                | course                   | seminar | laboratory | practice |
| Practical applications in mountain environment – tourism-orientation | APTO | 3              | -                        | -       | -          | 2        |

**Course description (Syllabus):** Understanding and using contour guidance; Presenting the tourism map, conventional signs, signs marking tourist; Environmental negotiating a route, 15 km, 300 m difference in level; Knowledge and application of techniques to map and compass navigation; Walking on target (angle march); Walking along the conductive lines- walking on the contour; Knowledge and application of techniques to map and compass navigation and orientation fineness general orientation cutting corners; Using parts collection; Targeting Remote (sideways) orientation finesse; Knowledge and practice guidance compass getting a ride compass directions; Map scale - Measuring distances on the map and on the ground; Knowledge and practice guidance after natural signs; Technical guidance in the field without aids; Map reading and detecting checkpoints on route; Browsing timed a tourist route guidance.

| Course title     | Code | No. of credits | Number of hours per week |         |            |         |
|------------------|------|----------------|--------------------------|---------|------------|---------|
|                  |      |                | course                   | seminar | laboratory | project |
| Academic writing | SA   | 1              | 1                        | -       | -          | -       |

**Course description (Syllabus):** The objective of the discipline is to familiarize students with the current requirements, practices and conventions of the elaboration of academic papers and to assist them in the process of developing the academic writing skills; Academic writing competencies (reading skills, critical reading; note taking methods, time management). Drafting of supporting documents (letter of intent, research project, curriculum vitae); APA citation systems, Chicago / Tarubian, MLA; Structure of the argumentative essay. The internal structure of the paragraphs and the connection between them; the language templates that can be use in the writing process; General principles of a research paper. Choosing the topic. Source identification. Bibliographic research. Work plan and file system.

| Course title                       | Code | No. of credits | Number of hours per week |         |            |         |
|------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                    |      |                | course                   | seminar | laboratory | project |
| Education for health and first aid | ESA  | 3              | 1                        | -       | 2          | -       |

**Course description (Syllabus):** Food hygiene. Healthy human nutritional needs. Athlete's rational nutrition. Athlete individual hygiene. Hygiene problems in performance sports. Injuries (bruises, wounds, sprains, fractures, hemorrhages). Cardio-respiratory stop.

| Course title                                     | Code | No. of credits | Number of hours per week |         |            |         |
|--------------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                                  |      |                | course                   | seminar | laboratory | project |
| Theory and practice of training in combat sports | TPC  | 2              | 1                        | -       | 1          | -       |

**Course description (Syllabus):** Main notions on the orientation training in fencing and martial arts performance (content fencing and martial arts competition, fencers performance model, the orientation of sports training in fencing and martial arts); Physical preparation of fencers (theoretical and methodological issues concerning the education of motor skills in fencing and karate - skill, speed, strength, force); Curriculum - Sport Training Practice (Beginners / advanced / performance (optional); Theoretical and methodological features of various stages of training in fencing and karate - physical training orientation / stage (basic training - pre-pubertal stage, construction stage - pubertal stage, stage performance about high - adolescence phase).

## 2<sup>nd</sup> Year

| Course title    | Code | No. of credits | Number of hours per week |         |            |         |
|-----------------|------|----------------|--------------------------|---------|------------|---------|
|                 |      |                | course                   | seminar | laboratory | project |
| Psycho-pedagogy | PP   | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Object psycho-pedagogy of physical education and sport; Physical education - object of study of psycho-pedagogy; Formative functions of psycho-pedagogy and sport; Educating inferior cognitive mental processes in educational activity and sports; Educating higher cognitive mental processes in physical education and sports activities; Education of personality structures of elite sportspersons; Psychological preparation and psycho pedagogical of sportsmen.

| Course title                           | Code      | No. of credits | Number of hours per week |         |            |         |
|----------------------------------------|-----------|----------------|--------------------------|---------|------------|---------|
|                                        |           |                | course                   | seminar | laboratory | project |
| Foreign Language 3 (English / Spanish) | LE03/LS03 | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** The course is designed to offer the students the possibility to acquire the grammar structures (articles, nouns, adjectives, personal and reflexive pronouns) to use them adequately and accurately and to familiarize with the general vocabulary used in written and oral communication.

| Course title                            | Code | No. of credits | Number of hours per week |         |            |         |
|-----------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                         |      |                | course                   | seminar | laboratory | project |
| Methodic of teaching football in school | MPF  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Description and content of the football game; School syllabus for grades 0-VIII; Methods and means for teaching football in school; preparing games for mini football; the football game technique. Methodology of learning the technical elements and procedures specific to the football game; Football tactics. Methodology of learning the tactical actions specific to the football game; the regulation of the mini-football game; Methodical approaches for teaching the technical elements and tactical actions in the school.

| Course title                                              | Code | No. of credits | Number of hours per week |         |            |         |
|-----------------------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                                           |      |                | course                   | seminar | laboratory | project |
| Research methods in Sports science and physical education | MCSS | 4              | 2                        | 1       | -          | -       |

**Course description (Syllabus):** Science, science of the body activities, scientific research - notions specific to the discipline "research methodology". General research methods. Investigation methods: observation, investigation, experiment, etc. Methods of analysis and interpretation: the statistical method. Measurement and testing in physical activity and sports. Writing research papers. Aspects regarding the writing style in a research paper.

| Course title                           | Code | No. of credits | Number of hours per week |         |            |         |
|----------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                        |      |                | course                   | seminar | laboratory | project |
| Theory of physical education and sport | TEFS | 4              | 2                        | 1       | -          | -       |

**Course description (Syllabus):** Theory of Physical Education and Sport (TEFS) - scientific discipline (subject, creation and evolution, tasks, issues, research methods, held in physical education and sport science); Principal terms of the Theory of Physical Education and Sport (human movement, physical education, sport, physical and sportive education, sports training, physical culture, physical development, motor ability, physical attributes, skills and driving skills, exercise); Physical education and sport - social activities (origins of physical education, physical education and sport essence, the ideal of physical education, physical education and sports functions, goals and objectives physical education); Physical education system in Romania (definition, formation, evolution, component, organizational structure, characteristics and organizational principles); The means of physical education and sports training (specific means: exercise, specialized equipment, measures for the recovery effort capacity; associated means: hygienic measures, hardening natural factors, borrowed from other sides of instruction and general education); The components of the educational process of physical education and sports training (expertise clues morpho-functional of the body, physical attributes, skills fine motor skills of driving, integrating the content of the other sides of the general education system components educational process); The connection of components instructive - educational process with the effort (effort, effort external parameters, internal parameters of effort).

| Course title                             | Code | No. of credits | Number of hours per week |         |            |         |
|------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                          |      |                | course                   | seminar | laboratory | project |
| Methodic of teaching athletics in school | MPA  | 3              | 2                        | -       | 1          | -       |

**Course description (Syllabus):** The accumulation of a system of theoretical-methodical knowledge necessary for athletics in school and the achievement of the objectives of the physical education lessons with topics from athletics, teaching. Designing and carrying out programs or methodical successions of exercises with specific athletics. Formation of abilities to explain and demonstrate practically, the technique of the main means of athletics depending on the particularities of the students. Forming the capacity of differentiated treatment of the students according to the particularities and biomechanical characteristics of the athletic means. Optimal training of training objectives adapted to the age and training level and the type of specific effort. The provisions of the school curriculum regarding the teaching of athletics in the school. Lesson of physical education with specific of athletics. The lesson of athletics, the effort in practicing the exercises in athletics. Teaching athletics content according to the particularities of the students. The placement of the teacher during the teaching of athletics lessons in the lesson. The teacher's knowledge and skills in the physical education lesson with topics in athletic.

| Course title                              | Code | No. of credits | Number of hours per week |         |            |         |
|-------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                           |      |                | course                   | seminar | laboratory | project |
| Methodic of teaching gymnastics in school | MPG  | 3              | 2                        | -       | 1          | -       |

**Course description (Syllabus):** Explaining the ways of managing and realizing the capacity to lead and organize the groups in concrete pedagogical situations. Selection and introduction of the contents of the DFG domain, in order to form the general bases of the bodily movement; Improving the knowledge and skills needed to teach gymnastics specific exercises. Formulating the objectives of training and improving the qualities and motor skills specific to acrobatic exercises and jumps.

| Course title                | Code | No. of credits | Number of hours per week |         |            |         |
|-----------------------------|------|----------------|--------------------------|---------|------------|---------|
|                             |      |                | course                   | seminar | laboratory | project |
| General bases of basketball | BGB  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Learning, consolidating and improving the technical elements and processes specific to the basketball game; The fundamental position, switching directions, court movement, holding, catching and passing the ball while standing then moving, shooting, jump shooting, stopping on time and turning, dribbling; Fixing the assimilated knowledge in structures of exercises and complexes, on half the court and on the entire court as individual tactical actions of defense and offense; Improving the individual defense and offense technical and tactical actions; Forming the ability to apply while playing the technical and tactical knowledge; Developing the ability to teach the technical and tactical knowledge to the initiation – fixing and consolidation levels.

| Course title                | Code | No. of credits | Number of hours per week |         |            |         |
|-----------------------------|------|----------------|--------------------------|---------|------------|---------|
|                             |      |                | course                   | seminar | laboratory | project |
| General bases of volleyball | BGV  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Raising technical and tactical: Specific skills training of hitting the ball in the game of volleyball, "cup", "cuff", "palm"; Development of specific motor skills - ability to jump vertically under equilibrium conditions; development and execution speed of response specific game; Introduction to technical game (techniques): - service front top and bottom, taking the service with two hands up and down, lifting the attack with two hands up before, head over and jump, kick attack - process as the Z4, Z3, Z2; Systems of game for beginners - no specialization posts - with R Z2 for attack and defense in a semicircle

| Course title                                | Code | No. of credits | Number of hours per week |         |            |         |
|---------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                             |      |                | course                   | seminar | laboratory | project |
| Theory and practice of training in natation | TPN  | 2              | -                        | -       | 2          | -       |

**Course description (Syllabus):** Getting used to the water, getting familiar to the regulations from the swimming pools; Warming up in swimming (on land, on the side of the pool, at the end of the pool, in the water); Learning water breathing and the different games on this topic; Working with arms and legs in the backstroke trial; Coordinating breathing while working with arms and legs; Starting and turning in the backstroke; Global exercising the in the backstroke.

| Course title                                            | Code | No. of credits | Number of hours per week |         |            |         |
|---------------------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                                         |      |                | course                   | seminar | laboratory | project |
| Theory and practice of training in cross-country skiing | TPSF | 4              | 1                        | -       | 2          | -       |

**Course description (Syllabus):** This course treats concepts of international and national history and rules for cross-country skiing. It specifies the different types of walking related to the classic style accompanied by methods of learning and correcting errors of execution. It describes the same for the free style. It treats aspects of selection in this ski branch and programming aspects of sports training for cross-country skiing.

| Course title                            | Code | No. of credits | Number of hours per week |         |            |         |
|-----------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                         |      |                | course                   | seminar | laboratory | project |
| Methodic of teaching handball in school | MPH  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Biometric particularities of primary school education, elementary game model; The characteristics of the lessons in secondary school handball game: content, game model and operating means; Techniques for evaluating the learning process in gymnasium education; Preparatory mini handball games, Technical and tactical content for primary education, Operating model and methodology game for mini handball, Operational models for technical content provided by secondary school curriculum.

| Course title                                                          | Code | No. of credits | Number of hours per week |         |            |          |
|-----------------------------------------------------------------------|------|----------------|--------------------------|---------|------------|----------|
|                                                                       |      |                | course                   | seminar | laboratory | practice |
| Practical applications in mountain environment – cross-country skiing | APSF | 4              | -                        | -       | -          | 3        |

**Course description (Syllabus):** This is based on action systems for learning and consolidation of cross-country technique, building the habits of identifying the technical execution of the subjects' mistakes and ways to correct them in relation to individual features. There are also integral execution alternating walking elements of classic technique and free walking technique.

| Course title                           | Code      | No. of credits | Number of hours per week |         |            |         |
|----------------------------------------|-----------|----------------|--------------------------|---------|------------|---------|
|                                        |           |                | course                   | seminar | laboratory | project |
| Foreign Language 4 (English / Spanish) | LE04/LS04 | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** The course is designed to offer the students the possibility to acquire the grammar structures (articles, nouns, adjectives, personal and reflexive pronouns) to use them adequately and accurately and to familiarize with the general vocabulary used in written and oral communication.

| Course title                             | Code | No. of credits | Number of hours per week |         |            |         |
|------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                          |      |                | course                   | seminar | laboratory | project |
| Methodic of physical education and sport | MEFS | 4              | 2                        | 1       | -          | -       |

**Course description (Syllabus):** Particularities of the system of training principles involved in teaching and learning specific physical education and sport (active and conscious participation principle, the principle of intuition, the principle of accessibility, systematization and continuity principle, the principle binding practical work training requirements, the principle thorough knowledge); The methods and procedures training methods used in the processes of physical education and sports training (methods of training and education, physical education and sport and sports training methods to ensure and support, methods of correction of errors of execution motor, verification methods and assessment methods of support and recovery exercise capacity); The organization forms of practicing physical exercises (physical education lesson - basic form of practicing physical exercises - taxonomy, content, structures, forms of organization, arrangement and practice of collective of students in physical education lesson); The effort in physical education lesson (dynamic routing density lesson preparation and management algorithms lesson, lesson design physical education lesson analysis); Records and physical education planning; Assessment in physical education.

| Course title                                      | Code | No. of credits | Number of hours per week |         |            |          |
|---------------------------------------------------|------|----------------|--------------------------|---------|------------|----------|
|                                                   |      |                | course                   | seminar | laboratory | practice |
| Practical applications in water sport disciplines | APDA | 4              | -                        | -       | -          | 3        |

**Course description (Syllabus):** Organizing a training camp besides the water courses; Regulations and conditions; Consolidating the swimming methods in rivers or lakes; The technique of kayak paddling; The methodical endeavor of learning; Saving from drowning – holding, types of towing the victim, parades; Giving first aid in case of drowning; Paddling in different boats, general rules; The method of teaching paddling in a kayak in a 6 lesson cycle.

| Course title                                       | Code | No. of credits | Number of hours per week |         |            |         |
|----------------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                                    |      |                | course                   | seminar | laboratory | project |
| Internship training and development of the diploma | SPEL | 2              | -                        | -       | -          | 2       |

**Course description (Syllabus):** Course description (Syllabus): Analyzing general research methods: Bibliographic Method, Analyzing research methods and types, Analyzing aspects of modeling, model and original system, Analyzing aspects of the case study; Organize a brain-storming sessions; Presentation and analysis of models of observation forms; Analyzing experimental method (independent and dependent variable);

Presentation and analysis of test and measurement applicable to the work of physical education and sport; The statistical indicators and their application in physical education and sport; Analyzing and drafting aspects of research support.

### 3<sup>rd</sup> Year

| Course title                                  | Code | No. of credits | Number of hours per week |         |            |         |
|-----------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                               |      |                | course                   | seminar | laboratory | project |
| Theory and practice of training in folk dance | TPDF | 3              | 1                        | -       | 2          | -       |

**Course description (Syllabus):** Folk dance and motor communication, concept, boundaries terminology, purpose, objectives, particularities of the movements. Characterization of motor behavior: expressiveness and gestures bodily: characteristics, particularities of movement, systematization. Musical accompaniment, general aspects, musical character, means of musical expressiveness. Identification and description of the main means of training the ability to perceive and render in motion, the particularities musical accompaniment. Identification and description of the main means of education the aesthetics of movement in folk dance, specific to each area. Identification and description of



the main means for selective processing of the locomotor apparatus and physical development harmonious. Methodological guidelines regarding, choosing a musical piece, and composing folk dance compositions, following steps, choreography, scenic drawing, the kind of folk dance, and the specific it.

| Course title                                                       | Code | No. of credits | Number of hours per week |         |            |         |
|--------------------------------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                                                    |      |                | course                   | seminar | laboratory | project |
| Theory and practice training in mountain environment – ski jumping | TPSS | 3              | 1                        | -       | 2          | -       |

**Course description (Syllabus):** This course treats concepts of international and national history and rules in ski jumping. It also introduces the technique concepts for each phase of the jump, meaning in-run phase, take-off, flight and landing, while identifying the major mistakes that influence performance at technical execution for each phase separately. It treats methodological aspects of initiation in ski jumping technique and methods of improving physical condition in children training.

| Course title                            | Code | No. of credits | Number of hours per week |         |            |         |
|-----------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                         |      |                | course                   | seminar | laboratory | project |
| Motric and somato-functional evaluation | EMSF | 4              | 2                        | 1       | -          | -       |

**Course description (Syllabus):** Conceptual restraints of evaluation, the evaluation and integration of evolving actions in the didactical process, the importance of knowing the subjects in the instructive and educative process; Benchmarks of the development concept, characteristics of the human being's evolution; The place and role of the evaluation in the instructive and educative process, the types, functions, methods and phases of the instructive and educative process of evaluation; The education and promotion of health in school through physical education and sport as prerequisites of the somatic-functional optimum; Evaluating the abilities form the curriculum in physical education and sport from the learning reform's point of view, methodological aspects in evaluating the physical education and sport abilities, criteria and evaluation methods; Specific elements of evaluation in performance sport; Evaluating the motile ability; Theoretical aspects of the somatic-functional evaluation; The content and aspects of the somatic-functional evaluation, methods of somatic-functional evaluation.

| Course title                                                 | Code | No. of credits | Number of hours per week |         |            |         |
|--------------------------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                                              |      |                | course                   | seminar | laboratory | project |
| Practical and methodical training in motor activities by age | PMGV | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** The subject of discipline, branches and issues them; Notional apparatus specific curricular reform of the national education system; The curriculum for preschool: 3 - 6/7 (the concept of early childhood education, child development and education within 3 - 6/7; curriculum - the structure and content; new accents in the revised curriculum; the "physical development, health and hygiene personal" curriculum); Methodology for implementing the curriculum for children aged 3 - 6/7 (frame objectives and reference the psycho-motor at level 3 - 5 years 5 - 6/7); Organizing activities in schools optional preschool; Physical education at primary level (general, peculiarities somatosensory functional, psychological and motive of children 7-11 years old, curriculum specialist, objective framework and reference, learning content, drive technologies, methodological recommendations, particularities forms of organization the educational process of physical education and sport at primary level.

| Course title                              | Code | No. of credits | Number of hours per week |         |            |         |
|-------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                           |      |                | course                   | seminar | laboratory | project |
| Methodic of teaching volleyball in school | MPB  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Description and content of the volleyball game; Volleyball school particularities for grades 0-VIII; Methods and means for teaching volleyball in school; Preparing games for mini volleyball; The volleyball game technique; Methodology of learning the technical elements and procedures specific to the volleyball school game; Basic volleyball tactics.

| Course title                                                         | Code | No. of credits | Number of hours per week |         |            |         |
|----------------------------------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                                                      |      |                | course                   | seminar | laboratory | project |
| Use of specialized software in Sports science and physical education | USSS | 4              | 1                        | -       | 2          | -       |

**Course description (Syllabus):** Basic concepts in information technology; Driving Computer and Managing Files; Word processing (Word); Spreadsheets (Excel); Presentations (PowerPoint).

| Course title                | Code | No. of credits | Number of hours per week |         |            |         |
|-----------------------------|------|----------------|--------------------------|---------|------------|---------|
|                             |      |                | course                   | seminar | laboratory | project |
| Adapted physical activities | AMA  | 4              | 2                        | 1       | -          | -       |

**Course description (Syllabus):** Defining concepts of deficiency, disability, handicap; The main sorts of deficiencies: characteristics, particularities, affected anatomical structures; The behavioral deficiencies: autism, ADHD; Mental intelligence and mental deficiencies; Evaluation of the person with disabilities; The special education: integrated and inclusive education; The program of adapted motor activities; Special Olympic: structure, philosophy, mission, programs, eligibility, adapted activities and sports; Paralympic Games: structure, eligibility, adapted rules, sports, adapted equipment and materials; Safety measures for persons with disabilities: protection of rights, facilitating access to physical education and adapted motor activities.

| Course title                              | Code | No. of credits | Number of hours per week |         |            |         |
|-------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                           |      |                | course                   | seminar | laboratory | project |
| Methodic of teaching basketball in school | MPB  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Description and content of the basketball game; Basketball school particularities for grades 0-VIII; Methods and means for teaching basketball in school; Preparing games for mini basketball; The basketball game technique; Methodology of learning the technical elements and procedures specific to the basketball school game; Basic basketball tactics.

| Course title                                                | Code | No. of credits | Number of hours per week |         |            |         |
|-------------------------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                                             |      |                | course                   | seminar | laboratory | project |
| Theory and practice training in mountain environment – luge | TPS  | 3              | 1                        | -       | 2          | -       |

**Course description (Syllabus):** Defining concepts of luge, bobsleigh, skeleton. Selection criteria, the performance athlete model. Biomechanical analysis of the sled. Physical and mechanical rules involved in the sled test. Methodology of the luge training. Motor capacity of the luge sportier. Technique and tactics of the sled driving. Rules of competition in luge, bobsleigh and skeleton. Construction and component parts of luge, bobsleigh and skeleton. Methodical orientation regarding the luge practice in schools.

| Course title                                      | Code | No. of credits | Number of hours per week |         |            |         |
|---------------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                                   |      |                | course                   | seminar | laboratory | project |
| Theory and practice of training in sportive dance | TPDS | 3              | 1                        | -       | 2          | -       |

**Course description (Syllabus):** Dancing sports discipline; the current stage of the dance; dance is sports and art at the same time; the dance against the standard European. Generalities about dance; dance history; current forms of dance; dance components; dance coordinates; types of complementary and main dances, included in the indicative program of preparation of the dancers; Organizational Chart of artistic dance. all Dance genres in the field of dance; objectives of the main dance genres; competences of main dance genres; sport classification criteria of dance; functions of dance. Psycho-somatic-functional aspects; psychic aspects of students 6-18 years old; psycho-motor aspects; somatic aspects; issues physiological, functional. Physical effort in dance; physical effort for the age category 6-18 years old; classification of types of physical effort adapted to dance; classifications The type of physical exercise in sports; physical effort programming; adaptation to effort physiologically; muscle contraction; preparation muscle; muscle fatigue; duration of restoration after effort. Performance, high performance; dance performance; the abilities of the dancers, their identification; talent, craftsmanship art. Generalities of dance selection; the stages of selection in dance; the indicative training program; components - of the program preparatory guidance, regarding the specialized

literature. Dance technique; motor learning; dance as a technical performance; dance terminology; the specific technical terms; semiotics dance; the technical aspect in the frequent dances; the motor qualities adapted to the dance.

| Course title          | Code | No. of credits | Number of hours per week |         |            |          |
|-----------------------|------|----------------|--------------------------|---------|------------|----------|
|                       |      |                | course                   | seminar | laboratory | practice |
| Internship in schools | SPUI | 2              | -                        | -       | -          | 3        |

**Course description (Syllabus):** The training of teaching practice; Information on the structure and drawing up check notebook of pedagogical practice; The teaching practice observation; Active teaching practice; The elaboration of draft didactic activity in all the activities supported; The characterization and evaluation by the teacher mentor for the entire activity of teaching practice.

| Course title             | Code | No. of credits | Number of hours per week |         |            |         |
|--------------------------|------|----------------|--------------------------|---------|------------|---------|
|                          |      |                | course                   | seminar | laboratory | project |
| Motor leisure activities | AML  | 4              | 2                        | -       | 1          | -       |

**Course description (Syllabus):** Concept of game, leisure, recreation; The game in ontogenesis; Ludic motor activities in the school environment: essence, content, classification; General methodico-organisational rules for the application of the game of movement in the time of physical education and leisure; Free time motor activities: Table tennis, badminton.

| Course title                                           | Code | No. of credits | Number of hours per week |         |            |         |
|--------------------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                                        |      |                | course                   | seminar | laboratory | project |
| Communication in sports science and physical education | CSS  | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Socialization - definitions, characteristics, explanatory theories, stages of socialization. Factors and mechanisms of social change and development, Communication - the fundamental form of socialization. Factors influencing communication Sport - an interhuman communication factor, Social integration - aspects of socialization in sport, Sport - a contributing factor of socialization - definition of sport, objectives and functions of contemporary sport, Characteristics and directions of socialization in sport. Types of socialization in sport. Sporting group: characteristics, typology, dynamics, cohesion, structure and sociometric status, The factors of the socialization process and their specificity in sport. Socio-cultural Impact of Sport Competitions. Psycho sociology of the competition, The role of social attitudes in sport Consequences of attitudes on interpersonal relationships.

| Course title | Code | No. of credits | Number of hours per week |         |            |         |
|--------------|------|----------------|--------------------------|---------|------------|---------|
|              |      |                | course                   | seminar | laboratory | project |
| Fitness      | FIT  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Explaining the concepts, theories and methods specific to fitness. Identifying and explaining the concepts, theories and methods specific to fitness. Achieving is a correct reasoning for evaluating the quality of some fitness programs, using the theoretical knowledge.

| Course title                   | Code | No. of credits | Number of hours per week |         |            |         |
|--------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                |      |                | course                   | seminar | laboratory | project |
| Body expression and eurhythmmy | ECE  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Body expression and motor communication, concept, boundaries terminology, purpose, objectives, particularities of the movements. Characterization of motor behavior: expressiveness and gestures bodily: characteristics, particularities of movement, systematization. Musical accompaniment, general aspects, musical character, means of musical expressiveness. Identification and description of the main means of training the ability to perceive and render in motion, the particularities musical accompaniment. Identification and description of the main means of education the aesthetics of the movement. Identification and description of the main means for selective processing of the locomotor apparatus and physical development harmonious. Methodical

guidelines for choosing a musical piece, and composition of some compositions. Conducted an artistic show. Designing a demonstrative show.

| Course title                         | Code | No. of credits | Number of hours per week |         |            |         |
|--------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                      |      |                | course                   | seminar | laboratory | project |
| Nonformal mountains motor activities | AMNF | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** The concept of education; types of education (formal, non-formal and informal); Comparative analysis (advantages, disadvantages); Non-formal education versus formal, theoretical and methodological current addressed nationally and internationally; Valences of educational activities versus non-formal school motor physical education (relationship competition - cooperation); Principles, rules, methods and specific means of motor activities in nonformal motor games (concept, types, valences, design methodologies); Classroom, the student's personality, fields motor activities formal pedagogical; Procedures for assessing and evidence the non-formal motor activities.

| Course title             | Code | No. of credits | Number of hours per week |         |            |         |
|--------------------------|------|----------------|--------------------------|---------|------------|---------|
|                          |      |                | course                   | seminar | laboratory | project |
| Aerobics for maintenance | GAI  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** The terminology used in their design aerobics maintenance. Process characteristics for maintaining health, aging theories on the causes and factors favoring; Basic principles of planning gymnastics; Measures on practicing physical exercises at different age groups; Arrangements for program development and maintenance of modern gymnastics.

| Course title                         | Code | No. of credits | Number of hours per week |         |            |          |
|--------------------------------------|------|----------------|--------------------------|---------|------------|----------|
|                                      |      |                | course                   | seminar | laboratory | Practice |
| Internship in mountain leisure bases | SPBA | 4              | -                        | -       | -          | 3        |

**Course description (Syllabus):** Individual energizing games, in pairs and in large groups; Communication exercises in pairs and small groups; Team games and confidence building activities; solving problem exercises; Nature as a classroom; Using the means of experiential pedagogy in the teaching activity in the school; Planning, organizing and carrying out individual activities of experiential pedagogy; The evaluation process. Evaluation of activities.

| Course title                                                | Code | No. of credits | Number of hours per week |         |            |         |
|-------------------------------------------------------------|------|----------------|--------------------------|---------|------------|---------|
|                                                             |      |                | course                   | seminar | laboratory | project |
| Applied management in Sports science and physical education | MSS  | 4              | 1                        | -       | 2          | -       |

**Course description (Syllabus):** General management elements involved in the management of physical education and sports activity. Human resources management in the physical education and sports activity. Management of financial resources in the activity of physical education and sports. Management of material and information resources.

| Course title     | Code | No. of credits | Number of hours per week |         |            |         |
|------------------|------|----------------|--------------------------|---------|------------|---------|
|                  |      |                | course                   | seminar | laboratory | project |
| Mountain running | AM   | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** What Rules that will be follow at the mountain run. Design and presentation of systems of specific means for physical and sports education, free time programs and extracurricular activities with sports specific: running, throwing, jumping, cross, road running, mountain running and road running. Operational models of adapting the body to the general and specific efforts of mountain running. Development is mountain running. What is mountain running? The effort capacity of the students participating in the mountain running course. Preparing and conducting training lessons on levels of preparation. Mountaineering competitions and competitions. Use of specific principles, rules and systems for assessing the level of teaching / learning and mountain running technique. Use of specific principles, rules and systems for assessing the level of teaching / learning and mountain running technique.

| Course title | Code | No. of credits | Number of hours per week |         |            |         |
|--------------|------|----------------|--------------------------|---------|------------|---------|
|              |      |                | course                   | seminar | laboratory | project |
| Chess        | SAH  | 4              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Introduction in chess game; Moving pieces, mobility of pieces, the relative value of pieces; Chess pieces in attack and defense; Special moves in chess, simple checkmates; Chess openings; Spanish defense, Italian defense; Mats with light figures (with two bishops, knight and bishop); Combination; Tactical methods (double attack, discovery attack, binding; Russian defense, Scottish match; Analysis of the position of the game plan