

# Transilvania University of Braşov, Romania

## Study program: Sport and Motric Performance (SPM)

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):** Science corporal activities; Coaching in professional sports; Human motility.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
General foundation: Athletics	BGA	4	2	-	2	-

**Course description (Syllabus):** Operational models for acquisition technique elements of school running, jumping, throwing and evidence of athletics: running speed, running the semifond, crossing fences and long jump with 1½ strides in flight; Improving physical training of students undergoing sports discipline athletic versatility; Improving athletic executions technical evidence contained in the syllabus.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
General foundation: Gymnastics	BGG	4	2	-	2	-

**Course description (Syllabus):** Motor mechanisms explaining the general and specific means of discipline gymnastics; Procedural approach of theoretical knowledge on basic concepts terminology basic gymnastics content; Using appropriate concepts necessary practical and methodical execution and organization of teaching means gymnastics base - front and order exercises and exercises general physical development.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Theory and practice of training in alpine skiing	TPS	6	2	-	3	-

**Course description (Syllabus):** The appearance and evolution of skiing in the world; General bases of skiing learning methodology, learning the aspects of modern didactics; Customizing the application of modern teaching methods in the didactic process adapted to the specific of skiing; Systematization of learning skiing technique; The basic technique Walking on flatland uphill; Alpine skiing technique - Positions on skis - direct descent - oblique descent; Alpine skiing technique - Non-parallel skis processes; Alpine skiing technique - Passing uneven terrain; Alpine skiing technique - Turning technique; The basic technique - Stem Turn, Parallel Christie by turns; Direct and indirect way teaching alpine ski; Competition tests in alpine skiing.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Theory and practice of training in combat self-defence and martial art	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).

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 were 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	project
Internship practical application in 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
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
Academic writing	SA	1	1	-	-	-

**Course description (Syllabus):** Anatomy of the scientific Article – types of studies and articles and their components : qualitative studies, literature review, quantitative review. How to write a research project – conceptual aspects (design of a research design, components).

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
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
General foundation: Handball	BGH	4	2	-	2	-

**Course description (Syllabus):** Getting to the ball: Basic position: attack and defense; Movement in the ground for attack and defense; Keeping, ball catching and ball: the place; immediately followed by travel; the away; Driving the ball; Disposing gate in place and running; Shots on goal with support on the ground; Throwing the goal of jump enthusiastically and the extreme right; Disposing gate diving save; Feints - driving; poultry; throwing; Remove the ball from the opponent, blocking shot on goal, blocking the opponent with the body; Applications on technical and tactical training content in the game of handball.

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

**Course description (Syllabus):** Game without the ball; Hitting the ball with the foot; Taking the ball; Driving the ball; Dispossess the opponent's ball; protecting the ball; Hitting the ball head; Movement misleading; The throw-in; The game keeper - actions without the ball; The game keeper - action ball.

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):** Operational models for acquisition technique exercises in athletics (moving fences, jump high with ventral rolling, throwing the ball rounder's with elk, moose throwing cargo linear bounce); Improving physical training of students undergoing sports discipline athletic versatility; Improving athletic executions technical evidence contained in analytical program.

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):** Explaining methodologies, techniques and procedures to improve the methodological and practical skills for teaching complexes D.F.G. specific motor skills and learning acrobatic gymnastics. Selecting and introducing specific contents on educational gymnastics. Preparation, selection and presentation systems operational components of physical education lessons and sports complexes necessary D.F.G. composition and teaching, teaching exercises necessary qualities and skills applied and specific driving and jumping acrobatic exercises.

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 approaches in defining the modern concept of tourism; The tourism role in school education; Particularities of mountain tourism activities; Theoretical aspects of sports orientation; Theoretical guidance on the sports map; Technical compass orientation; Theoretical concepts related to weather forecasting, infrastructure and tourist markings in the mountain region.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Internship practical application in 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 fineness; 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
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.

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

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
Theory and practice of training in cross country skiing	TPSF	4	1	-	2	-

**Course description (Syllabus):** This course treats notions of international and national history and notions of regulation 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
Theory and practice of training in natation 1	TPN1	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
The general foundation of sport training	BGAS	4	2	2	-	-

**Course description (Syllabus):** The principles of sport training. The classification of sports. The sports subsystems. The indicators (factors) which determine performance in sport. The content of sport training. The physical factor. The technical factor. The tactical factor. The theoretical and psychological factors. The evaluation in sport training. Programming, planning and highlighting the instructive and educative process. The sport shape and its relation to the period of the sport training. The components do the instructive and educative sport training. Annual plan. Macro cycle. Meso structure – meso cycle in sport training. Micro structure – micro cycle in sport training. Sport training lesson.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Theory and practice of training in fitness	TPSF	3	2	-	2	-

**Course description (Syllabus):** Aerobics maintenance free exercises programs; Maintenance aerobics programs with gymnastics sticks; Maintenance aerobics programs with stepper exercises; Maintenance aerobics programs with balls.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Theory and practice of training in water sports disciplines	TPSA	3	2	-	1	-

**Course description (Syllabus):** Short history of paddle sports; Generalities; The apparition of nautical sports in Romania; History and characteristics; Physical laws in nautical sports; The presentation of the kayak, the transport, the climbing and the descending from the kayak; Constructive materials and characteristics; The methodic endeavor for initiating paddling from the kayak; The physical preparation of the rowers; General aspects; Organizing a training camp besides the water courses; Regulations and conditions.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Arrangement of sports bases/Equipment, appliances and installations used in sport	ABS	4	2	1	-	-

**Course description (Syllabus):** Objectives and characteristics of the sports facilities course. Systematization, construction and use of sports fields of athletes, badminton, tennis field, gymnastics, weightlifting, handball, judo, wrestling, volleyball. Hygiene of sports bases. Classification of sports bases. Dimensions of sports bases.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Practical applications in winter sports disciplines - 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 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
The psycho – pedagogy of physical education and sports	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
General foundation 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 foundation 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
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	project
Theory and practice of training in natation 2	TPN2	4	2	-	2	-

**Course description (Syllabus):** Short history of the apparition of swimming; Generalities; The apparition of swimming in Romania; History and characteristics; The method of teaching the backstroke trial; The method of teaching the freestyle trial; The method of teaching the breaststroke trial; The method of teaching the butterfly trial; Initiation in swimming through a 12 lesson cycle.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodology of scientific research in physical sport science	MCSS	4	2	1	-	-

**Course description (Syllabus):** Science, the science of corporal activities, scientific research - specific concepts correlated with "research methodology"; General Research Methods; Methods of investigation: observation,

investigation, experiment etc.; Methods of analysis and interpretation: statistical method; Measurement and testing in physical education and sports activities; Writing research papers; Styles of writing in a research paper.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Practical applications in sportive water 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
Trainership and development of the bachelor thesis.	SPEL	2	-	-	2	-

**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 e.f.s. The statistical indicators and their application in physical education and sport. Analyzing and drafting aspects of research support.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Foreign Language 2 (English / Spanish)	LE02/LS 02	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.

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

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
Physiology of effort in sports	FES	4	2	-	1	-

**Course description (Syllabus):** The start status in effort. The training status in sport. Types of muscular contraction. The physiology of neuro physical and neuro muscular contraction. The physiological bases of the motric qualities in sport (speed resistance etc.). The training at altitude and adaptability in changing the meantime and temperature. Doping in sport.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Rebuilding/recovery in sport performance	RRSP	5	2	-	2	-

**Course description (Syllabus):**Rebuilding effort refers to the medico-pedagogical measures meant to assure the organism the necessary resources in order to aid the effort and optimize them to the required level of performance. Recovery after effort is an integral part of the process of training and includes those medical measures which aim to accelerate the stabilization process of the metabolic and systemic function that were disrupted by the effort. Both the sustaining and regeneration are processes that reach their goal in accordance with the individuality in relation to the nature of the effort and the period of sports preparation, these methods having a certain hierarchy, prior to their application. The metabolic aspects, the anatomical and functional prevention and regeneration of the main structures injured in practicing sports, constituted and constitute a major preoccupation of researchers in field of physical effort from performance sport, being unable to conceive its study without the profound research of the biochemical sublayer which conditions the physiological and psychological processes of the human organism.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodology of training by sport disciplines:Swimming 1	MA-S1	5	2	-	2	-

**Course description (Syllabus):** Evaluating effort in swimming. The physiological bases of training. Diverse aspects of training methods. Individualizing training. Guiding training. The operational model of action systems specific to swimming trainings. Optimizing the objectives of sport training and the evaluation of the latter.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodology of training by sport disciplines– Football 1	MA-F1	5	2		2	

**Course description (Syllabus) – Course:** The issue of training football game; Orientation and selection of sports in football; The effort in sport training; Sports training content; Programming and planning of sports training. Laboratory: Education methodical resistance, strength, speed and skill specific football game

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodology of training by sport disciplines: Alpine skiing 1	MA-AS1	5	2	-	2	-

**Course description (Syllabus):** Principal terms on the orientation training performance in alpine skiing (contents of alpine skiing competition, alpine skier's performance model, alpine skiing sports training orientation); Physical preparation of alpine skiers (theoretical and methodological issues concerning the education of motor skills in alpine skiing - skill, speed, strength, force); Curriculum - Sport Training Practice (Beginners / advanced / performance (optional) vocational education profile sports classes V to – XII); Sports specializations: Alpine skiing; Theoretical and

methodical particularities of alpine skiing stages of training – physical training orientation / stage (basic training – pre-pubertal stage, construction stage – pubertal stage; Stage with High Performance – adolescence stage).

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodology of training by sport disciplines: Basketball 1	MA-B1	5	2	-	2	-

**Course description (Syllabus):** Principle notions in organizing performance basketball on a national, European and worldwide plan. Administrative structures and competitions, objectifying the process of instruction in basketball; The organizational and competition structures in children and juniors. The ability of performance basketball in children and juniors, skills, physical qualities, development predictions; The physical element of sport training in children and juniors. Training force in basketball players, motile qualities, forms of manifestation of force, forming force programs; Training speed and resistance in basketball players, forms of manifestation for speed and resistance, forming programs; Developing the coordinative qualities, skill, ambidextrous quality, laterality.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Ethics and deontology in sport training	EDSS	5	2	2	-	-

**Course description (Syllabus):** Getting started: distinction between ethics, morals and applied ethics. Models of moral man: socratic, platonian, aristotelian epicurean, cynical, skeptical. 3. Ethical principles. Highlights for teaching and sports careers. Ethical dimensions of the general model of the profession; professional and ethical ethics.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Internship in sports initiation centers 1	SPIS	2	-	-	3	-

**Course description (Syllabus):** Participation in the initial selection proceedings, held in the school sports club; Participate as an observer in the lessons of sports training / sports training components; Prepare a macrocycle training, the mezo and its corresponding microcycles, according to the initiation sports; Leadership training lessons / factors: physical, technical, tactical and theoretical; Participation in organizing an internal competition, held in the school sports club; Participation in sessions analysis / stages undertaken by the department of the school sports club.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Internship in sports structures 1	SPSS	2	-	-	3	-

**Course description (Syllabus):** Participation in the selection process, held in sports club; Participate as an observer in the lessons of sports training / sports training components; Prepare a macrocycle training, the mezo and its corresponding microcycles, according to the sports specific; Leadership training lessons / factors: physical, technical, tactical and theoretical; Participation in organizing an internal competition, held in the sports club; Participation in sessions analysis / stages undertaken by the department of the sports club.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Applied informatics in study in human motor skills	USSS	3	2	-	1	-

**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
Sport psychology	PS	5	2	2		

**Course description (Syllabus):** Total training; Content of psychological factor of sports training; Mental preparation for competition; The group's sports and leadership; Sport's personality.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodology of training by sport disciplines: Swimming 2	MA-S2	5	2	-	2	-

**Course description (Syllabus):**

General aspects regarding physical effort in swimming: types of effort, effort parameters. The biological and psychological bases of effort: physiological and biochemical aspects of the neuromuscular effort, cardio respiratory effort and energetic effort. Systemizing preparation on effort zones. The metabolic training and its allocation in the weekly cycle. The operational model of action systems specific to swimming trainings. Optimizing the objectives of sport training and the evaluation of the latter. Organizing a sporting section of swimming – sporting club.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodology of training by sport disciplines: Football 2	MA-F2	5	2		2	

**Course description (Syllabus) – Course:** Concept of game; Game systems; Tactical principles in football; Recovery and fatigue in the game of soccer; Assess the efficiency in competitive football game. Laboratory: Exercises for learning and improvement phases and forms of attack and defence; Exercises to improve individual tactical actions in attack and defense; Exercises to improve collective tactical actions in attack and defense.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodology of training by sport disciplines: alpine skiing 2	MA-AS2	5	2	-	2	-

**Course description (Syllabus):** Samples alpine skiing performance - giant slalom (notions regulation, specific requests, technical and tactical aspects, methodical line indicative of initiation into the basic technique, the basics of initiation into play giant slalom); Samples performance alpine skiing - downhill and superG (notions regulation, specific requests, technical and tactical aspects, methodical line indicative of initiation into the basic technique, the basics of initiation into play giant slalom); Samples performance alpine skiing - slalom (notions regulation, specific requests, technical and tactical aspects, methodical line indicative of initiation into the basic technique, the basics of initiation into play slalom); start and the arrival in samples of alpine skiing; Selection alpine skiing (primary, secondary, continue); Programming and planning in alpine skiing (macrocycle, mezocycles, mycrocycles / level of training; Advice for making planning documents.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodology of training by sport disciplines:: Basketball 2	MA-B2	5	2	-	2	-

**Course description (Syllabus):** Principle notions in organizing performance basketball. Managing the basketball team; making the team, the role of the coach in the instructive and educative process of the team; Game structure: specific factors, training factors, organization factors, psychological and moral factors; Physical training, individuality and individual training in basketball; Indicators that determine performance in basketball: evaluation, self evaluation;

Programming, planning and highlighting the instructive and educative process: diagnosis and prognosis, introduction in research.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Sport performance monitoring techniques	TMPS	3	2	-	1	-

**Course description (Syllabus):** General methods and techniques for monitoring sport performance. Human resources in sport performance. Financial Resources, specific materials and planning instruments in sport performance.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Techniques and methods for developing motric skills	TMDCM	4	2	-	2	-

**Course description (Syllabus):** Notions regarding the typology of muscular fibers; The physiology of the muscular contraction; The body's main muscular groups, generalities; The muscularity of the superior limb; The muscularity of the trunk and chest muscles; The muscularity of the trunk and back muscles; The abdomen muscles; The muscularity of the inferior limb, thigh muscles, calf muscles; Means and methods designed to train the muscular groups.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Internship in out door events and actions	SPESO	4	-	-	-	3

**Course description (Syllabus):** Presenting the tourism map, conventional signs, signs marking tourist; Knowledge and application of techniques to map and compass navigation; 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;

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Internship in sports initiation centers. 2	SPIS-2	2	-	-	3	-

**Course description (Syllabus):**Organizing and conducting certain specific selection actions, at the initiation level groups in swimming. Projecting and planning the training homework and the training objectives. Elaborating the training program of initiation. Using the specific means for initiation on swimming. Projecting and conducting certain practical lessons with themes from learning the swimming techniques. Means categories for initiation in swimming.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Chess	Ş	4	1	2	-	-

**Course description (Syllabus):** Learning the chess pieces and the regulation of chess.Usual strategy in chess.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Theory and practice in field tennis	TPTC	3	1	-	2	-

**Course description (Syllabus):** Learning the rules of the tennis game, learning the main kicks in the game of tennis, learning the specific movements of the tennis game.