

# Transilvania University of Braşov, Romania

## Study program: Sport Performance and Management

Faculty: Physical Education and Mountain Sports  
 Study period: 2 years (master)  
 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)

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

No.	Mandatory disciplines	Discipline Code	1 <sup>st</sup> Semester					2 <sup>nd</sup> Semester					
			C	S	L	P	Cred	C	S	L	P	Cred	
1.	Ergophysiology	PM.01.01.I	1	-	1			4					
2.	Age psychology and staging in sports training	PM.01.02.I	1	1	-			5					
3.	Sport science	PM.01.03.I	2	1	-			7					
4.	Techniques for recovery and recovery after effort	PM.01.04.I	1	2	-			6					
5.	Communication science in sports training	PM.01.05.I	1	1	-			4					
6.	Sports research techniques and methods	PM.01.06.I	1	1	-			4					
7.	Shaping sports conduct	PM.02.07.I	-	-	-			-	1	1	-		4
Total hours mandatory disciplines			7	6	1			30	1	1			4
			14					2					

No.	Optional disciplines	Discipline Code	1 <sup>st</sup> Semester					2 <sup>nd</sup> Semester				
			C	S	L	P	Cred.	C	S	L	P	Cred
One discipline is chosen from each package:												
Optional package 1												
4.	Specialization in a sports branch	PM.02.08.A						2		2	2	14
	Sociology of the group	PM.02.12.I						2		2	2	14
Optional package 2												
5.	Doping in sports	PM.02.09.I						1	1			4
	Management of sports structures	PM.02.13.I						1	1			4
Optional package 3												
6.	Techniques of counseling and assistance in high-performance sport (coaching)	PM.02.10.I						1	1			4
	Olympic education and sports ethics	PM.02.14.I						1	1			4
Optional package 4												
7.	Competition theory – design, planning and diagnosis in sports training	PM.02.11.I						1	1			4
	European structures and strategies in performance sport	PM.02.15.I						1	1			4
Total hours optional disciplines per week								5	3	2	2	30
			-					12				
Total			14					30				
								14				
								30				

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

No	Mandatory disciplines	Discipline code	3 <sup>rd</sup> Semester					4 <sup>th</sup> Semester				
			C	S	L	P	Cred	C	S	L	P	Cred
1.	Ethics and academic integrity	PM.03.01.I		-	-	-	2					
2.	Preparation and elaboration of the bachelor studies work	PM.04.01.I						-	-	-	5	10
3.												
Total hours mandatory disciplines			1				2				5	10
			1			2	5			10		

No.	Optional disciplines	Discipline code	3 <sup>rd</sup> Semester					4 <sup>th</sup> Semester				
			C	S	L	P	Cred	C	S	L	P	Cred
One discipline is chosen from each package:												
Optional package 1												
4.	Optimisation of physical condition in sports training	PM.03.02.I	2	1			6					
	Negotiating and impresario techniques in sport	PM.03.07.I	2	1			6					
Optional package 2												
5.	Performance management in sports training	PM.03.03.I	1	1	-		4					
	Sports marketing policies and strategies	PM.03.08.I	1	1			4					
Optional package 3												
6.	Specialization in a sports branch	PM.03.04.I	2		2	2	14					
	Establishment of sports structures	PM.03.09.I	2		2	2	14					
Optional package 4												
7.	Advanced evaluation in sport performance	PM.03.05.I	1	1	-		4					
	Arrangement and administration of sports facilities	PM.03.10.I	1	1			4					
Optional package 5												
	Scientific foundations of sports training and competition	PM.04.02.I						-	-	-	9	20
	Human resources management in sports activities	PM.04.03.I						-	-	-		
Total hours optional disciplines per week			7	3	2	2	30				9	20
			13			30	9			20		
Total			14			30	14			30		