

Transilvania University of Braşov, Romania

Study program: Physical education and sports

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)

1st Year

No. crt.	Course	Code	Language of instruction	1 st Semester						2 nd Semester					
				C	S	L	P	V	Cr	C	S	L	P	V	Cr
1	Functional anatomy	AF	Romanian	2	2	0	0	E	5	-	-	-	-	-	-
2	Kinesiology	KIN	Romanian	1	2	0	0	E	5	-	-	-	-	-	-
3	General bases of athletics	BGA	Romanian	2	0	2	2	E	5	-	-	-	-	-	-
4	General bases of gymnastics	BGG	Romanian	2	0	2	2	E	5	-	-	-	-	-	-
5	Theory, training practice and applications in the mountain environment - alpine skiing	TPSA	Romanian	1	0	2	2	E	5	-	-	-	-	-	-
6	Ethics and academic integrity	EIA	Romanian	1	1	0	0	V	3	-	-	-	-	-	-
7	English Language	LE01/LE02	Romanian	1	1	0	0	V	2	1	1	0	0	V	2
	Spanish Language	LS01/LS02	Romanian	1	1	0	0	V	2	1	1	0	0	V	2
	French Language	LF01/LF02	Romanian	1	1	0	0	V	2	1	1	0	0	V	2
8	Physiology	FIZ	Romanian	-	-	-	-	-	-	2	2	0	0	E	5
9	Theory and practice of training in athletics	TPIA	Romanian	-	-	-	-	-	-	1	0	2	0	E	4
10	Theory and practice of training in gymnastics	TPIG	Romanian	-	-	-	-	-	-	1	0	2	0	E	4
11	Academic writing	SA	Romanian	-	-	-	-	-	-	0	1	0	0	V	2
12	English Language	LE01/LE02	Romanian	1	1	0	0	V	2	1	1	0	0	V	2
	Spanish Language	LS01/LS02	Romanian	1	1	0	0	V	2	1	1	0	0	V	2
	French Language	LF01/LF02	Romanian	1	1	0	0	V	2	1	1	0	0	V	2
13	General basics of handball	BGH	Romanian	-	-	-	-	-	-	2	0	2	2	E	5
14	General basics of football	BGF	Romanian	-	-	-	-	-	-	2	0	2	2	E	5
15	Functional training	AFT	Romanian	-	-	-	-	-	-	2	0	1	0	V	3
15	Dynamic activities integrated into the physical education and sports lesson	AD	Romanian	-	-	-	-	-	-	2	0	1	0	V	3
16	Volunteering in school sports	VS	Romanian	0	0	0	4	V	3	0	0	0	4	V	3

2nd Year 2026-2027

No. crt.	Course	Code	Language of instruction	3 rd Semester						4 th Semester					
				C	S	L	P	V	Cr	C	S	L	P	V	Cr
1	Theory of physical education and sports	TEFS	Romanian	2	2	0	0	E	4	-	-	-	-	-	-
2	Research methods in sports science and physical education	MCSS	Romanian	1	2	0	0	E	4	-	-	-	-	-	-
3	Methodic of teaching athletics in school	MPA	Romanian	1	0	2	1	E	4	-	-	-	-	-	-
4	Methodic of teaching gymnastics in school	MPG	Romanian	1	0	2	1	E	4	-	-	-	-	-	-
5	Methodic of teaching football in school	MPF	Romanian	1	0	2	1	E	4	-	-	-	-	-	-
6	Methodic of teaching handball in school	MPH	Romanian	1	0	2	1	E	4	-	-	-	-	-	-
7	Theory and practice of swimming instruction	TPN	Romanian	1	0	1	1	E	4	-	-	-	-	-	-
8	English Language	LE03/LE04	Romanian	1	1	0	0	V	2	1	1	0	0	V	2
	Spanish Language	LS03/LS04	Romanian	1	1	0	0	V	2	1	1	0	0	V	2
	French Language	LF03/LF04	Romanian	1	1	0	0	V	2	1	1	0	0	V	2
9	Physical education and sports methodology	MEFS	Romanian	-	-	-	-	-	-	2	2	0	0	E	5
10	General bases of basketball	BGB	Romanian	-	-	-	-	-	-	2	0	2	2	E	5
11	General bases of volleyball	BGV	Romanian	-	-	-	-	-	-	2	0	2	2	E	5
12	Internship in mountain recreation centers	SPBA	Romanian	-	-	-	-	-	-	0	0	0	2	V	3
13	Theory, training practice and applications in mountain environment - tourism- orienteering	TPTO	Romanian	-	-	-	-	-	-	1	0	2	1	V	5
14	Education for health and first aid	ESA	Romanian	-	-	-	-	-	-	2	0	2	0	E	5
15	Volunteering in school sports	VS	Romanian	0	0	0	4	V	3	0	0	0	4	V	3

3rd Year 2027-2028

No. crt.	Course	Code	Language of instruction	5 th Semester						6 th Semester					
				C	S	L	P	V	Cr	C	S	L	P	V	Cr
1	Motric and somato-functional evaluation	EMSF	Romanian	2	0	2	0	E	5	-	-	-	-	-	-
2	Practice and methodology of training in motor activities by age groups	PMGV	Romanian	2	0	2	0	E	5	-	-	-	-	-	-
3	Methodic of teaching basketball in school	MPB	Romanian	1	0	2	1	E	4	-	-	-	-	-	-
4	Methodic of teaching volleyball in school	MPV	Romanian	1	0	2	1	E	4	-	-	-	-	-	-
5	Theory and practice of training in cross-country mountain environments	TPS	Romanian	1	0	2	0	V	3	-	-	-	-	-	-
	Theory and practice training in mountain environment – ski jumping	TPSS	Romanian	1	0	2	0	V	3	-	-	-	-	-	-
6	Adapted physical activities	AMA	Romanian	1	0	2	0	V	3	-	-	-	-	-	-
	Fitness	FIT	Romanian	1	0	2	0	V	3	-	-	-	-	-	-
7	Postural screening and prevention of physical deficiencies in the school environment	SPDF	Romanian	1	0	2	0	V	3	-	-	-	-	-	-
	The fundamentals of an active lifestyle	FSVA	Romanian	1	0	2	0	V	3	-	-	-	-	-	-
8	Digitalized applications in Physical Education and Sports	ADSP	Romanian	1	0	2	0	V	3	-	-	-	-	-	-
	Legislation in physical education and sports	LEFS	Romanian	1	0	2	0	V	3	-	-	-	-	-	-
9	Body expression and eurhythmmy	ECE	Romanian	-	-	-	-	-	-	1	2	0	0	V	4
10	Internship in educational institutions	SPUI	Romanian	-	-	-	-	-	-	0	0	0	0	V	5
11	Chess	SAH	Romanian	-	-	-	-	-	-	1	0	2	0	E	4
12	Theory and practice of non-formal motor activities	TPAMN	Romanian	-	-	-	-	-	-	1	0	2	0	E	4
13	Internship for preparation and elaboration of the bachelor's thesis	SPEL	Romanian	-	-	-	-	-	-	0	0	0	4	V	4
	Elaboration of the bachelor's thesis	ELL	Romanian	-	-	-	-	-	-	0	0	0	4	V	4
14	Theory and practice of training in sportive dance	TPDS	Romanian	-	-	-	-	-	-	1	0	2	0	V	3
	Theory and practice of training in folk dance	TPDF	Romanian	-	-	-	-	-	-	1	0	2	0	V	3
15	Communication in sports science and physical education	CSS	Romanian	-	-	-	-	-	-	1	2	0	0	V	3
	Psycho-pedagogy	PP	Romanian	-	-	-	-	-	-	1	2	0	0	V	3
16	Table tennis and badminton	TMB	Romanian	-	-	-	-	-	-	1	0	2	0	V	3
	Mountain running	AM	Romanian	-	-	-	-	-	-	1	0	2	0	V	3
17	Volunteering in school sports	VSS	Romanian	0	0	0	4	V	3	0	0	0	4	V	3