

Transilvania University of Braşov, Romania

Study program: Psychometric Diagnosis and Prognosis

Faculty: Physical Education and Mountain Sports

Study period: 2 years (master)

1st Year

| Course title | Code | No. of credits | Number of hours per week | | | |
|--------------------------------------|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Theories of psycho-motivity learning | DPP.AP.I.01.01 | 4 | 1 | 1 | | |

Course description (Syllabus): General issues of learning (definition of "learning" types of learning, learning theories and mechanisms); School learning and its characteristics, objectives and learning outcomes, learning skills and capacities; Pedagogical models of learning theories; Motor learning (definitions, characteristics, typology); General motor program; Memory and motor learning retention; Transfer in motor learning; Phases / stages of motor learning (interdisciplinary treatment in terms of physiology, psychology, theory of physical education and sports). Current classifications of motor skills.

| Course title | Code | No. of credits | Number of hours per week | | | |
|-----------------------------|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Psihomotric behavior theory | DPP.AP.I.01.02 | 6 | 1 | 1 | | 1 |

Course description (Syllabus): The social-cognitive theory of learning - learning as interaction between behavior, personal characteristics and environment; Psihomotric behavior: age-appropriate physical development; knowledge of the body scheme; difficulties in spatial orientation; personal and collective hygiene habits well formed; Configuration of Motor psychical: Mental processes involved in improving motor function, Thinking involvement in motor activities, Emotions in motor activities; Feelings in motor activities, Emotional Intelligence in motor activities, Will and voluntary activities in sport-motor.

| Course title | Code | No. of credits | Number of hours per week | | | |
|-----------------|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Ergo-physiology | DPP.AP.I.01.03 | 4 | 1 | | 1 | |

Course description (Syllabus): Physiological aspects of state home warming and the second breathing; Status training, athletic form; Isometric and isotonic contractions particularities; Physiology of nerve and neuromuscular fatigue; The physiological basis of physical qualities. Physiology aspects of speed, endurance, strength and skill; Training at altitude, time zone changes and climatic conditions; Doping in athletes; Scale of contraindications sport

| Course title | Code | No. of credits | Number of hours per week | | | |
|--|---------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Investigating and evaluating the psycho motile ability | DPP.A.1.01.04 | 5 | 1 | | 1 | |

Course description (Syllabus): Knowing and defining psycho motility; Knowing the motile function: the voluntary motile act and the automatic movements; Knowing the stages of the psycho motile development; Knowing the elements of psycho motility: body design; contrasts – psycho motility elements; temporal criteria; rhythmic, dynamic and global coordination and balance; structures – psycho motility elements; muscular relaxation and control precision; Endorsing the basic motile themes: - being aware of one's body and its parts; - being aware of the weight with an emphasis on the body's activities; - being aware of the space with an emphasis on surfaces, levels, directions,

development and trajectories.- being aware of the relations with others with an emphasis on working in pairs or in a small group..

| Course title | Code | No. of credits | Number of hours per week | | | |
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| | | | course | seminar | laboratory | project |
| Investigating the mental skills in motrcity | DPP.SI.I.01.05 | 5 | 1 | | 1 | |

Course description (Syllabus): Diagnosis, assessment psychological skills testing in sports activity; Methods of qualitative – sport anamnesis. Psychological tests – psychometric basic qualities – reliability and validity. Testing and evaluating mental skills depending on the sport peculiarities. Assessment skills profile depending on particular age and gender.

| Course title | Code | No. of credits | Number of hours per week | | | |
|------------------------------|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Research project methodology | DPP.CA.I.01.06 | 6 | 1 | 1 | | 1 |

Course description (Syllabus): Conceptual delimitations: science, research, components of science, scientific research, research purpose, human resources, infrastructure, documentary information, partnerships, risks. Research stages, operational stages, communication and evaluation stages. The scientific experiment: dependent and independent variables, conditions, validation, etc. Papers, theses, articles, scientific communications, characteristics, particularities. The project. Project management. The project circuit. Needs analysis. Objectives, project activities, constraints. Types of research: fundamental, applied, for development, scientific assistance, others.

| Course title | Code | No. of credits | Number of hours per week | | | |
|--------------------------------------|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Communication methods and techniques | DPP.CA.I.02.07 | 5 | 1 | | 1 | 1 |

Course description (Syllabus): The concept of communication. The source of knowledge communication. Shared scientific knowledge. Modern communication. Communication and social integration through sports activities the perspective of space, time, affectivity and means used. Scientific academic communication, characteristics, structure, format, bibliography, citations, plagiarism. Non-verbal communication in activities performed with musical accompaniment. Verbal communication. Communication and social integration through sports activities

| Course title | Code | No. of credits | Number of hours per week | | | |
|---------------------------------------|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Interdisciplinary research techniques | DPP.SI.I.02.08 | 6 | 1 | | 1 | 1 |

Course description (Syllabus) The role of interdisciplinary research in the educational process for coaches and teachers. Vienna Test System Batery – description; Opto Jump – description; Identification sport talent.

| Course title | Code | No. of credits | Number of hours per week | | | |
|--|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Ethics and academic integrity in scientific research | DPP.SI.I.02.09 | 4 | 1 | | 1 | |

Course description (Syllabus): Introductory notions: the distinction between ethics, morals and applied ethics. Models of moral man: Socratic, Platonic, Aristotelian epicurean, cynical, skeptical. Ethical principles. Highlights for teaching and sports career. Ethical senses: conscience clause, right to criticism, quoted versus plagiarized, confidentiality, censorship and self-censorship. The mechanism of ethical decision making in the teaching process. Facilitating and restraining aspects of professional ethics and ethics. The 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 |
| Ages psychomotricity | DPP.CA.A.02.10 | 6 | 1 | 1 | | 1 |

Course description (Syllabus): The basic components of psychomotricity. The main stages of the child's psychomotor evolution. The physical, mental and psychomotor peculiarities of the young man. The physical, mental and psychomotor peculiarities of the adult. The physical, mental and psychomotor peculiarities specific to old age.

| Course title | Code | No. of credits | Number of hours per week | | | |
|----------------------------------|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Theories of continuing education | DPP.AP.A.02.11 | 5 | 1 | 1 | | |

Course description (Syllabus): The concept of continuing/permanent education; Educational dimension; Factors of the permanent education; Forms of the permanent education; Self-education; The relationship between permanent education and self-education

| Course title | Code | No. of credits | Number of hours per week | | | |
|---|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Non formal means and methods in permanent education | DPP.CI.A.02.12 | 4 | 1 | 1 | | |

Course description (Syllabus): Formal and non-formal education. History, content, term significance, specific pedagogy; Non formal education activities in the process of learning throughout the entire life; Defining aspects of non-formal activities; innovative abilities through heuristic models of non-formal education; The specific and distinctive character of non-formal education, aspects related to ethics. Non formal education as a form of learning. Forms and methods of organization regarding non formal education activities; The qualities, role and tasks that the leaders of the programs have in terms of non-formal activities. The differentiated character of non-formal activities, objectives, purpose, program;

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|---------------------|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Psychomotor profile | DPP.CA.B.02.13 | 6 | 1 | 1 | | 1 |

Course description (Syllabus): Human psychic. Specific features of the psychomotor profile. Psychopedagogy of human motility - models, factors, values. Specific features of the psychological profile. Motricity and psychomotor activity in the context of the components that contribute to the development of the human personality.

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|-------------------------------------|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Theories of psychomotor performance | DPP.AP.B.02.14 | 5 | 1 | 1 | | |

Course description (Syllabus): Theory of motor activities. Classification of movements in motor performance. Psychomotor performance vs. motor automation. Skills in psychomotor performance. Determinants of psychomotor performance. Disruptive factors in psychomotor performance. Analysis of movements in psychomotor performance.

| Course title | Code | No. of credits | Number of hours per week | | | |
|--|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Doping and medical directing in motor activities | DPP.SI.B.02.15 | 4 | 1 | 1 | | |

Course description (Syllabus): Pharmacological support in physical exercises; Classification of medication; Factors that influence the drug use; The routes of administration and absorption of drugs; Method of treatment drugs; National and international legislation governing the conduct of anti-doping activity; Definition of doping in sport. Prohibited List; International Standard of the World Anti-Doping Agency.

2nd Year

| Course title | Code | No. of credits | Number of hours per week | | | |
|--|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Methods and means of intervention in lifelong learning | DPP.CA.A.03.01 | 4 | 1 | | 1 | |

Course description (Syllabus): Forms of organization and evaluation of the efficiency of the educational process. The system and content of local education. Training methodology. Means of education. Permanent education - conceptual boundaries.

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|------------------------------------|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Prognosis and psychomotor guidance | DPP.SI.A.03.02 | 6 | 1 | | 1 | 1 |

Course description (Syllabus): Characteristics of the prognosis in psychomotor activity. Monitoring in psychomotor activities. Characterization of sports and typology of results. Measuring complex behavior. Evaluation in psychomotor activities.

| Course title | Code | No. of credits | Number of hours per week | | | |
|--|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Promotion techniques and professional responsibility | DPP.SI.A.03.03 | 5 | 1 | 1 | | |

Course description (Syllabus): Conceptual delimitations on ethics and social responsibility in the promotion of sport. Definition and necessity of sports marketing. The universality of marketing. The role of information in sports marketing. Theoretical aspects of promoting an active lifestyle. Sponsorship in sports. Sponsorship of sports activities. Promotion techniques that attract the potential consumer to the sport. Promotion and sale of the sports image. Aspects of sports consumer behavior.

| Course title | Code | No. of credits | Number of hours per week | | | |
|---|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Methods and means of intervention in sports performance | DPP.CA.B.03.04 | 4 | 1 | | 1 | |

Course description (Syllabus): Recovery exercises. Specific features of the sports industry. General exercises. Auxiliary exercises (semi-special). Special training exercises. Competitive training exercises. Means in sports training - theoretical benchmarks.

| Course title | Code | No. of credits | Number of hours per week | | | |
|--|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Strategies and methodologies for designing human performance | DPP.SI.B.03.05 | 6 | 1 | | 1 | 1 |

Course description (Syllabus): Standards and performance criteria. Quantitative methods. Results-based methods. Management and measurement of human performance. Important aspects regarding the design and impact of the strategic management of human resources in organizations. Approaches to the evaluation of human performance in different fields of activity. Performance measurement: the main models of human performance measurement

| Course title | Code | No. of credits | Number of hours per week | | | |
|--|----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Economic strategies and legal regulations of sport performance | DPP.SI.B.03.06 | 5 | 1 | 1 | | |

Course description (Syllabus): Policies, Strategies and Performance Sports, Strategy in sports for the period 2013 – 2030; The legal framework in the area of physical education and sport; Funding sporting activity: Promoting legislative changes to optimize the process of attracting private sector partners: Fiscal Code, Sponsorship Law, Law Sport.

| Course title | Code | No. of credits | Number of hours per week | | | |
|---|-----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Effective learning methodologies and techniques | DPP.CA.II.03.07 | 4 | 1 | | 1 | |

Course description (Syllabus): The concept of intellectual and psychomotor learning. Anatomical structure, neuro-physiological mechanisms, principles of action. Programmed training methods, specific, advantages, limits. Methods of learning and psychomotor communication: reflex act, abilities, motor skills. Learning methods and written communication, communicative competences, principles of action and training. Methods of exploring reality, direct: observation, experiment, and indirect: demonstration, modeling. Action-based methods: practice, case study, project, research theme, practical work, simulation, game, dramatization. Methods of learning and oral communication: expository, interrogative, discussion debates, problematization.

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|-----------------------------------|-----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Applied Statistics in psychomotor | DPP.SI.II.03.08 | 5 | 1 | | 1 | |

Course description (Syllabus): Introduction in statistics. Statistical measurements; Establishing research problem. Indicators of central tendency; T-test for independent samples.

| Course title | Code | No. of credits | Number of hours per week | | | |
|--|-----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Interdisciplinary research for psychomotor forecast and guidance | DPP.SI.II.03.09 | 6 | 1 | | 1 | 1 |

Course description (Syllabus): MGM -15 modified – description of device; Balance Platform – description of device. Condition Simulator – neuromuscular control – descriptions of the tests. MGM 15 Modified – testing methods – data processing. Balance Platform – testing methods – data processing.

| Course title | Code | No. of credits | Number of hours per week | | | |
|---|-----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Activity of practice and / or scientific research | DPP.SI.II.04.10 | 20 | - | - | - | - |

Course description (Syllabus): Problem identification. Limits and perspectives. Sizing the experiment. Methods for making experimental applications. Writing the report on the experiment. Formulation of conclusions. Design provisional solutions to the problem.

| Course title | Code | No. of credits | Number of hours per week | | | |
|--|-----------------|----------------|--------------------------|---------|------------|---------|
| | | | course | seminar | laboratory | project |
| Preparing and elaborating the dissertation | DPP.SI.II.04.11 | 10 | | | | |

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); The statistical indicators and their application in physical education and sport; Analyzing and drafting aspects of research support.