

Transilvania University of Braşov, Romania

Study program: Management of formal, nonformal and health recovery activities

Faculty: Physical Education and Mountain Sports
 Study period: 2 years
 Academic year structure: 2 semesters (14 weeks per semester)
 Examination sessions (two): winter session (January/February)
 summer session (June/July)

Courses per years (C= course; S = seminar; L = laboratory; P = project)

1st Year

No. crt.	Course	Code	1 st Semester					2 nd Semester				
			C	S	L	P	Cred	C	S	L	P	Cred
01	Advances of ergo-physiology	EF.AP.I.01.01	1	-	1	-	4	-	-	-	-	-
02	Psychology of the ages and specific psychopathologies	EF.AP.I.01.02	1	1	-	-	5	-	-	-	-	-
03	Theory of motor actuating learning	EF.AP.I.01.03	2	2	-	-	8	-	-	-	-	-
04	Kinetic therapy-methods and means of rehabilitation	EF.AP.I.01.04	1	-	1	-	4	-	-	-	-	-
05	Management and marketing in motor conducted activities	EF.AP.I.01.05	1	1	-	-	5	-	-	-	-	-
06	Measuring and evaluation of physical condition	EF.SI.I.01.06	1	-	1	-	4	-	-	-	-	-
07	Ethics and deontology in sport science and physical education	EF.SI.I.02.07	-	-	-	-	-	1	-	-	-	2
08	Education for optimization of physical condition and health status by formal activities	EF.SI.A.02.08	-	-	-	-	-	1	2	-	-	6
Optional route 1 – Management of formal education - Physical education and sports in school												
09	Sports games – methodology of training school teams – football and handball	EF.SI.A.02.09	-	-	-	-	-	1	-	2	-	7
10	Sports games – methodology of training school teams – basketball and volleyball	EF.SI.A.02.11	-	-	-	-	-	1	-	2	-	7
11	Holistic paradigm of physical education in adolescent development	EF.SI.A.02.13	-	-	-	-	-	1	1	-	-	4
12	Organizing sports-tourism and leisure activities	EF.SI.A.02.15	-	-	-	-	-	1	-	1	-	4
Optional route 2 – Management exercise in recovering health												

13	Advances of biomechanics	EF.SI.A.02.10	-	-	-	-	-	1	-	2	-	7
14	Kinetoprophyllaxy and kinetic-therapy in metabolic diseases	EF.SI.A.02.12	-	-	-	-	-	1	-	2	-	7
15	Strategies to promote health through physical exercise	EF.SI.A.02.14	-	-	-	-	-	1	1	-	-	4
16	Organized practice in clinical internship	EF.SI.A.02.16	-	-	-	-	-	1	-	1	-	4

2nd Year

No. crt.	Course	Code	3 rd Semester					4 th Semester				
			C	S	L	P	Cred	C	S	L	P	Cred
01	Preparing and elaborating the dissertation	EF.SI.I.04.01	-	-	-	-	-	-	-	-	4	10
Optional route 1 – Management of formal education - Physical education and sports in school												
02	Techniques of intellectual work	EF.SI.A.03.02	1	1	-	-	5	-	-	-	-	-
03	Curricula and curricular projection in physical education and sports – high school level	EF.AP.A.03.04	2	-	2	-	8	-	-	-	-	-
04	Motor performance and learning	EF.AP.A.03.06	1	-	1	-	4	-	-	-	-	-
05	Organizing extracurricular activities – winter sports	EF.SI.A.03.08	-	-	-	2	4	-	-	-	-	-
06	Building strategies through formal motor activities in a group	EF.SI.A.03.10	1	1	-	-	5	-	-	-	-	-
07	School athletic polyathlon / School artistic gymnastics – strategies of programming the sports ensemble	EF.AP.A.03.12	1	-	1	-	4	-	-	-	-	-
08	Methodological project by age groups 6 - 10 years, in formal / non-formal motor training	EF.SI.A.04.14	-	-	-	-	-	1	-	-	1	4
09	Methodological project by age groups 11 - 14 years, in formal / non-formal motor training	EF.SI.A.04.16	-	-	-	-	-	1	-	-	1	4
10	Methodological project by age groups 15 - 18 years, in formal / non-formal motor training	EF.SI.A.04.18	-	-	-	-	-	1	-	-	1	4
11	Methodological project by age groups 19 - 25 years, in formal / non-formal motor training	EF.SI.A.04.20	-	-	-	-	-	1	-	-	1	4
12	Research project in school physical education	EF.SI.A.04.22	-	-	-	-	-	-	-	-	2	4
Optional route 2 – Management exercise in recovering health												
13	Socio-cultural methodologies applied to the complex: body-health-physical exercise	EF.SI.A.03.03	1	1	-	-	4	-	-	-	-	-
14	Locomotor kinethoprophyllaxy and kinethotherapy of the various ages	EF.CA.A.03.17	2	-	2	-	8	-	-	-	-	-

15	Kinetic-therapy in recovery of cardiovascular and respiratory pathology	EF.AP.A.03.07	1	-	1	-	4	-	-	-	-	-
16	Practice (clinical internship)	EF.SI.A.03.09	-	-	-	2	4	-	-	-	-	-
17	The theoretical and practice basis of occupational therapy	EF.SI.A.03.11	1	1	-	-	5	-	-	-	-	-
18	Kinetic-therapy of neurological disorders	EF.AP.A.03.13	1	-	1	-	4	-	-	-	-	-
19	Kineto-prophylaxy methodological project on the school sports teams representative	EF.AP.A.04.15	-	-	-	-	-	1	-	-	1	4
20	Kineto-prophylaxy methodological project on occupational therapy	EF.AP.A.04.17	-	-	-	-	-	1	-	-	1	4
21	Kineto-prophylaxy methodological project on metabolic diseases	EF.AP.A.04.19	-	-	-	-	-	1	-	-	1	4
22	Research project on kinetoprophylaxy geriatrics	EF.AP.A.04.21	-	-	-	-	-	1	-	-	1	4
23	Research project in kinetotherapy and special motricity	EF.SI.A.04.23	-	-	-	-	-	-	-	-	2	4