

# Transilvania University of Braşov, Romania

## Study program: Sports and Motor Performance

Faculty: Physical Education and Mountain Sports

Study period: 3 years (bachelor);

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.	Discipline	Discipline code	1 <sup>st</sup> Semester					2 <sup>nd</sup> Semester				
			C	S	L	P	Cr	C	S	L	P	Cr
1.	Functional Anatomy	AF	2	1	-	-	4					
2.	Kinesiology	KIN	1	1	-	-	2					
3.	The general bases of Athletics	BGA	2	-	2	-	4					
4.	The general bases of Gymnastics	BGG	2		2		4					
5.	The theory and practics – alpine skiing	TPS	2	-	3	-	6					
6.	The theory and practics in Combat self-defenceand martial art	TPC	1	-	1	-	2					
7.	Physical education and sport history	IEFS	1	1	-	-	2					
8.	Internship practical application – alpine skiing	APS	-	-	-	3	4					
9.	Foreign language english	LE 01										
	Foreign language spanish	LS01	1	1	-	-	2					
10.	Academic writing	SA	1	-	-		1					
11.	Physiology	FIZ						2	1			4
12.	Education for health and first aid	ESA						1	-	2	-	3
13.	The general bases of Handball	BGH						2	-	2	-	4
14.	The general bases of Football	BGF						2	-	2	-	4
15.	The theory and practics in Athletics	TPA						1	-	2	-	3
16.	The theory and practics in Gymnastics	TPG						1	-	2	-	3
17.	The theory of tourism-orientation	TPTO						2	-	1	-	4
18.	Practical applications tourism-orientation	APT0							-	-	2	3
19.	Foreign language english 02	LE 02						1	1	-	-	2
	Foreign language spanish 02	LS 02										
TOTAL			12	4	8	3	30	12	2	11	2	30
Total hours / week			27					27				

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

No	Discipline	Discipline code	3 <sup>rd</sup> Semester					4 <sup>th</sup> Semester				
			C	S	L	P	Cr	C	S	L	P	Cr
1.	Theory of physical education and sport	TEFS	2	1	-	-	4					
2.	The theory and practics in cross country skiing	TPSF	1	-	2	-	4					

3.	The (theory and) practics in swimming	TPN	-	-	2	-	2						
4.	The general bases of sport training	BGAS	2	2	-	-	4						
5.	The theory an practics in Fitness	TPSF	2		2	-	3						
6.	The theory and practics for swimming sports water disciplines	TPSA	2		1	-	3						
7.	Planing sport bases / Sports equipments	ABS	2	1	-	-	4						
8.	Practical applications in mountain sports-cross country skiing	APSF	-	-	-	3	4						
9.	Foreign language english 03	LE 03	1	1	-	-	2						
	Foreign language spanish 03	LS 03											
10.	The psycho – pedagogy of physical education and sports	PP						1	1	-			2
11.	The general bases of Basketball	BGB						2	-	2	-		4
12.	The general bases of Volleyball	BGV						2	-	2	-		4
13.	Methodic of physical education and sport	MEFS						2	1		-		4
14.	The theory and practics in Swimming	TPN						2	-	2	-		4
15.	Methodology of scientific research in study of human motor skills	MCSS						2	1	-	-		4
16.	Practical application for swimming- water disciplines	APDA						-	-	-	3		4
17.	Traineeship and development of the dissertation	SPEL						-	-	-	2		2
18.	Foreign language english 04	LE 04						1	1	-	-		2
	Foreign language spanish 04	LS 04											
<b>Total</b>			<b>12</b>	<b>5</b>	<b>7</b>	<b>3</b>	<b>30</b>	<b>12</b>	<b>4</b>	<b>6</b>	<b>5</b>	<b>30</b>	
<b>Total hours / week</b>			<b>27</b>					<b>27</b>					

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

No	Discipline	Discipline code	5 <sup>th</sup> Semester					6 <sup>th</sup> Semester					
			C	S	L	P	C	C	S	L	P	C	
1	Motric and somato-functional evaluation	EMSF	2	1	-	-	4	-					
2	Physiology in sports effort	FES	2	-	1	-	4	-	-	-	-	-	-
3	Techniques rebuilding /recovery and regenerating capacities of effort	RRSP	2	-	2	-	5		-	-	-	-	-
4	The method of sport branch training	MA	2	-	2	-	5						
5	Ethics in practice training	EDSS	2	2	-		5						
6	Preparation stages in environments of sporting initiation	SPIS	-	-	3	-	2						
7	Preparation stages in sporting branches, advanced level	SPSS	-	-	3	-	2						
8	Applied informatics in study in human motor skills	USSS /MSS	2	-	1	-	3						
9	Sport psychology	PS						2	2				5
10	The method of sport branch training 6	MA						2	-	2	-		5
11	Research methodology in the study of human sport performance	TMPS						2	-	1	-		3
12	Technics and methods for development human motric skills	TMD CM						2	-	2	-		4

13	Methodology training by advanced sport, out door	SPESO						-	-	-	3	4
14	Preparation stages in environments of sporting initiation 6	SPIS						-	-	3	-	2
15	Chess	Ş						1	2			4
16	The theory and practics in tennis	TPTC						1	-	2		3
<b>TOTAL</b>			<b>12</b>	<b>3</b>	<b>12</b>	<b>-</b>	<b>30</b>	<b>10</b>	<b>4</b>	<b>10</b>	<b>3</b>	<b>30</b>
<b>Total hours / week</b>			<b>27</b>					<b>27</b>				