

Transilvania University of Braşov, Romania

Study program: Management of Formal, Non-formal and Health Recovery Activities

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
Advances of ergo-physiology	EF.AP.I.01.01	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
Psychology of the ages and specific psychopathologies	EF.AP.I.01.02	5	1	1	-	-

Course description (Syllabus): Defining psychology ages; Object and content of psychopathology; Young children and deficiencies in adaptive behavior; Pre-teen addiction and psychopathology at this stage; Adolescence and psychopathology addiction at this stage; Psychological peculiarities of young, adult and of the old; Organic disturbances to age III.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Theory of motor actuating learning	EF.AP.I.01.03	8	2	2	-	-

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; perception and motor learning, motor learning and memory development, learning - saving motor in ontogenesis; Teaching - learning as an act of communication (information and communication, communication, communication through movement, the conditions of effective communication); Internal and external conditions of learning, learning motor motivations; Effective learning rules, distortions in the motor learning process; Evaluation of motor learning outcomes.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Kinetic therapy-methods and means of rehabilitation	EF.AP.I.01.04	4	1	-	1	-

Course description (Syllabus): Theoretical aspects of prophylactic kinesiology; classifying the physical, global and segmentary deficiencies, means of preventing and correcting the physical deficiencies; Educating the correct attitude

of the body means of tracking down the physical, global and segmentary deficiencies; The spine's physical development deficiencies: lordosis, kyphosis, kypholordosis, and scoliosis; Explaining the principles, objectives and methods used in preventing and correcting the spine's physical deficiencies; The backs' physical development deficiencies: round back, rigid back, fallen shoulders; The ability to program and apply, in different professional plans, the specific contents of kineto-therapy and to exploit the formative and educative valences as well.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Management and marketing in motor conducted activities	EF.AP.I.01.05	5	1	1	-	-

Course description (Syllabus): The professional skills acquired are those through which the graduates of the course acquire the capacity to integrate the accumulated knowledge: the evolution of the management concept, organization and organizations in the management of sports activities, forms of social organizations of sports organizations, management of human resources management, management of financial resources management, management and analysis of the management of sports activities, the proper use of the means for the functioning of a sports organization.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Measuring and evaluation of physical condition	EF.SI.I.01.06	4	1	-	1	-

Course description (Syllabus): Deepening the student knowledge on research, measurement and evaluation of physical condition as a parameter of human motor skills, to improve the quality of life and for assessing and regulating the educational process; Argumentation, interpretation, operation concepts of man - system bio-psycho-social hyper complex and application of the general methodology of organizing and conducting research into the course in order to improve the educational process specific physical education activities and sport and traction is special.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Ethics and deontology in sport science and physical education	EF.SI.I.02.07	2	1	-	-	-

Course description (Syllabus): General concepts regarding professional ethics and ethics. Students' academic rights and responsibilities. Intellectual property: copyright, patent, trademark, etc. Ethical conduct in research. Manufacture and falsification of research data. Acquisition of intellectual property rights. The importance of the original research in the elaboration of the dissertation work. Ethical and deontological responsibilities specific to the sports field.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Holistic paradigm of physical education in adolescent development	EF.SI.A.02.13	4	1	1	-	-

Course description (Syllabus): The holistic and approaching personality (personality theories; atomism vs. holistic); Psychosocial perspectives in approaching the system-personality of the students; Personality Traits - synthetic-integrative model of personality; Personality development (early childhood, middle childhood, childhood, preadolescent, early adolescence); Motor behavior, the concept of physical activity, proper body and self-knowledge (model postural body schema, body image, self-concept in children, experience of body, body language, body expression); Tackling development requirements personality traits and social integration of students in terms of school physical education programs (general skills, specific and standard of performance); Evaluation of personality traits in physical education; Diagnosis methods of interpersonal behavior.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Education for optimization of physical condition and health status by formal activities	EF.SI.A.02.08	6	1	2	-	-

Course description (Syllabus): Physical condition: definition component evaluation stage; The correlation between fitness and health; Life quality; Concept and content; Fitness indicator of quality of life; Definition, concept and indicators; Physical growth and development of the organism; Parameters, indicators, changes in stress tests to assess; Principles of practicing physical activity correlated with age; The influence of practicing driving on the body; Objectives, content and the specific recovery programs specific health professional activities.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Organizing sports – tourism and leisure activities	EF.SI.A.02.15	4	1	-	1	-

Course description (Syllabus): The curricular strategy of the national learning system (concept, development directions, specifications for extracurricular sport – tourist and recreational activities); Macro projection and micro projection of the sport – tourist and recreational activities – theoretical considerations, contents, forms of projection; Stages of projecting sport – tourist and recreational activities, development directions, specifications for extracurricular sporting activities; Characteristics of the didactical projection in the field of sporting and tourist activities; Projecting the extracurricular sporting and tourist activities; Methods and techniques of evaluation the planning documents regarding the sport – tourist and recreational activities.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Sports games – methodology of training school teams – football and handball	EF.SI.A.02.09	7	1	-	2	-

Course description (Syllabus): Football – Acquiring adequate terminology and developing methodological-organizational competences for teaching football in high school; definition and proper use of terminology from programs specific to physical and sports education activities in high school – Football; arguing, interpreting, operating with human concepts - hyper complex bio-psycho-social system and applying the general methodology for organizing and conducting the instructional-educational process specific to physical and sports education activities; design and presentation of football-specific means of learning, consolidation and improvement of the technical elements and procedures in the high school education cycle; explaining the mechanisms of general motility and the means of physical education and sport;

Handball – aiming of handball school teams: player selection, methodological recommendations on team training; fundamental strategic variants; Game models - team and individual; means for training the playing phases. National competition system.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Sports games – methodology of training school teams – basketball and volleyball	EF.SI.A.02.11	7	1	-	2	-

Course description (Syllabus): Basketball – Game conception; Modern directions and tendencies of developing the basketball game; Preparation conception – game plan / team; position player plan (motile, technical, tactical, psychological); position player tasks; The basketball elements according to the curriculum – the main methodical lines in teaching the basic elements of basketball in school: playing without the ball in defense and offense; The main methodical lines in teaching the basic elements and technical-tactical processes of basketball in school; The sporting

training factors involved in the specific training of the school's representative basketball team; Basketball technique I, Basketball tactics I; Play and instruction concepts; The method of teaching basketball in school; Planning documents; Evaluating the children's knowledge; Organizing the school basketball events; Organizing the basketball sporting ensemble.

Volleyball - 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
Strategies to promote health through physical exercise	EF.SI.A.02.14	4	1	1	-	-

Course description (Syllabus): Promoting health behavior and style of living, positive health. Health policy and preventive strategies. Identify health needs and planning in promoting community health..

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Advances of biomechanics	EF.SI.A.02.10	7	1	-	2	-

Course description (Syllabus): Conceptual delimitations: refer to functional anatomy and biomechanical content. The human body regarded as biomechanical system. General concepts of biomechanics applied to sports games.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Kinetoprophylaxy and kinetic-therapy in metabolic diseases	EF.SI.A.02.12	7	1	-	2	-

Course description (Syllabus): General concepts in nutritional and metabolic diseases; Energetic metabolism; Body weight and weight balance disorders; Obesity; Malnutrition; Diabetes; Hyperuricemia, gouty arthritis and uric stones; dyslipidemias, hepatic steatosis NASH; The Metabolic Syndrome; The role of the kinetotherapist of patient care with nutrition or metabolism disorders.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Organized practice in clinical internship	EF.SI.A.02.16	4	1	-	1	-

Course description (Syllabus): Students carry out practical internships in neuromotor recovery centers. The following objectives will be pursued: Kinetic principles of recovery of the patient with neuromotor deficit, kinetic recovery of the hemorrhagic stroke, kinetic recovery of the ischemic stroke, the particularities of the centers of neuromotor recovery in Romania, the particularities of the patient with neuromotor deficit, from the third age categories.

2nd Year

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Techniques of intellectual work	EF.SI.A.03.02	5	1	1	-	-

Course description (Syllabus): Human learning; Principles and regulations of learning; Structure and process; Types and forms of learning; The specific of learning at an adult age; Theories of learning and their implications; Styles of

thinking and styles of learning; The style of efficient thinking and learning; Learning techniques, efficient learning; Efficient learning techniques; Efficiency in learning; The planning and management of learning;

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Building strategies through formal motor activities in a group	EF.SI.A.03.10	5	1	1	-	-

Course description (Syllabus): General issues of social learning in schools; Motility of human and social learning; Physical education and sport as a social activity; Theories of social learning through movement developed nationally and internationally; Methods and means of social learning through exercise; Organization forms of social learning motor activities in the formal training; Sociometric methods and techniques applicable to small groups of subjects; Reflection, way of assessing the social learning of motor activities.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Curricula and curricular projection in physical education and sports – high school level	EF.AP.A.03.04	8	2	-	2	-

Course description (Syllabus): Praxiology of educational activities; Theory and methodology of the curriculum; Instructional design; The methodology for development of educational objectives; The necessary resources for solving instructional objectives; The operational strategy design staff; The practical application of the project developed; Assessing the quality and efficiency of training provided.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
School athletic polyathlon / School artistic gymnastics – strategies of programming the sports ensemble	EF.AP.A.03.12	4	1	-	1	-

Course description (Syllabus): School athletic polyathlon – As specific skills acquired we recall the organization of the integrated curriculum and the training and learning environment: the implementation models are identified in the learning process, as specific objectives we mention: identification of methods and their implementation in the didactic process, the particularities of participating in the competition. As specific skills acquired we mention: identification of methods and their implementation in the didactic process, design and connection of specific systems and means, use of teaching methodology and techniques, elaboration of selection and presentation of systems and contents, the particularities of growth and development of the student body, the particulars of selection, the particularities of design and planning in the athletic polyathlon, the particularities of participating in the competition.

School artistic gymnastics – strategies of programming the sports ensemble – In-depth knowledge of gymnastics teaching at different levels of schooling. Deepening the knowledge and training of competences regarding the selection, organization and design of the contents of the gymnastics branches for the school ensemble / education cycles. Training the capacity to organize and lead the training of school gymnastics teams.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Organizing extracurricular activities – winter sports	EF.SI.A.03.08	4	-	-	-	2

Course description (Syllabus): The importance of organizing extracurricular activities in the education process. Curriculum regulations available to the school. Competitions reserved for school competitions; Content of winter sports activities provided by extracurricular curriculum; Categories of winter sports activities and specific content, Selection of sporting elements for team building in winter sports; Psycho-pedagogical measures regarding the training in the training camp and the training camp; work programs appropriate to the relevant time period.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Motor performance and learning	EF.AP.A.03.06	4	1	-	1	-

Course description (Syllabus): Introduction to motor learning and performance; general issues about performance and motor learning; Explaining concepts - performance motor and motor learning; Information processing and decision-making; Contributions human sensory motor performance; Production of motor movement programs; The principles of motor control and precision of movement; Individual differences and motor skills.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Locomotor kineto-prophylaxy and kineto-therapy of the various ages	EF.CA.A.03.17	8	2	-	2	-

Course description (Syllabus): Principles and objectives of physical therapy in locomotor diseases of the shoulder, hand and elbow; Principles and objectives of physical therapy in locomotor diseases of the hip; Principles and objectives of physical therapy in locomotor disorders of the knee, leg.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Kinetic-therapy in recovery of cardiovascular and respiratory pathology	EF.AP.A.03.07	4	1	-	1	-

Course description (Syllabus): Indications and contraindications in cardiovascular recovery; Recovering patients with ischemic heart disease, myocardial infarction, heart failure, arrhythmias, etc.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Kinetic-therapy of neurological disorders	EF.AP.A.03.13	4	1	-	1	-

Course description (Syllabus): Introduction motor control; General principles of physical therapy techniques used in the recovery of posttraumatic; Motor neuron syndrome central and peripheral; Evaluation clinical and functional complex, kinetic physical therapy in peripheral neuropathies; Brain injury and spinal cord trauma; Physical therapy techniques and methods used in neurological recovery; Childhood encephalopathy; Infectious pathology of the nervous system; Strokes-clinical evaluation, practical aspects of physical rehabilitation physical therapy treatment; Orthotic and prosthetic general options for upper limb with applications in neurological recovery; Disorders of static evaluation of the spine, orthopedic therapy and physical therapy conservative treatment.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Socio-cultural methodologies applied to the complex: body-health-physical exercise	EF.SI.A.03.03	4	1	1	-	-

Course description (Syllabus): Conceptual delimitations: methodologies, strategies of educational (targets, design, content types, methods, means and evaluation) of the socio cultural activities. Techniques and tools used in socio-cultural activities applied in complex health - body exercise. Documents for planning and carrying out activities applied in complex body - health - exercise. Techniques and tools used in the activities implemented in complex health - body exercise.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
The theoretical and practice basis of occupational therapy	EF.SI.A.03.11	5	1	1	-	-
Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Practice (clinical internship)	EF.SI.A.03.09	4	-	-	-	2

Course description (Syllabus): Means of evaluation and practical applications under the supervision of the physiotherapist responsible for the practical internship in the center.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Preparing and elaborating the dissertation	EF.SI.I.04.01	10	-	-	-	4

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.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodological project by age groups 6 - 10 years, in formal / non-formal motor training	EF.SI.A.04.14	4	1	-	-	1

Course description (Syllabus): The general model of a research project (defining the problem, constructing the hypothesis, developing the research model, measuring, collecting and analyzing data, generalizing); Searching for a research topic in the teaching methodology (search strategies, strategies for defining and defining topics); The topic of scientific research (types of research, research topics, thematic orientations in the research of human motility from a phylogenetic / ontogenetic perspective); Research project management (GANT diagram); Using references in drafting documents. Criteria for evaluating the project

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodological project by age groups 11 - 14 years, in formal / non-formal motor training	EF.SI.A.04.16	4	1	-	-	1

Course description (Syllabus): The general model of a research project (defining the problem, constructing the hypothesis, developing the research model, measuring, collecting and analyzing data, generalizing); Searching for a research topic in the teaching methodology (search strategies, strategies for defining and defining topics); The topic of scientific research (types of research, research topics, thematic orientations in the research of human motility from a phylogenetic / ontogenetic perspective); Research project management (GANT diagram); Using references in drafting documents. Criteria for evaluating the project.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodological project by age groups 15 - 18 years, in formal / non-formal motor training	EF.SI.A.04.18	4	1	-	-	1

Course description (Syllabus): The general model of a research project (defining the problem, constructing the hypothesis, developing the research model, measuring, collecting and analyzing data, generalizing); Searching for a research topic in the teaching methodology (search strategies, strategies for defining and defining topics); The topic of scientific research (types of research, research topics, thematic orientations in the research of human motility from a phylogenetic / ontogenetic perspective); Research project management (GANT diagram); Using references in drafting documents. Criteria for evaluating the project

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Methodological project by age groups 19 - 25 years, in formal / non-formal motor training	EF.SI.A.04.20	4	1	-	-	1

Course description (Syllabus): The general model of a research project (defining the problem, constructing the hypothesis, developing the research model, measuring, collecting and analyzing data, generalizing); Searching for a research topic in the teaching methodology (search strategies, strategies for defining and defining topics); The topic of scientific research (types of research, research topics, thematic orientations in the research of human motility from a phylogenetic / ontogenetic perspective); Research project management (GANT diagram); Using references in drafting documents. Criteria for evaluating the project

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Research project in school physical education	EF.SI.A.04.22	4	-	-	-	2

Course description (Syllabus): Choosing the topic in correlation with the direction of the study program, choosing subjects, formulating objectives. Structuring the content to be analyzed by chapter and presenting the specific information according to the theme. Analysis of the informative material regarding the choice of research methods, the elaboration of the plan for its development and of the expected measurements to be applied. Analysis of the material resulting from the measurements made, statistics and graphical representation of the data obtained. Conclusions, proposals, bibliography, annexes. Presentation of the material prepared to the scientific leader in order to correct / restructure the content.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Kineto-prophylaxy methodological project on the school sports teams representative	EF.AP.A.04.15	4	1	-	-	1

Course description (Syllabus): The general model of a research project (defining the problem, constructing the hypothesis, developing the research model, measuring, collecting and analyzing data, generalizing); Searching for a research topic in the teaching methodology (search strategies, strategies for defining and defining topics); The topic of scientific research (types of research, research topics, thematic orientations in the research of human motility from a phylogenetic / ontogenetic perspective); Research project management (GANT diagram); Using references in drafting documents. Criteria for evaluating the project.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Kineto-prophylaxy methodological project on occupational therapy	EF.AP.A.04.17	4	1	-	-	1

Course description (Syllabus): The purpose of the course is to address the main thematic directions of occupational therapy, with emphasis on the elaboration of an individualized occupational therapy plan. Starting from the conceptual delimitations, the course deals with the functions of occupational therapy, its role in motor recovery / compensation,

the specificity of occupational therapy activities for persons with motor impairment, techniques and procedures for occupational therapy activities. Also, special attention is paid to the ability to use theoretical information in practice through case management and individual activities according to the profile of the category of beneficiaries.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Kineto-prophylaxy methodological project on metabolic diseases	EF.AP.A.04.19	4	1	-	-	1

Course description (Syllabus): The general model of a research project (defining the problem, constructing the hypothesis, developing the research model, measuring, collecting and analyzing data, generalizing); Searching for a research topic in the teaching methodology (search strategies, strategies for defining and defining topics); The topic of scientific research (types of research, research topics, thematic orientations in the research of human motility from a phylogenetic / ontogenetic perspective); Research project management (GANT diagram); Using references in drafting documents. Criteria for evaluating the project

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Research project on kineto-prophylaxy geriatrics	EF.AP.A.04.21	4	1	-	-	1

Course description (Syllabus): The general model of a research project (defining the problem, constructing the hypothesis, developing the research model, measuring, collecting and analyzing data, generalizing); Searching for a research topic in the teaching methodology (search strategies, strategies for defining and defining topics); The topic of scientific research (types of research, research topics, thematic orientations in the research of human motility from a phylogenetic / ontogenetic perspective); Research project management (GANT diagram); Using references in drafting documents. Criteria for evaluating the project

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Research project in kineto-therapy and special motricity	EF.SI.A.04.23	4	-	-	-	2

Course description (Syllabus): Choosing the topic in correlation with the direction of the study program, choosing subjects, formulating objectives. Structuring the content to be analyzed by chapter and presenting the specific information according to the theme. Analysis of the informative material regarding the choice of research methods, the elaboration of the plan for its development and of the expected measurements to be applied. Analysis of the material resulting from the measurements made, statistics and graphical representation of the data obtained. Conclusions, proposals, bibliography, annexes. Presentation of the material prepared to the scientific leader in order to correct / restructure the content.