

Transilvania University of Braşov, Romania

Study program: Physical education and sports

Faculty: Physical Education and Mountain Sports

Study period: 3 years (bachelor);

1st Year 2025-2026

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Functional anatomy	AF	Romanian	5	2	2	-	-

Course description (Syllabus): Anatomy – Generalities; Osteology; Joint system; Myology; Getting elementary on the cardiovascular and respiratory systems; Basics of biomechanics.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Kinesiology	KIN	Romanian	5	1	2	-	-

Course description (Syllabus): Kinesiology - definitions, notions, concepts, Human motility - generalities, forms of motor manifestation, physiological and psychic mechanisms. Motility in ontogenesis, Motor learning - content, types of motor learning, Motor activity - motivation, purpose and motive load, content elements (motor skills, motor skills, driving qualities, driving capacity), Motor activity - means of learning and improvement, psycho-physical implications, Fatigue, adaptation to effort, overcompensation, recovery, Programming and planning of motor activities, Evaluation in motor activity.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
General bases of athletics	BGA	Romanian	5	2	-	2	2

Course description (Syllabus): Selection and introduction of the contents specific to the athletics discipline, in the general training context; The complex explanation of the mechanisms of general motility and the technique specific to the athletic discipline; Elaboration of the documents of planning and recording of the basic contents of the athletic discipline; Use of evaluation and evaluation systems of the correct executions on the components of the training process of the athletic discipline; The technique and methodology of learning the exercises in the running school; Technique and methodology of learning exercises in jumping school; Technique and methodology of learning exercises in the diving school; The use of specific principles, regulators and systems for learning the upper level of the techniques and methods of exercising running, throwing and jumping are just as they are a mechanism of stabilizing speed running, resistance running, running with obstacles, jumping in lung time, with steps in stabilization, jumping in height with stepping and jumping in height with ventral rolling, throwing the ball of foot with the impeller.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
General bases of gymnastics	BGG	Romanian	5	2	-	2	2

Course description (Syllabus): Gymnastics - brief history, gymnastics place EFS system, order, tasks and characteristics; Fundamental means of gymnastics branches; Gymnastics Terminology - evolution and basic principles. Basic Gymnastics - features and systematization; exercises front and order (FO) - systematic role: gathering bands, travel, work place and away action, composition and changes formations, movements in the figures; General physical development exercises (DFG) - features and systematization, free exercises and compound, rules of composition and methodical teaching, exercises with portable objects: sticks, medicine ball, with banks, fixed scale and

special equipment; Exercises applications - features and systematization; methodological rules for the composition and delivery pathways applications; Artistic gymnastics school - content, technical and methodological approach.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Theory, training practice and applications in the mountain environment - alpine skiing	TPSA	Romanian	5	1	-	2	2

Course description (Syllabus): The emergence and evolution of skiing worldwide; General bases of ski learning methodology; Methodology of driving learning through aspects of modern didactics; Basic Technique Walks, ascents, returns - Direction changes on the spot; Ski positions Direct descent-Oblique descent; Stopping technique Snow plough stop and snow plough glide; Passage through damping of slope connections (passage of sloping and damping connections) Passage through retraction Direct and indirect path in ski methodology; Basic technique – Garlands Ghirland with simultaneous opening of the skis; Cristie with rotation Cristie with counterweight; The competitive samples from the Alpine ski slalom (SL); Giant slalom (GS); Super-giant Slalom (SG); The Alpine combined descent (Slalom and descent).

Slip on light and medium slopes, repeating the following specific techniques alpine skiing: direct descents with counterparties stop focusing on balance, weight distribution body posture trunk line descent, etc.; Improving the technical mechanism: bypassing the plow with a focus on weight distribution on foot outside turn, balance training and coordination between the upper and lower limbs, etc.; Improving technical mechanism to achieve oblique descent on slopes steeper; Improving technical mechanism to correct crossing slopes, adjusting posture, by absorption or retracted; Improving and correcting detour rotating focusing on: preparation, release, management and completion; Games and relays for increasing the capacity of balance, coordination, better control of skis; Through some trails among benchmarks for improving the technique of execution following techniques: Christiana rotation, with simultaneous opening and against directing sliding.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Ethics and academic integrity	EIA	Romanian	3	1	1	-	-

Course description (Syllabus): Scientifically grounded, with an emphasis on the moral, social and legal mechanisms that support the functioning of a credible and responsible academic environment. The principles of applied ethics, classical and modern moral theories are studied, as well as how they guide correct academic behaviors. The discipline analyzes phenomena such as plagiarism, data falsification, copyright infringement and fraudulent academic behaviors, explaining the psychological and contextual causes of their occurrence. International norms and standards regarding research integrity are presented, as well as institutional procedures for preventing and managing misconduct. It also addresses the role of critical thinking, personal responsibility and intellectual honesty in creating an authentic educational climate. By studying citation methods, the correct use of sources and ethical academic collaboration, the discipline contributes to the formation of essential skills for academic and professional activity. Overall, the course promotes awareness of the fundamental values of integrity, supporting the development of a transparent, respectful and truth-oriented academic culture.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Foreign Language 1 (English / Spanish/ French)	LE01/LS01/LF01	Romanian	3	1	1	-	-

Course description (Syllabus): The course is designed to offer the students the possibility to acquire the grammar structures (articles, nouns, adjectives, personal and reflexive pronouns) to use them adequately and accurately and to familiarize with the general vocabulary used in written and oral communication.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Foreign Language 2 (English / Spanish/ French)	LE02/ LS02/LF02	Romanian	3	1	1	-	-

Course description (Syllabus): The course is designed to offer the students the possibility to acquire the grammar structures (articles, nouns, adjectives, personal and reflexive pronouns) to use them adequately and accurately and to familiarize with the general vocabulary used in written and oral communication.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Physiology	FIZ	Romanian	5	2	2	-	-

Course description (Syllabus): Musculoskeletal: osseous system physiology; musculoskeletal physiology; The nervous system: general concepts, reflective; nerve physiology; the synapse physiology; physiology of the spinal cord; brainstem physiology; physiology of the cerebral hemispheres; physiology of the autonomic nervous system, the sympathetic and parasympathetic; Endocrine: adrenal glands; thyroid gland; the endocrine pancreas, and the sexual glands; Respiratory: respiratory physiology: inhalation and exhalation, respiratory volumes, lung capacity, breathing gas transmission and regulation; Cardiovascular: heart physiology; circulation physiology; circulation physiology; physiology lymphatic circulation; Nerve regulation of blood circulation; Metabolism physiology intermediary metabolism of carbohydrate, lipid and protides; energy metabolism physiology.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Theory and practice of training in athletics	TPIA	Romanian	4	1	-	2	-

Course description (Syllabus): As general objectives, we mention the explanation of the general motive mechanisms, the technique and the methodology of the exercises in athletics; elaboration of planning documents and records from athletics; identifying the implementation methods in the teaching process; selecting and applying established methods and means; the use of correct evaluation and evaluation systems; this content also contains: the general basis of running, jumping and throwing.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Theory and practice of training in gymnastics	TPIG	Romanian	4	1	-	2	-

Course description (Syllabus): Explanation of the mechanisms of general motility and of the specific means of the sports branch: gymnastics. The procedural approach of some theoretical knowledge regarding the elementary notions, the terminology, the content of the basic gymnastics. Formation of a rich luggage of theoretical and practical knowledge regarding the use of the acrobatic and artistic gymnastics means necessary for the training of the gymnastics specialist; Training to properly master and execute acrobatic exercises and equipment, as well as in the organization and conduct of activities specific to the field of EFS.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Academic writing	SA	Romanian	2	-	1	-	-

Course description (Syllabus): The objective of the discipline is to familiarize students with the current requirements, practices and conventions of the elaboration of academic papers and to assist them in the process of developing the academic writing skills; Academic writing competencies (reading skills, critical reading; note taking methods, time management). Drafting of supporting documents (letter of intent, research project, curriculum vitae); APA citation systems, Chicago / Tarubian, MLA; Structure of the argumentative essay. The internal structure of the paragraphs and

the connection between them; the language templates that can be use in the writing process; General principles of a research paper. Choosing the topic. Source identification. Bibliographic research. Work plan and file system.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
General bases of Handball	BGH	Romanian	5	2	-	2	2

Course description (Syllabus): Handball technique (attack, defense, goalkeeper): the fundamental position of attack and defense, the movement in the field; Kinetic muscle training programs for arms, trunk, legs to prevent injuries, Holding, catching and passing the ball, driving the ball, throwing at the goal; Kinetic programs of general motor education for the efficiency of technical procedures, Removing the ball from the opponent, blocking the opponent with the body; Kinetic programs and motion games for space-time coordination and orientation, Handball tactics (definition, purpose, classification, principles, individual tactic in attack, tasks of the players in the positions); Kinetic programs and motion games to increase resistance, Collective tactic in attack (principles, means, simple and basic combinations); Phases of attack, forms of attack; Attack systems; Kinetic programs and motion games to increase strength, Defense: individual and collective tactics, principles, means; Phases and forms of defense; Kinetic programs and motion games for speed training, Handball - prophylactic means.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
General bases of Football	BGF	Romanian	5	2	-	2	2

Course description (Syllabus): The game of football - the description and content; Technical football; Specific technical elements of football (Hitting the ball with the foot; Receiving the ball; Driving the ball; Stripping opponent's ball; Protecting the ball; Hitting the ball with the head; Movement misleading); Tactics of football - general. Game system; Tactics collective attack and defense (The demarcation. Marking; Overcoming individual; Passing the ball; Pressing. Tactical combinations).

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Functional training	AFT	Romanian	3	2	-	1	-

Course description (Syllabus): The set of biomechanical, physiological and methodological principles that underpin the development of the body's natural movements, with an emphasis on optimizing kinetic chains, activating stabilizing muscles, improving mobility, functional strength, coordination, balance and motor performance in contexts applicable to daily life and sports activities.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Dynamic activities integrated into the physical education and sports lesson	AD	Romanian	3	2	-	1	-

Course description (Syllabus): concepts and strategies aimed at optimizing the instructional-educational process by introducing complex, variable and interdisciplinary exercises are addressed in a comprehensive, scientifically substantiated manner. These dynamic activities are analyzed from the perspective of exercise physiology, movement biomechanics and motor psycho-pedagogy, in order to understand how they simultaneously stimulate basic and combined motor capacities. The impact of these activities on neuromotor development, motor learning processes and specific neuromuscular adaptations is also studied. The discipline highlights the role of integrating dynamic tasks in increasing the level of student engagement, improving cooperation and stimulating motor creativity. Modern methods of lesson organization, the use of motor feedback and the adaptation of exercises to age and level of training are also analyzed. Through this approach, dynamic activities become essential tools for creating an active, varied and efficient educational environment, oriented towards the formation of a healthy and sustainable motor profile.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Volunteering in school sports	VS	Romanian	3	-	-	-	4

Course description (Syllabus): The role of volunteering in the sustainable development of the sports educational environment. The psychosocial principles underlying voluntary involvement are studied, such as prosocial motivation, civic responsibility and the formation of socio-emotional skills. The impact of volunteering on the school climate is also analyzed, emphasizing its contribution to increasing group cohesion, social integration and active participation of students. The course explores effective organizational models for volunteering projects, elements of sports activity management and strategies for coordinating volunteer teams. It also addresses issues regarding ethics in volunteering, effective communication and participant safety. Finally, the discipline emphasizes the value of volunteering as an educational tool through which students gain practical experiences, community spirit and healthy behaviors, contributing to the development of a positive sports culture in school.

2nd Year 2026-2027

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Theory of physical education and sports	TEFS	Romanian	4	2	2	-	-

Course description (Syllabus): Theory of physical education and sport (TEFS) - scientific discipline (subject, creation and evolution, tasks, issues, research methods, held in physical education and sport science); Principal terms of the Theory of Physical Education and Sport (human movement, physical education, sport, physical and sportive education, sports training, physical culture, physical development, motor ability, physical attributes, skills and driving skills, exercise); Physical education and sport - social activities (origins of physical education, physical education and sport essence, the ideal of physical education, physical education and sports functions, goals and objectives physical education); Physical education system in Romania (definition, formation, evolution, component, organizational structure, characteristics and organizational principles); The means of physical education and sports training (specific means: exercise, specialized equipment, measures for the recovery effort capacity; associated means: hygienic measures, hardening natural factors, borrowed from other sides of instruction and general education); The components of the educational process of physical education and sports training (expertise clues morpho-functional of the body, physical attributes, skills fine motor skills of driving, integrating the content of the other sides of the general education system components educational process); The connection of components instructive - educational process with the effort (effort, effort external parameters, internal parameters of effort).

Methodic of psysical education and sport (MEFS): Particularities of the system of training principles involved in teaching and learning specific physical education and sport (active and conscious participation principle, the principle of intuition, the principle of accessibility, systematization and continuity principle, the principle binding practical work training requirements, the principle thorough knowledge); The methods and procedures training methods used in the processes of physical education and sports training (methods of training and education, physical education and sport and sports training methods to ensure and support, methods of correction of errors of execution motor, verification methods and assessment methods of support and recovery exercise capacity); The organization forms of practicing physical exercises (physical education lesson - basic form of practicing physical exercises - taxonomy, content, structures, forms of organization, arrangement and practice of collective of students in physical education lesson); The effort in physical education lesson (dynamic routing density lesson preparation and management algorithms lesson, lesson design physical education lesson analysis); Records and physical education planning; Assessment in physical education.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Research methods in Sports science and physical education	MCSS	Romanian	4	1	2	-	-

Course description (Syllabus): Science, science of the body activities, scientific research - notions specific to the discipline "research methodology". General research methods. Investigation methods: observation, investigation, experiment, etc. Methods of analysis and interpretation: the statistical method. Measurement and testing in physical activity and sports. Writing research papers. Aspects regarding the writing style in a research paper.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodic of teaching athletics in school	MPA	Romanian	4	1	-	2	1

Course description (Syllabus): The accumulation of a system of theoretical-methodical knowledge necessary for athletics in school and the achievement of the objectives of the physical education lessons with topics from athletics, teaching. Designing and carrying out programs or methodical successions of exercises with specific athletics. Formation of abilities to explain and demonstrate practically, the technique of the main means of athletics depending on the particularities of the students. Forming the capacity of differentiated treatment of the students according to the particularities and biomechanical characteristics of the athletic means. Optimal training of training objectives adapted to the age and training level and the type of specific effort. The provisions of the school curriculum regarding the teaching of athletics in the school. Lesson of physical education with specific of athletics. The lesson of athletics, the effort in practicing the exercises in athletics. Teaching athletics content according to the particularities of the students. The placement of the teacher during the teaching of athletics lessons in the lesson. The teacher's knowledge and skills in the physical education lesson with topics in athletic.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodic of teaching gymnastics in school	MPG	Romanian	4	1	-	2	1

Course description (Syllabus): Explaining the ways of managing and realizing the capacity to lead and organize the groups in concrete pedagogical situations. Selection and introduction of the contents of the DFG domain, in order to form the general bases of the bodily movement; Improving the knowledge and skills needed to teach gymnastics specific exercises. Formulating the objectives of training and improving the qualities and motor skills specific to acrobatic exercises and jumps.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodic of teaching football in school	MPF	Romanian	3	2	-	1	-

Course description (Syllabus): Description and content of the football game; School syllabus for grades 0-VIII; Methods and means for teaching football in school; preparing games for mini football; the football game technique. Methodology of learning the technical elements and procedures specific to the football game; Football tactics. Methodology of learning the tactical actions specific to the football game; the regulation of the mini-football game; Methodical approaches for teaching the technical elements and tactical actions in the school.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodic of teaching handball in school	MPH	Romanian	3	2	-	1	-

Course description (Syllabus): Biometric particularities of primary school education, elementary game model; The characteristics of the lessons in secondary school handball game: content, game model and operating means; Techniques for evaluating the learning process in gymnasium education; Preparatory mini handball games, Technical and tactical content for primary education, Operating model and methodology game for mini handball, Operational models for technical content provided by secondary school curriculum.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Theory and practice of swimming instruction	TPN	Romanian	4	1	-	1	1

Course description (Syllabus): Getting used to the water, getting familiar to the regulations from the swimming pools; Warming up in swimming (on land, on the side of the pool, at the end of the pool, in the water); Learning water breathing and the different games on this topic; Working with arms and legs in the backstroke trial; Coordinating breathing while working with arms and legs; Starting and turning in the backstroke; Global exercising the in the backstroke.

Organizing a training camp besides the water courses; Regulations and conditions; Consolidating the swimming methods in rivers or lakes; The technique of kayak paddling; The methodical endeavor of learning; Saving from drowning – holding, types of towing the victim, parades; Giving first aid in case of drowning; Paddling in different boats, general rules; The method of teaching paddling in a kayak in a 6 lesson cycle.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Foreign Language 3 (English / Spanish/ French)	LE03/LS03/LF03	Romanian	2	1	1	-	-

Course description (Syllabus): The course is designed to offer the students the possibility to acquire the grammar structures (articles, nouns, adjectives, personal and reflexive pronouns) to use them adequately and accurately and to familiarize with the general vocabulary used in written and oral communication.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Foreign Language 4 (English / Spanish/ French)	LE04/LS04/LF04	Romanian	2	1	1	-	-

Course description (Syllabus): The course is designed to offer the students the possibility to acquire the grammar structures (articles, nouns, adjectives, personal and reflexive pronouns) to use them adequately and accurately and to familiarize with the general vocabulary used in written and oral communication.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Physical education and sports methodology	MEFS	Romanian	5	2	2	-	-

Course description (Syllabus): The principles and methods of modern teaching, lesson organization and management strategies, methods of evaluating motor progress, the role of the teacher in developing specific attitudes and skills, adapting content to age and level particularities, using teaching aids and materials, short and long-term planning of activities, ensuring safety and preventing injuries, developing motivation for movement, as well as integrating physical education into the context of the student's harmonious development are studied in an integrated manner.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
General bases of basketball	BGB	Romanian	5	2	-	2	2

Course description (Syllabus): Learning, consolidating and improving the technical elements and processes specific to the basketball game; The fundamental position, switching directions, court movement, holding, catching and passing the ball while standing then moving, shooting, jump shooting, stopping on time and turning, dribbling; Fixing the assimilated knowledge in structures of exercises and complexes, on half the court and on the entire court as individual tactical actions of defense and offense; Improving the individual defense and offense technical and tactical actions; Forming the ability to apply while playing the technical and tactical knowledge; Developing the ability to teach the technical and tactical knowledge to the initiation – fixing and consolidation levels.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
General bases of volleyball	BGV	Romanian	5	2	-	2	2

Course description (Syllabus): 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	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Internship in mountain leisure base activities	SPBA	Romanian	3	-	-	-	2

Course description (Syllabus): Individual energizing games, in pairs and in large groups; Communication exercises in pairs and small groups; Team games and confidence building activities; solving problem exercises; Nature as a classroom; Using the means of experiential pedagogy in the teaching activity in the school; Planning, organizing and carrying out individual activities of experiential pedagogy; The evaluation process. Evaluation of activities.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Theory, training practice and applications in mountain environment - tourism-orienteeing	TPTO	Romanian	5	1	-	2	1

Course description (Syllabus): Current modern approaches in defining the concept of tourism; The role of school tourism in education; Classification of modern forms of tourism; Peculiarities of mountain tourism activities; Main forms of tourism practice; Aspects of mountain tourism activities; Methodical preparation of a mountain tourist activity; Theoretical aspects of sport orientation; The steps necessary for organizing a sports orientation competition; Theoretical aspects of sports orientation map; Map Orientation Technique; Theoretical notions regarding weather forecasting, infrastructure and tourist markings in mountain areas; Compass Orientation Technique-The map's northwest process; Theoretical notions about alpine meteorology and forecasting theoretical notions about tourist infrastructure and markings in mountain areas.

Understanding and using contour guidance; Presenting the tourism map, conventional signs, signs marking tourist; Environmental negotiating a route, 15 km, 300 m difference in level; Knowledge and application of techniques to map and compass navigation; Walking on target (angle march); Walking along the conductive lines- walking on the contour; Knowledge and application of techniques to map and compass navigation and orientation fineness general orientation cutting corners; Using parts collection; Targeting Remote (sideways) orientation finesse; Knowledge and practice guidance compass getting a ride compass directions; Map scale - Measuring distances on the map and on the ground; Knowledge and practice guidance after natural signs; Technical guidance in the field without aids; Map reading and detecting checkpoints on route; Browsing timed a tourist route guidance.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Education for health and first aid	ESA	Romanian	5	2	-	2	-

Course description (Syllabus): Food hygiene. Healthy human nutritional needs. Athlete's rational nutrition. Athlete individual hygiene. Hygiene problems in performance sports. Injuries (bruises, wounds, sprains, fractures, hemorrhages). Cardio-respiratory stop.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Volunteering in school sports	VS	Romanian	3	-	-	-	4

Course description (Syllabus): The role of volunteering in the sustainable development of the sports educational environment. The psychosocial principles underlying voluntary involvement are studied, such as prosocial motivation, civic responsibility and the formation of socio-emotional skills. The impact of volunteering on the school climate is also analyzed, emphasizing its contribution to increasing group cohesion, social integration and active participation of students. The course explores effective organizational models for volunteering projects, elements of sports activity management and strategies for coordinating volunteer teams. It also addresses issues regarding ethics in volunteering, effective communication and participant safety. Finally, the discipline emphasizes the value of volunteering as an educational tool through which students gain practical experiences, community spirit and healthy behaviors, contributing to the development of a positive sports culture in school.

3rd Year 2027-2028

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Motric and somato-functional evaluation	EMSF	Romanian	5	2	-	2	-

Course description (Syllabus): Conceptual restraints of evaluation, the evaluation and integration of evolving actions in the didactical process, the importance of knowing the subjects in the instructive and educative process; Benchmarks of the development concept, characteristics of the human being's evolution; The place and role of the evaluation in the instructive and educative process, the types, functions, methods and phases of the instructive and educative process of evaluation; The education and promotion of health in school through physical education and sport as prerequisites of the somatic-functional optimum; Evaluating the abilities form the curriculum in physical education and sport from the learning reform's point of view, methodological aspects in evaluating the physical education and sport abilities, criteria and evaluation methods; Specific elements of evaluation in performance sport; Evaluating the motile ability; Theoretical aspects of the somatic-functional evaluation; The content and aspects of the somatic-functional evaluation, methods of somatic-functional evaluation.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Practical and methodical training in motor activities by age	PMGV	Romanian	5	2	-	2	-

Course description (Syllabus): The subject of discipline, branches and issues them; Notional apparatus specific curricular reform of the national education system; The curriculum for preschool: 3 - 6/7 (the concept of early childhood education, child development and education within 3 - 6/7; curriculum - the structure and content; new accents in the revised curriculum; the "physical development, health and hygiene personal" curriculum); Methodology for implementing the curriculum for children aged 3 - 6/7 (frame objectives and reference the psycho-motor at level 3 - 5 years 5 - 6/7); Organizing activities in schools optional preschool; Physical education at primary level (general, peculiarities somatosensory functional, psychological and motive of children 7-11 years old, curriculum specialist, objective framework and reference, learning content, drive technologies, methodological recommendations, particularities forms of organization the educational process of physical education and sport at primary level.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodic of teaching basketball in school	MPB	Romanian	4	1	-	2	1

Course description (Syllabus): Description and content of the basketball game; Basketball school particularities for grades 0-VIII; Methods and means for teaching basketball in school; Preparing games for mini basketball; The basketball game technique; Methodology of learning the technical elements and procedures specific to the basketball school game; Basic basketball tactics.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodic of teaching volleyball in school	MPV	Romanian	4	1	-	2	1

Course description (Syllabus): Description and content of the volleyball game; Volleyball school particularities for grades 0-VIII; Methods and means for teaching volleyball in school; Preparing games for mini volleyball; The volleyball game technique; Methodology of learning the technical elements and procedures specific to the volleyball school game; Basic volleyball tactics.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Theory and practice of training in cross-country mountain environments	TPS	Romanian	3	1	-	2	-
Theory and practice training in mountain environment – ski jumping	TPSS	Romanian	3	1	-	2	-

Course description (Syllabus): In a broad sense, the theoretical foundations of skiing, the basic and advanced techniques of cross-country skiing, the principles of physical and technical-tactical training specific to the mountain environment, the methods of initiating and improving the sliding technique, the organization and conduct of lessons on varied terrain, the criteria for evaluating sports progress, safety measures and prevention of injuries in mountain areas, adapting effort to weather and relief conditions, the use of appropriate equipment, as well as the training of the skills necessary for the autonomous and efficient practice of cross-country skiing are studied. This course treats concepts of international and national history and rules in ski jumping. It also introduces the technique concepts for each phase of the jump, meaning in-run phase, take-off, flight and landing, while identifying the major mistakes that influence performance at technical execution for each phase separately. It treats methodological aspects of initiation in ski jumping technique and methods of improving physical condition in children training.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Adapted physical activities	AMA	Romanian	3	1	-	2	-
Fitness	FIT	Romanian	3	1	-	2	-

Course description (Syllabus): Defining concepts of deficiency, disability, handicap; The main sorts of deficiencies: characteristics, particularities, affected anatomical structures; The behavioral deficiencies: autism, ADHD; Mental intelligence and mental deficiencies; Evaluation of the person with disabilities; The special education: integrated and inclusive education; The program of adapted motor activities; Special Olympic: structure, philosophy, mission, programs, eligibility, adapted activities and sports; Paralympic Games: structure, eligibility, adapted rules, sports, adapted equipment and materials; Safety measures for persons with disabilities: protection of rights, facilitating access to physical education and adapted motor activities. Explaining the concepts, theories and methods specific to fitness. Identifying and explaining the concepts, theories and methods specific to fitness. Achieving is a correct reasoning for evaluating the quality of some fitness programs, using the theoretical knowledge.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Postural screening and prevention of physical deficiencies in the school environment	SPDF	Romanian	3	1	-	2	-
The fundamentals of an active lifestyle	FSVA	Romanian	3	1	-	2	-

Course description (Syllabus): In an extended phrase, the principles of postural assessment in children and adolescents are studied, methods for early identification of spinal and limb deviations, instruments and techniques for measuring body alignments, factors favoring the development of physical deficiencies, prevention strategies through corrective exercises, the role of the teacher in monitoring postural evolution, planning recovery interventions during physical education classes, collaboration with medical specialists for severe cases, adapting motor activities to the particularities of students, as well as creating an educational climate oriented towards the healthy and harmonious development of the locomotor system. It studies, in a broad sense, the principles of maintaining health through regular physical activity, the importance of balance between effort, rest and nutrition, the role of motivation and healthy habits in forming an active behavior, ways to integrate exercise into the daily routine, the physiological and psychological benefits of movement, strategies to prevent sedentarism, the development of health self-monitoring skills, the impact of the social and educational environment on lifestyle, stress management through physical activity, as well as the promotion of a culture oriented towards well-being and active longevity.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Digitalized applications in Physical Education and Sports	ADSP	Romanian	3	1	-	2	-
Legislation in physical education and sports	LEFS	Romanian	3	1	-	2	-

Course description (Syllabus): It studies, in a broad sense, the use of modern technology for monitoring physical activity, digital platforms and applications dedicated to motor training and assessment, video analysis methods for correcting technique, tools for tracking performance and individual progress, the integration of smart devices in physical education lessons, the design of interactive and gamified activities, the use of online resources for teaching and learning, data management and interpretation of motor indicators, the development of digital skills of the teacher and the student, as well as the optimization of the instructional process through innovative technological solutions. It studies the legal framework that regulates the activity in the field of physical education and sports, the rights and responsibilities of teachers, coaches and students, the rules regarding the organization and conduct of school sports activities, regulations regarding the safety of participants and accident prevention, laws and public policies aimed at promoting sports for all, procedures for financing and managing sports resources, quality standards and professional ethics, the role of national and international institutions in coordinating sports activities, mandatory documents in teaching and sports practice, as well as the correct application of legislation to ensure a safe, fair and efficient educational environment.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Body expression and eurhythm	ECE	Romanian	4	1	2	-	-

Course description (Syllabus): Body expression and motor communication, concept, boundaries terminology, purpose, objectives, particularities of the movements. Characterization of motor behavior: expressiveness and gestures bodily: characteristics, particularities of movement, systematization. Musical accompaniment, general aspects, musical character, means of musical expressiveness. Identification and description of the main means of training the ability to perceive and render in motion, the particularities musical accompaniment. Identification and description of the main means of education the aesthetics of the movement. Identification and description of the main means for selective

processing of the locomotor apparatus and physical development harmonious. Methodical guidelines for choosing a musical piece, and composition of some compositions. Conducted an artistic show. Designing a demonstrative show.

Course title	Code	Language of instructions	No. of credits	Number of hours per week				practiă
				course	seminar	laboratory	project	
Internship in educational institutions	SPUI	Romanian	5	-	-	-	-	6

Course description (Syllabus): The training of teaching practice; Information on the structure and drawing up check notebook of pedagogical practice; The teaching practice observation; Active teaching practice; The elaboration of draft didactic activity in all the activities supported; The characterization and evaluation by the teacher mentor for the entire activity of teaching practice.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Chess	SAH	Romanian	4	1	-	2	-

Course description (Syllabus): Introduction in chess game; Moving pieces, mobility of pieces, the relative value of pieces; Chess pieces in attack and defense; Special moves in chess, simple checkmates; Chess openings; Spanish defense, Italian defense; Mats with light figures (with two bishops, knight and bishop); Combination; Tactical methods (double attack, discovery attack, binding; Russian defense, Scottish match; Analysis of the position of the game plan.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Theory and practice of non-formal motor activities	TPAM N	Romanian	4	1	-	2	-

Course description (Syllabus): The concept of education; types of education (formal, non-formal and informal); Comparative analysis (advantages, disadvantages); Non-formal education versus formal, theoretical and methodological current addressed nationally and internationally; Valences of educational activities versus non-formal school motor physical education (relationship competition - cooperation); Principles, rules, methods and specific means of motor activities in nonformal motor games (concept, types, valences, design methodologies); Classroom, the student's personality, fields motor activities formal pedagogical; Procedures for assessing and evidence the non-formal motor activities.

Course title	Code	language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Internship training and development of the diploma	SPEL	Romanian	4	-	-	-	4
Elaboration of the bachelor's thesis	ELL	Romanian	4	-	-	-	4

Course description (Syllabus): 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); Presentation and analysis of test and measurement applicable to the work of physical education and sport; The statistical indicators and their application in physical education and sport; Analyzing and drafting aspects of research support. The principles of academic writing and the structure of a scientific paper are studied, the methods of identifying and formulating a relevant topic, the techniques of documentation and correct use of sources, the ways of organizing theoretical and practical chapters, the research methods specific to the field, the procedures for collecting and interpreting data, the requirements for citing and avoiding plagiarism, the criteria for clear, coherent and well-argued writing, the preparation of the presentation and oral defense of the paper, as well as the development of the skills necessary to complete a rigorous and original scientific approach.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Theory and practice of training in sportive dance	TPDS	Romanian	3	1	-	2	-
Theory and practice of training in folk dance	TPDF	Romanian	3	1	-	2	-

Course description (Syllabus): Dancing sports discipline; the current stage of the dance; dance is sports and art at the same time; the dance against the standard European. Generalities about dance; dance history; current forms of dance; dance components; dance coordinates; types of complementary and main dances, included in the indicative program of preparation of the dancers; Organizational Chart of artistic dance. all Dance genres in the field of dance; objectives of the main dance genres; competences of main dance genres; sport classification criteria of dance; functions of dance. Psycho-somatic-functional aspects; psychic aspects of students 6-18 years old; psycho-motor aspects; somatic aspects; issues physiological, functional. Physical effort in dance; physical effort for the age category 6-18 years old; classification of types of physical effort adapted to dance; classifications The type of physical exercise in sports; physical effort programming; adaptation to effort physiologically; muscle contraction; preparation muscle; muscle fatigue; duration of restoration after effort. Performance, high performance; dance performance; the abilities of the dancers, their identification; talent, craftsmanship art. Generalities of dance selection; the stages of selection in dance; the indicative training program; components - of the program preparatory guidance, regarding the specialized literature. Dance technique; motor learning; dance as a technical performance; dance terminology; the specific technical terms; semiotics dance; the technical aspect in the frequent dances; the motor qualities adapted to the dance.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Communication in sports science and physical education	CSS	Romanian	3	1	2	-	-
Psycho-pedagogy	PP	Romanian	3	1	2	-	-

Course description (Syllabus): Socialization - definitions, characteristics, explanatory theories, stages of socialization. Factors and mechanisms of social change and development, Communication - the fundamental form of socialization. Factors influencing communication Sport - an interhuman communication factor, Social integration - aspects of socialization in sport, Sport - a contributing factor of socialization - definition of sport, objectives and functions of contemporary sport, Characteristics and directions of socialization in sport. Types of socialization in sport. Sporting group: characteristics, typology, dynamics, cohesion, structure and sociometric status, The factors of the socialization process and their specificity in sport. Socio-cultural Impact of Sport Competitions. Psycho sociology of the competition, The role of social attitudes in sport Consequences of attitudes on interpersonal relationships. Object psycho-pedagogy of physical education and sport; Physical education - object of study of psycho-pedagogy; Formative functions of psycho-pedagogy and sport; Educating inferior cognitive mental processes in educational activity and sports; Educating higher cognitive mental processes in physical education and sports activities; Education of personality structures of elite sportspersons; Psychological preparation and psycho pedagogical of sportsmen.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Table tennis and badminton	TMB	Romanian	3	1	-	2	-
Mountain running	AM	Romanian	3	1	-	2	-

Course description (Syllabus): The technical-tactical principles of the two racket sports are studied, the fundamental elements of specific hits and movements, the methods of initiating and perfecting individual technique, game strategies adapted to the level of performance, the official regulations and the way of organizing competitions, the development of coordination, reaction speed and precision, the methods of evaluating motor progress, the use of appropriate materials and equipment, the importance of fair play and sportsmanship, as well as the creation of game contexts that stimulate active participation and efficient learning. What Rules that will be follow at the mountain run. Design and presentation of systems of specific means for physical and sports education, free time programs and

extracurricular activities with sports specific: running, throwing, jumping, cross, road running, mountain running and road running. Operational models of adapting the body to the general and specific efforts of mountain running. Development is mountain running. What is mountain running? The effort capacity of the students participating in the mountain running course. Preparing and conducting training lessons on levels of preparation. Mountaineering competitions and competitions. Use of specific principles, rules and systems for assessing the level of teaching / learning and mountain running technique. Use of specific principles, rules and systems for assessing the level of teaching / learning and mountain running technique.

Course title	Code	Language of instructions	No. of credits	Number of hours per week			
				course	seminar	laboratory	project
Volunteering in school sports	VSS	Romanian	3	-	-	-	4

Course description (Syllabus): The role of volunteering in the sustainable development of the sports educational environment. The psychosocial principles underlying voluntary involvement are studied, such as prosocial motivation, civic responsibility and the formation of socio-emotional skills. The impact of volunteering on the school climate is also analyzed, emphasizing its contribution to increasing group cohesion, social integration and active participation of students. The course explores effective organizational models for volunteering projects, elements of sports activity management and strategies for coordinating volunteer teams. It also addresses issues regarding ethics in volunteering, effective communication and participant safety. Finally, the discipline emphasizes the value of volunteering as an educational tool through which students gain practical experiences, community spirit and healthy behaviors, contributing to the development of a positive sports culture in school.