

# Transylvania University of Brasov, Romania

## Study program: Kinetic therapy and Special Motility

Faculty: Physical Education and Mountain Sports

Study period: 3 years (bachelor)

1<sup>st</sup> Year 2025-2026

| Course title | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|              |        |                         |                | course                   | seminar | laboratory | project |
| Kinesiology  | Kine01 | Romanian language       | 4              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** Movement - moving concept; importance and its place in human motility; Human motor skills - concept, structure, capacity motor and psychomotor concept; Causes and effects of motility - physiological mechanisms, motility and adaptation; Characteristics and laws of human motion - facts and laws determinants of body movement; Motility - phylogenetic and ontogenetic approach; Learning movements and motor activity; Capabilities moving - exercise.

| Course title             | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--------------------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                          |        |                         |                | course                   | seminar | laboratory | project |
| Anatomy and Biomechanics | Anat01 | Romanian language       | 5              | 2                        | 2       | -          | -       |

**Course description (Syllabus):** Anatomy - Generalities. Osteology. Joint system. Myology. Getting elementere on the cardiovascular and respiratory systems. Basics of biomechanics

| Course title        | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|---------------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                     |        |                         |                | course                   | seminar | laboratory | project |
| Formative athletics | FAtI01 | Romanian language       | 2              | -                        | -       | 2          |         |

**Course description (Syllabus):** Running School – mastering, consolidating and perfecting the basic elements of running school and mastering the technique of running events; Jumping School – mastering, consolidating and perfecting the basic elements of jumping school and mastering the technique of jumping events; Throwing School – mastering, consolidating and perfecting the basic elements of throwing school and mastering the technique of throwing events; Training and perfecting motor skills specific to athletic events. Adapted athletic exercises – the technique and methodology of teaching adapted athletic exercises in order to prevent and correct physical deficiencies;

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|------------------------|------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                        |      |                         |                | course                   | seminar | laboratory | project |
| Therapeutic gymnastics | TG01 | Romanian language       | 4              | 1                        | -       | 2          | -       |

**Course description (Syllabus):** The importance of gymnastics. Characteristics, tasks and means. Classification of exercises. Brief history of gymnastics. Domestic and international organization of gymnastics. Classification of the current level of gymnastics worldwide. General basics of the technique of exercises in gymnastics. Planes and axes of the body. Fundamental and derived positions and directions of movement of the body relative to the ground and apparatus. Description of exercises and composition of drawings in gymnastics. Gymnastics terminology – evolution and basic principles. Basic terms for front exercises and formations. Actions on the spot and on the move; Changes of formations and movements in figures. The role of general development exercises. Characteristics of muscle activity.

Mastering the general basics of movement. Formation of correct posture. General basics of applied exercises. Walking, running and jumping.

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|----------------------------|-------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                            |       |                         |                | course                   | seminar | laboratory | project |
| Theory of motor activities | TAM01 | Romanian language       | 4              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** Objectives of motor activities, motor skills, motor capacity; Physiological mechanisms of motor skills, determinants of movement; Motor behavior, the versatility of motor action; Research and types of research, research methods and kinematic analysis of movement; Motor skills at different ages; Motor learning – typology. Motor pre-skills and skills; Effort and fatigue in motor activity. Effort capacity

| Course title                 | Code | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|------------------------------|------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                              |      |                         |                | course                   | seminar | laboratory | project |
| Football training activities | FB01 | Romanian language       | 4              | -                        | -       | 4          | -       |

**Course description (Syllabus):** Presentation of forms of movement without the ball: walking variants, running variants, stopping, turning, jumping. Elements and technical procedures in possession of the ball: taking over, dispossessing, keeping the ball, protecting, deceptive movement, driving, kicking the ball, heading the ball, throwing from the side, by the technical procedure with the side, the inside lace, kicking the ball by the technical procedure with the full lace. Kicking the ball with the head from the spot, from running and from jumping. Content of the goalkeeper's game: Catching the ball, throwing the ball with the hand, going out and blocking, driving the ball, clearing the ball with the foot. Individual tactical actions in attack and defense.

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|------------------------------|------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                              |      |                         |                | course                   | seminar | laboratory | project |
| Handball training activities | HD01 | Romanian language       | 4              | -                        | -       | 4          | -       |

**Course description (Syllabus):** Ball handling: Basic position: for attack and defense; Movement on the field for attack and defense; Catching, holding, and passing the ball: from a place; from a place followed by movement; Dribbling and shooting from a place; Shooting from a running position, Shooting with support on the ground: Cross-step shooting, Shooting with a hopped and added step shooting Game, Shooting from a jump with a straight shot and from the extremes; Splits - movement; passing; shooting; Taking the ball away from the opponent; blocking shots at the goal, blocking the opponent with the body; School games, Attack tactics: game phases - counterattack, simple crossing, enveloping, double crossing; marking, overtaking, penetrating, recovering the ball; Bilateral games with a theme, Defense tactics: retreating; closing the penetration lanes; marking, attacking the opponent with the ball, systems of play in attack and defense.

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|--|-------|-------------------------|----------------|--------------------------|---------|------------|---------|
|  |       |                         |                | course                   | seminar | laboratory | project |
| Ethics and deontology in physiotherapy | EIA01 | Roumanian language      | 4              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** Fundamentals of professional ethics and deontology; The code of ethics of the physiotherapist; Ethical responsibility towards the patient; Professional integrity and ethics in research; Therapist-patient relationship and ethical aspects; Ethics in the context of multidisciplinary teams; Promoting ethics in the community and education

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|------------------|------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                  |      |                         |                | course                   | seminar | laboratory | project |
| Academic writing | SA01 | Romanian language       | 1              | 1                        | -       | -          | -       |

**Course description (Syllabus):** Career and Learning: Drafting supporting documents (letter of intent, research project, curriculum vitae) Sources in academic writing: WATER citation Systems, Chicago/Tarubian, MLA. Notes, bibliography Types of Academic Products: Argumentative essay: The structure of the argumentative essay. The internal structure of the paragraphs and the link between them. Types of Academic Products: research paper: General principles of a research work. Choice of subject. Identification of sources. Bibliographical research. The work plan and the system of fiches.

| Course title                    | Code      | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|---------------------------------|-----------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                 |           |                         |                | course                   | seminar | laboratory | project |
| English1<br>Franch1<br>Spanish1 | LbEFS1.01 | Foreign languages       | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** The Verb. Mood, tense and aspect; The Verb. Indicative Mood. Present (simple & continuous, perfect simple & continuous); The Verb. Indicative Mood. Past (simple & continuous, perfect simple & continuous); The Verb. Indicative Mood. Future (simple & continuous, perfect simple & continuous). Future-in-the-Past (simple & continuous, perfect simple & continuous). Other ways of expressing the future (Present simple & continuous, be going to, be to, be about to); The Verb. Modals; The Adjective. Classification, comparison, special constructions, position

| Course title                       | Code                    | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|------------------------------------|-------------------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                    |                         |                         |                | course                   | seminar | laboratory | project |
| English 2<br>Franch 2<br>Spanish 2 | Eng02<br>Fra02<br>Spn02 | Foreign languages       | 2              | 1                        | 1       |            |         |

**Course description (Syllabus):** The Verb. Mood, tense and aspect; The Verb. Indicative Mood. Present (simple & continuous, perfect simple & continuous); The Verb. Indicative Mood. Past (simple & continuous, perfect simple & continuous); The Verb. Indicative Mood. Future (simple & continuous, perfect simple & continuous). Future-in-the-Past (simple & continuous, perfect simple & continuous). Other ways of expressing the future (Present simple & continuous, be going to, be to, be about to); The Verb. Modals; The Adjective. Classification, comparison, special constructions, position

| Course title    | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|-----------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                 |        |                         |                | course                   | seminar | laboratory | project |
| Kinanthropology | Kin.02 | Romanian language       | 3              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Introduction to kinanthropology; Biological basis of human movement; Anthropometry and body composition; Biomechanics of movement; Motor development and physical performance; Kinanthropology applied to sport and physical education; Evaluation and practical applications

| Course title | Code  | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--------------|-------|-------------------------|----------------|--------------------------|---------|------------|---------|
|              |       |                         |                | course                   | seminar | laboratory | project |
| Physiology   | Fiz02 | Romanian language       | 5              | 2                        | 2       | -          | -       |

**Course description (Syllabus):** Locomotor system: physiology of the skeletal system; physiology of the muscular system. Nervous system: general, reflexive notions; physiology of the nerve; physiology of the synapse; physiology of the spinal cord; physiology of the brainstem; physiology of the cerebral hemispheres; physiology of the vegetative, sympathetic

and parasympathetic nervous system. Endocrine system: adrenal glands; thyroid; endocrine pancreas and sexual glands. Respiratory system: physiology of the respiratory system: inspiration and expiration, respiratory volumes, lung capacities, gas transport and respiratory regulation. Cardiovascular system: physiology of the heart; physiology of circulation; physiology of circulation; physiology of lymphatic circulation; nervous regulation of blood circulation. Metabolism: physiology of intermediate carbohydrate, lipid and protein metabolism; physiology of energy metabolism

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|--------------|-------|-------------------------|----------------|--------------------------|---------|------------|---------|
|              |       |                         |                | course                   | seminar | laboratory | project |
| Semiologie   | Sem02 | Romanian language       | 4              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** General notions of pathophysiology, Physiology of inflammation, Semiology of the skin, respiratory system, Cardiovascular system, Pathology of traumatism of the upper and lower limbs and the spine, Pathology of arthrosis, Semiology of the locomotor system, Pathology of shoulder, hip, knee, foot and hand ailments, Semiology of blood vessels. General notions of semiology, Semiology of muscle tissue. Semiology of subcutaneous tissue.

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|--------------------------------|-------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                |             |                         |                | course                   | seminar | laboratory | project |
| Health education and first aid | DSPAjut. 02 | Romanian language       | 5              | 2                        | 2       | -          | -       |

**Course description (Syllabus):** Food hygiene. Nutritional needs of a healthy person. Rational nutrition for athletes. Individual hygiene of the athlete. Hygiene problems in competitive sports. General first aid elements. Methods of transporting injured persons. Methods of dressing. Trauma (contusions, wounds, sprains, dislocations, fractures). Hemorrhage. Means of hemostasis. Electrocution. Burn. Cardiac, respiratory and cardiorespiratory stop. Drowning. Frostbite.

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|--|-----------|-------------------------|----------------|--------------------------|---------|------------|---------|
|  |           |                         |                | course                   | seminar | laboratory | project |
| Equipment, devices and installations used in kinetotherapy | EAIKin.02 | Romanian language       | 4              | 1                        | -       | 2          | -       |

**Course description1 (Syllabus):** General and specific concepts regarding the terminology used in the discipline; The role and effectiveness of objects, materials and tools in physical therapy, using various objects and tools in kinetic therapy, safety and protection measures; Fitness equipment used in physical therapy (walking and running treadmill, bicycle, Multifunctional devices, fitness ball (Gym ball), Bossu ball, Step360 Pro Concept, stretch fabrics (rope, tape, extensor); Mechanical therapy - Conceptual role, relevance, efficiency and classification. (Pulleys therapy, Suspension therapy, mechanical passive mobilizations, mechanical tractions / elongations, pneumatic instruments); Equipments, installations, objects and devices in the education and rehabilitation of posture, balance and walking (device frame with parallel bars, crutches, orthoses, canes, support bracket for walking, modular system with gears and parallel, ergometric bicycle, treadmill, discs and balance boards, balls); Chamber of sensory stimulation. Importance, specific components, arrangement and advantages of the sensory stimulation room; Equipment used in kinetic therapy research (Posture device, strength platforms, simulation training devices).

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|--|----------|-------------------------|----------------|--------------------------|---------|------------|---------|
|  |          |                         |                | course                   | seminar | laboratory | project |
| Secondary and tertiary kinetoprophylaxis | KSTer.02 | Romanian language       | 4              | 1                        | -       | 2          | -       |

**Course description2 (Syllabus):** Physical deconditioning syndrome, definition, generalities; The consequences of physical deconditioning syndrome neuromioartrokinetic system; The consequences of physical deconditioning syndrome on the cardiovascular system; Physical deconditioning syndrome consequences on the respiratory system; Body balance,

definition components. Balance testing; . Recovering balance disorders; walk-definition, time of travel, kinetic implications.

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|-----------------------------|-----------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                             |           |                         |                | course                   | seminar | laboratory | project |
| Muscle toning/ Play therapy | Mt02/Pt02 | Romanian language       | 3              | -                        | -       | 4          | -       |

**Course description (Syllabus):** Motor activity, human motility; Motor activity - Elements of content; Motor learning; Motor activity - learning and training tools; Motor activities - basic motor qualities; Motor programming and planning activities; Evaluation to the motor activity; Fitness; body expression

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|--------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|              |        |                         |                | course                   | seminar | laboratory | project |
| Volunteering | Vol 01 | Romanian language       | 2              | -                        | -       | 2          | -       |

**Course description (Syllabus):** Definition of the volunteering. Volunteering is the public interest activity carried out on one's own initiative by any natural person, for the benefit of others, without receiving a material consideration. The activity is carried out in areas such as: assistance and social services, protection of human rights, medical-sanitary system, cultural, artistic, educational, educational, scientific, religious, sports, environmental protection, civic activism, emergency situations, aid humanitarian and/or philanthropic, community development, social development. participation as a volunteer, activity of public interest, unpaid and based on a freely consented decision of the volunteer; the volunteer's active involvement in community life; carrying out volunteering with the exclusion of remuneration from the beneficiary of the activity; the participation of people in voluntary activities, based on equal opportunities and treatment, without discrimination; volunteer activity does not replace paid work; the public interest nature of the volunteering activity.

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|--|-------|-------------------------|----------------|--------------------------|---------|------------|---------|
|  |       |                         |                | course                   | seminar | laboratory | project |
| Doping and medical management in sport | Dop01 | Romanian language       | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Definition of the concept of doping. Types of doping. Effects of doping on the body and performance. Doping legislation and regulation. How is doping detected? Preventing and combating doping.

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|--------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|              |        |                         |                | course                   | seminar | laboratory | project |
| Volunteering | Vol 02 | Romanian language       | 2              | -                        | -       | 2          | -       |

**Course description (Syllabus):** Fields for volunteering. Educational, Social, Ecological, Civic, Cultural-artistic, Sports, Health, Volunteering for animals. How volunteering helps your career? Why volunteer if you are a student.

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|-------------------------------------|---------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                     |         |                         |                | course                   | seminar | laboratory | project |
| Methodology of fitness optimization | MetCF02 | Romanian language       | 2              | 1                        | -       | 1          | -       |

**Course description (Syllabus):** Pilates conceptual delimitations - the concept of "controlology" in the sense of Joseph Hubertus Pilates. the history of the pilates method. the "pilates" acrostic. theoretical arguments that support the pilates motor training method. the principles of the pilates method. the principles of movement in the pilates method. the presentation of the pilates equipment. the benefits of using the programs on the pilates equipment

| Course title                | Code     | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|-----------------------------|----------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                             |          |                         |                | course                   | seminar | laboratory | project |
| Physiology of sports effort | FizEfS02 | Romanian language       | 5              | 2                        | 2       | -          | -       |

**Course description (Syllabus):** Aerobic exercise, What happens to the body during aerobic exercise? What are the benefits of aerobic exercise for your health? Aerobic exercise capacity testing in female athletes. Anaerobic exercise. What are the health benefits of training involving anaerobic exertion?

## 2<sup>nd</sup> Year 2026-2027

| Course title                               | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|  |        |                         |                | course                   | seminar | laboratory | project |
| The theory of physical education and sport | TEFS03 | Romanian language       | 4              | 1                        | 2       | -          | --      |

**Course description (Syllabus):** Theory of Physical Education and Sport (TEFS) - scientific discipline; Principal terms of the Theory of Physical Education and Sport (human movement, physical education, sport, sports training, physical development, motor ability, physical attributes, skills and exercise); The effort lesson e.f.s; The organization forms of practicing physical exercises (lesson e.f.s. - basic form of practicing physical exercises - taxonomy, content, structures, forms of organization, arrangement and practice of collective of students in the lesson e.f.s.);

| Course title            | Code  | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|-------------------------|-------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                         |       |                         |                | course                   | seminar | laboratory | project |
| Formative alpine skiing | FA.03 | Romanian language       | 4              | -                        | -       | 3          | -       |

**Course description (Syllabus):** Use of mechanical means specific to winter sports, Knowledge of Code of Conduct and Compliance with Sliding Rules on the Path, Knowing how to transport the equipment while traveling, Grip and loosening of the boots, Preparing the body for effort, Accommodation with the equipment, Falling and getting out of the fall, Basic Technique - Walks, ascents, returns - Direction changes on the spot, Basic Technique - Ski positions - Direct descent, Stopping technique - Snow plough stop and snow plough glide, Oblique descent, Crossing slope breaks, Basic technique - Garlands, The simple garland, Ghirland with simultaneous opening of the skis, Cristie with rotation

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|---------------------------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                 |        |                         |                | course                   | seminar | laboratory | project |
| Swimming and hydrokinetotherapy | IHK.03 | Romanian language       | 5              | 2                        | -       | 4          | -       |

**Course description (Syllabus):** Hydrokinetotherapy - General remarks. Aquatic gymnastics and its role in the recovery. The influence of swimming on health. Therapeutic indications and contraindications for swimming. Hydrokinetotherapy in physical deficiencies of the back.

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|--------------------------------|----------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                |          |                         |                | course                   | seminar | laboratory | project |
| General bases of kinetotherapy | BGKin.03 | Romanian language       | 5              | 2                        | 2       | -          | -       |

**Course description (Syllabus):** General and specific objectives in Physical Therapy. Specific and nonspecific means of physical therapy. Joint balance - general remarks. Neuroproprioceptiv facilitation techniques. Methods in Physical Therapy.

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|---|------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|   |            |                         |                | course                   | seminar | laboratory | project |
| Methods and techniques of neuromotor re-education | MThRNeu 05 | Romanian language       | 3              | 1                        | -       | 1          | -       |

**Course description (Syllabus):** Training and correct attitude correction. Detection and sorting physical deficiencies in school; Whole-body physical impairments; Physical deficiencies of the head and neck; Elements of Anatomy and Functional anatomy of the spine. Basics spine morphology of recovery; Physical deficiencies of the spine: kyphosis, lordosis, cifo-lordoza; Physical deficiencies of the spine: scoliosis, kyphoscoliosis. Complex physical impairments; Chest physical deficiencies. Physical deficiencies of the arm; Physical deficiencies of the foot. Evaluation walking. Pathological walk.

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|------------------------------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                    |        |                         |                | course                   | seminar | laboratory | project |
| Normal and pathological psychology | Pse.03 | Romanian language       | 3              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Norm, normality, normal behavior, Health and mental illness, The domain and tools of psychopathology, Definition, object and content of psychopathology, Biopsychosocial model, Elements of neuropsychology, Normal and pathological personality, Definition of personality, Disease and personality, Medical causes of personality changes, Personality disorders, General clinical features of disharmony, Recognition of personality disorders. Classification of personality disorders and their medical hypostases. Autistic disorder, Asperger's disorder, perception disorders, attention disorders, memory and thinking disorders, communication disorders, motor disorders.

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|---------------------------------|--------------------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                 |                          |                         |                | course                   | seminar | laboratory | project |
| English3<br>Franch3<br>Spanish3 | Eng03<br>fran03<br>Spn03 | Foreign languages       | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** The Verb. Mood, tense and aspect; The Verb. Indicative Mood. Present (simple & continuous, perfect simple & continuous); The Verb. Indicative Mood. Past (simple & continuous, perfect simple & continuous);

| Course title                    | Code                     | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|---------------------------------|--------------------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                 |                          |                         |                | course                   | seminar | laboratory | project |
| English4<br>Franch4<br>Spanish4 | Eng04<br>fran04<br>Spn04 | Foreign languages       | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** The Verb. Indicative Mood. Future (simple & continuous, perfect simple & continuous). Future-in-the-Past (simple & continuous, perfect simple & continuous). Other ways of expressing the future (Present simple & continuous, be going to, be to, be about to); The Verb. Modals; The Adjective. Classification, comparison, special constructions, position.

| Course title                   | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--------------------------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                |        |                         |                | course                   | seminar | laboratory | project |
| Basketball training activities | Bas.03 | Romanian language       | 4              | -                        | -       | 3          | -       |

**Course description (Syllabus):** Basketball – conceptual boundaries, rules, The game without the ball: The fundamental position: for attack and defense; movement games for the fundamental position, movements on the court, Holding and catching and passing the ball, Driving the ball, stopping, pivoting, Throwing the ball at the basket, Actuation systems for the development of motor qualities (speed, strength, skill, endurance), Adapted basketball

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|--------------------------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                |        |                         |                | course                   | seminar | laboratory | project |
| Volleyball training activities | Vol.03 | Romanian language       | 4              | -                        | -       | 3          | -       |

**Course description (Syllabus):** Formation of specific skills of hitting the ball in the game of volleyball: "cup", "cuff", "palm". Development of specific motor qualities – vertical jump capacity in conditions of balance; development of reaction speed and execution specific to the game. Initiation into the game technique (technical procedures): - front service from above and below, taking over from service with two hands from above and below, lifting for attack with two hands from above forward, over the head and from the jump, attack hit – straight procedure from Z4, Z3, Z2, Game systems for beginners – without specialization in positions – with R in Z2 for attack and defense in a semicircle

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|--|---------|-------------------------|----------------|--------------------------|---------|------------|---------|
|  |         |                         |                | course                   | seminar | laboratory | project |
| Management and entrepreneurship in physiotherapy | Mang.04 | Romanian language       | 4              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** Management, manager, introductory concepts; Genesis and evolution of management; Management functions: Forecasting, Organization, Coordination, Training, Control/evaluation, Approach to managing the activity of the physiotherapy office. MARKETING IN PHYSIOTHERAPY: Marketing - essential concepts, Marketing in physiotherapy, Online marketing, Online marketing vs. classic marketing, Main trends in researching online consumer behavior, Online marketing planning; NORMATIVE FRAMEWORK OF ORGANIZING PHYSIOTHERAPY SERVICES: Formalities necessary for setting up a company, Elements of fiscal legislation, Legislative elements regarding the physiotherapist profession, Elements of minimum equipment for recovery offices, physical medicine and balneology, MANAGEMENT OF INFORMATIONAL RESOURCES OF THE ORGANIZATION: Conceptual delimitations and clarifications, The relationship between communication and management Particularities of the marketing information subsystem, Relational databases for the field of Physiotherapy.

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|   |        |                         |                | course                   | seminar | laboratory | project |
| Measurement and evaluation in physiotherapy | Mas.04 | Romanian language       | 5              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Conceptual restraints of evaluation, evaluation of the neuro- myo - arthrokinetic apparatus afflictions. Benchmarks of the development concept, characteristics of the human being's evolution; Theoretical aspects regarding the importance and the role of evaluating the growth and physical development through subjective and objective methods: the general segmentary somatoscopy examination, the instrumental somatoscopy examination, somatometry; Theoretical aspects regarding the specific elements of evaluating the movement amplitude I and II: evaluating the articular amplitude and the articular balance of the spine; Data regarding the evaluation of muscular force. The subjective and objective muscular evaluation. Testing the muscular force; The characteristics of appreciating the balance disorders, the evaluation of resistance and ADL's; Theoretical consideration and data regarding the exploration of sensibility and reflexes; Data concerning the ongoing of the rehabilitation program, through tests and means specific to the functional evaluation, cardio respiratory and neuromuscular reactivity.

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|   |        |                         |                | course                   | seminar | laboratory | project |
| Physical and sensory impairment physiotherapy | Kdf.04 | Romanian language       | 5              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Physical exercise - specific means of physical therapy. Static and dynamic exercises. Control - coordination - balance in the context of physical therapy. Physical deficiencies of the head and neck. Physical deficiencies of the spine: kyphosis, lordosis, kypholordosis, scoliosis, kyphoscoliosis. Chest physical deficiencies. Physical limb deficiencies.



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|--------------------------------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                      |        |                         |                | course                   | seminar | laboratory | project |
| Massage and complementary techniques | Mas.05 | Romanian language       | 5              | 2                        | -       | 4          | -       |

**Course description (Syllabus):** Massage: General remarks, areas involved in massage, massage rules for the application. Main technical processes and effects of massage. Technical and side effects of massage procedures. Partial massage, massage trunk, lower limbs, upper head. Reflex massage - basics.

| Course title   | Code     | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--|----------|-------------------------|----------------|--------------------------|---------|------------|---------|
|  |          |                         |                | course                   | seminar | laboratory | project |
| Communication techniques with people with disabilities | Thcom.04 | Romanian language       | 5              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** History and general notions in social communication and adapted communication; General notions in therapeutic communication in people with disabilities - principles and characteristics; Basic notions of effective therapeutic communication methods in people with motor disabilities; Specific therapeutic communication - Mimic-gesture language and other methods of communication with people with sensory impairments; Learning basic notions in communication in people with psychiatric disorders and autism spectrum disorders (ASD); Learning inclusion strategies, communication and the rights of people with disabilities.

| Course title                   | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--------------------------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                |        |                         |                | course                   | seminar | laboratory | project |
| Communication in physiotherapy | Ckt.04 | Romanian language       | 5              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** Communication – characteristics, Non-verbal communication; Therapist-patient communication; Communication with the patient – general principles; Physiotherapy intervention – Principles; Training communication skills; Conflicts and their management; Counseling patients with anxiety, depression, personality disorders; Approaching patients with stroke, cognitive impairment and aphasia; The importance of personal quality in the therapeutic relationship

| Course title    | Code      | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|-----------------|-----------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                 |           |                         |                | course                   | seminar | laboratory | project |
| Pathophysiology | Fizpat.04 | Romanian language       | 4              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** General characteristics of pathophysiology: Definition of pathophysiology as a science and didactic discipline; Structure and components of pathophysiology, Tasks of pathophysiology; General etiology: Characteristics of the causes of the disease. Characteristics of the conditions of the disease; Notion of health and disease: Classification of diseases, Periods of disease evolution, Structure of the disease, General sanogenesis. TYPICAL PATHOLOGICAL PROCESSES: Typical cellular pathological processes, Hyperkalemia, Fever, Stress; TYPICAL TISSUE PATHOLOGICAL PROCESSES: Hyperplasia, Hypertrophy, Atrophy, Sclerosis.

| Course title  | Code    | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|---------------|---------|-------------------------|----------------|--------------------------|---------|------------|---------|
|               |         |                         |                | course                   | seminar | laboratory | project |
| Psychosomatic | Phmo.04 | Romanian language       | 4              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** Definition of psychosomatics; psychosomatic diseases and their causes, symptoms of psychosomatic diseases: Typical features, common psychosomatic problems, stress, tension or anxiety, Kinetic or psychological remedies

| Course title                   | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--------------------------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                |        |                         |                | course                   | seminar | laboratory | project |
| Theory of psychomotor behavior | TCPS03 | Roumanian language      | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Psychomotor education, component of physical education; Semantics of motricity: concept, derived notions, ontogeny; Motricity in the formation of human personality; Motricity, fundamental component of human existence; Motricity – concept delimitations; Motor components; Motor capacities; Ontogeny of motor skills: for infants; in the preschool period (1-3 years); of preschoolers (3-7 years); of schoolchildren (7-11 years old); in the pubertal stage (11-14 years), in the adolescence stage (14-18 years); the young adult (18-35 years); in adulthood (35-65 years); the elderly (over 65).

| Course title | Code  | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--------------|-------|-------------------------|----------------|--------------------------|---------|------------|---------|
|              |       |                         |                | course                   | seminar | laboratory | project |
| Volunteering | Vol03 | Roumanian language      | 2              | -                        | -       | 2          | -       |

**Course description (Syllabus):** The volunteer activity will focus on the student's areas of interest: education, environmental protection, sports activities, social assistance, etc.

| Course title                                  | Code  | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|---|-------|-------------------------|----------------|--------------------------|---------|------------|---------|
|   |       |                         |                | course                   | seminar | laboratory | project |
| Age psychology and specific psychopathologies | PSV03 | Roumanian language      | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Introduction to Age Psychology, Theoretical perspectives on human development. Theories regarding psychic development, Periodization of ages: Cycles and stages in psychic development. The relationship between chronological age and developmental age; The criteria for delimiting the stages of psychic development, Cycles and stages of psychic development

| Course title | Code  | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--------------|-------|-------------------------|----------------|--------------------------|---------|------------|---------|
|              |       |                         |                | course                   | seminar | laboratory | project |
| Volunteering | Vol04 | Roumanian language      | 2              | -                        | -       | 2          | -       |

**Course description (Syllabus):** The volunteer activity will focus on the student's areas of interest: education, environmental protection, sports activities, social assistance, etc.

| Course title               | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|----------------------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                            |        |                         |                | course                   | seminar | laboratory | project |
| Didactics of adapted sport | DSAd04 | Roumanian language      | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Physical and mental effort in people with disabilities. The design of adapted physical activities, The non-verbal components associated with people with disabilities, Types of physical exercises adapted by categories of ailments. The factors that influence the results of people with disabilities. Evidence and efficiency of adapted physical activity. Adapted physical activities – cognitive therapy. Adapted physical activities – play therapy. Adapted physical activities – melotherapy. Sports branches adapted for people with disabilities. Adapted physical education. The effect of adapted physical activity on communities.

| Course title              | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|---------------------------|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                           |        |                         |                | course                   | seminar | laboratory | project |
| Public health legislation | Leg.05 | Romanian language       | 2              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Regulation of the public health sector, an objective of major social interest. The protection of public health is an obligation of central and local public administration authorities, as well as of all individuals and legal entities. The main functions of public health care, The main areas of intervention of public health care, Principles of public health care, authorities of the public health system, Control in public health, Medical care, Pharmaceutical care, Obligations of individuals and legal entities, Use of mass media in the interest of public health

| Course title  | Code         | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|---|--------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|   |              |                         |                | course                   | seminar | laboratory | project |
| Physical therapy in orthopedic diseases / trauma applications in sports | KaortTrau 05 | Romanian language       | 5              | 2                        | -       | 2          | -       |

**Course description (Syllabus):** Introduction to sports traumatology; Recovery arthrosis: Gonarthrosis, Coxarthrosis, Recovery traumatic lesions of the spine: Lumbar spondylosis, Cervical spondylosis, Disc herniation, Recovery traumatic shoulder, PSH, Recovery of posttraumatic knee: ILA rupture, Meniscus rupture, Achilles tendon rupture, Recovery traumatic injuries of the hand and foot

| Course title                | Code    | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|-----------------------------|---------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                             |         |                         |                | course                   | seminar | laboratory | project |
| Physiotherapy in pediatrics | KPed.05 | Romanian language       | 5              | 2                        | 2       | -          | -       |

**Course description (Syllabus):** Introductory notions in pediatrics. General; Child growth and development; Child clinical examination; Evaluation of movement disorders in children and adolescents; Physical therapy in post-traumatic obstetric injuries; Physical therapy in osteo-articular malformations; Physical therapy in musculoskeletal disorders: physical deficiencies of the spine specific to children and adolescents, physical deficiencies of body segments specific to children and adolescents; Physical therapy in neurological disorders: cerebral motor disability; Physical therapy in genetic anomalies: Down syndrome; Physical therapy in metabolic and nutritional diseases: rickets and obesity; Physical therapy in intellectual disability.

| Course title              | Code      | No. of credits | Number of hours per week |         |            |         |
|---------------------------|-----------|----------------|--------------------------|---------|------------|---------|
|                           |           |                | course                   | seminar | laboratory | project |
| Elements of physiotherapy | Fizio. 06 | 3              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Definition, History, Principles, Branches: hydrotherapy, electrotherapy: Introduction to electrotherapy. General notions; Galvanic current; kinesiotherapy, climatotherapy, thermotherapy, phototherapy, laser therapy: Ultrasound and Laser therapy; therapeutic massage, balneotherapy; Notions of aqua - therapy; Concepts of magnetic therapy.

| Course title                        | Code       | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|-------------------------------------|------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                                     |            |                         |                | course                   | seminar | laboratory | project |
| Techniques for handling the patient | TMBolv. 06 | Romanian language       | 3              | 1                        | -       | 2          | -       |

**Course description (Syllabus):** Maneuvres, posture and means to achieve them; Types of posture according to the diagnosis; Neurological patient posture; The wheelchair: types; posture assessment in cardiovascular and pulmonary

diseases; Transferring patients; Standing up; Assisting means for walking; Re-education assistant walking by means of: walking between parallel bars with fixed or mobile frame with crutches or cane with crutches on the steps.

| Course title                              | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|---|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|   |        |                         |                | course                   | seminar | laboratory | project |
| Kinotherapy in geriatrics – gerontologies | KGG.05 | Romanian language       | 3              | 1                        | 1       | -          | -       |

**Course description (Syllabus):** Recovery and physical therapy in Parkinson's disease; Pain relief; General issues about aging; Aging criteria; The stroke; osteoporosis; Recovery osteoarthritis and coxarthrosis

| Course title                                | Code     | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|---|----------|-------------------------|----------------|--------------------------|---------|------------|---------|
|   |          |                         |                | course                   | seminar | laboratory | project |
| Physiotherapy in rheumatological conditions | Ktreu.05 | Romanian language       | 3              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** Rheumatoid arthritis; Spondyl-arthropathies seronegative - Ankylosing spondylitis; Osteoarthritis; osteoporosis; Rheumatic; Reflex sympathetic dystrophy

| Course title   | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|  |        |                         |                | course                   | seminar | laboratory | project |
| Scientific Research Methods in Sports Science and Physical Education | MCS.05 | Romanian language       | 3              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** Science, science corporal activities, scientific research - subject-specific concepts "research methodology" Research Methods; Methods of investigation: observation, investigation, experiment etc. Methods of analysis and interpretation: statistical method; Measurement and testing in physical education and sports activities; Writing research papers; Aspects style of writing in a research paper

| Course title   | Code            | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--|-----------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|  |                 |                         |                | course                   | seminar | laboratory | project |
| Use of specialized software in Sports Science and Physical Education | Soft.05 /laf.05 | Romanian language       | 3              | 1                        | -       | 1          | -       |

**Course description1 (Syllabus):** The use of software in physical education and sports, begins to cover a problem as necessary as it is acute in the curricular area of specialization and profile. Physical education and sport as social phenomena at world and national levels, with profound implications in the establishment and development of human research capacities, cannot be bypassed by the influences of computerization. This discipline aims to transmit interdisciplinary knowledge, with the aim of signaling the existence of some concepts, principles, laws, means, methods and procedures, developed and verified that could ensure the volume and quality of information needed in the field, with the aim of empowering specialists to use the necessary knowledge for collecting, processing, transmitting and exploiting information, concepts and computerization techniques

| Course title   | Code           | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--|----------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|  |                |                         |                | course                   | seminar | laboratory | project |
| Artificial intelligence in assessment and rehabilitation | Soft.05/laf.05 | Romanian language       | 3              | 1                        | -       | 1          | -       |

**Course description1 (Syllabus):** Introduction to artificial intelligence and mastering the fundamental notions of machine learning algorithms and neural networks, applied in physiotherapy; Learning to use artificial intelligence in evaluation, monitoring and streamlining clinical decisions in the field of physiotherapy; Learning and consolidating the ways of applying advanced technology, capturing motor data, in physiotherapy; Using artificial intelligence in physiotherapy

evaluation and recognizing posture and movement patterns; Objective assessment assisted by artificial intelligence in neurological rehabilitation; Objective assessment assisted by artificial intelligence in orthopedic rehabilitation; Ethics and regulations in the use of artificial intelligence in the field of physiotherapy - Legal and deontological aspects

| Course title    | Code           | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|-----------------|----------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|                 |                |                         |                | course                   | seminar | laboratory | project |
| Neurophysiology | Neu.06 /Bio.06 | Romanian language       | 3              | 1                        | 2       | -          | -       |

**Course description1 (Syllabus):** Physiology of the nervous system: its role in body balance, the organization of the CNS and the functions of each substructure, disorders in the normal functioning of the nervous system and therapeutic intervention techniques. Stimulating exercises for regulating brain activity.

| Course title | Code           | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--------------|----------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|              |                |                         |                | course                   | seminar | laboratory | project |
| Biochemistry | Neu.06/ Bio.06 | Romanian language       | 3              | 1                        | 2       | -          | -       |

**Course description1 (Syllabus):** Biochemistry: definition, general introductory notions, classification / categories, sports biochemistry, bioelements: macroelements, oligoelements, microelements, metabolism: definition, categories, food ration, general notions about physiological changes due to nutrition and sports effort.

| Course title  | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|---|--------|-------------------------|----------------|--------------------------|---------|------------|---------|
|   |        |                         |                | course                   | seminar | laboratory | project |
| Internship for the preparation and development of the bachelor's thesis | StI.06 | Romanian language       | 5              | -                        | -       | -          | 4       |

**Course description (Syllabus):** Composition of scientific research on graduate profile. Research Methods; Methods of investigation: observation, investigation, experiment etc. Methods of analysis and interpretation: statistical method; Measurement and testing in physical education and sports activities; Writing research papers; Aspects style of writing in a research paper

| Course title                            | Code   | Language of instruction | No. of credits | Number of hours per week |         |            |         |          |
|---|--------|-------------------------|----------------|--------------------------|---------|------------|---------|----------|
|   |        |                         |                | course                   | seminar | laboratory | project | praticce |
| Internship in social assistance centers | Stp.06 | Romanian language       | 3              | -                        | -       | -          | -       | 2        |

**Course description (Syllabus):** The contents of discipline are able to form specialists able to understand the mechanisms of social intervention, identify issues, and best practices in social assistance, have the ability to work in multidisciplinary teams for social projects, communicate adequately in groups, organizations and communities.

| Course title                             | Code    | Language of instruction | No. of credits | Number of hours per week |         |            |         |          |
|--|---------|-------------------------|----------------|--------------------------|---------|------------|---------|----------|
|  |         |                         |                | course                   | seminar | laboratory | project | praticce |
| Physiotherapy in neurological conditions | Ktne.06 | Romanian language       | 4              | 2                        | 2       | -          | -       | -        |

**Course description (Syllabus):** The pathology of the brain, spinal cord and peripheral nervous system pathology muscle tributary nervous system. Ischemic and haemorrhagic stroke, degenerative and inflammatory diseases of the central and peripheral nervous system, tumours processes, epilepsy, brain trauma and spinal cord.

| Course title                                    | Code       | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|---|------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|   |            |                         |                | course                   | seminar | laboratory | project |
| Physical therapy in cardio-respiratory diseases | KACResp 05 | Romanian language       | 3              | 1                        | 2       | -          | -       |

**Course description (Syllabus):** Cardiovascular diseases - general characteristics; Indications and contraindications recovery cardio - vascular; Preventing the recovery of cardio - vascular; Recovering patients with CAD; Recovering patients with hypertension; Recovering patients with IC; Recovering patients with arrhythmias; Recovering patients with implants; Peculiarities of recovery in the elderly and young people; Recovering patients with AMI; Recovering chronic respiratory diseases.

| Course title                            | Code      | Language of instruction | No. of credits | Number of hours per week |         |            |         |          |
|---|-----------|-------------------------|----------------|--------------------------|---------|------------|---------|----------|
|   |           |                         |                | course                   | seminar | laboratory | project | practice |
| Internship in special education centers | Stced. 06 | Romanian language       | 4              | -                        | -       | -          | -       | 3        |

**Course description (Syllabus):** The contents of discipline are able to form specialists able to understand the mechanisms of social intervention, identify issues, and best practices in social assistance, have the ability to work in multidisciplinary teams for social projects, communicate adequately in groups, organizations and communities.

| Course title                               | Code       | Language of instruction | No. of credits | Number of hours per week |         |            |         |          |
|--|------------|-------------------------|----------------|--------------------------|---------|------------|---------|----------|
|  |            |                         |                | course                   | seminar | laboratory | project | practice |
| Internship in motor rehabilitation centers | Stpreb. 06 | Romanian language       | 4              | -                        | -       | -          | -       | 3        |

**Course description1 (Syllabus):** Enrichment and deepening of fundamental knowledge and their implementation in clinical practice. Acquisition and development of the clinical reasoning method: assessment of the results of the clinical examination of the patient with various pathologies. Argument for an adequate treatment, prognosis of the evolution of the pathology established in the patient in question. Consolidation and completion of practical skills in performing therapeutic interventions on patients as well as enrichment and implementation in clinical practice of knowledge in the field of medical deontology and ethics.

| Course title                   | Code       | Language of instruction | No. of credits | Number of hours per week |         |            |         |          |
|--------------------------------|------------|-------------------------|----------------|--------------------------|---------|------------|---------|----------|
|                                |            |                         |                | course                   | seminar | laboratory | project | practice |
| Internship in recovery centers | Stprec. 06 | Romanian language       | 4              | -                        | -       | -          | -       | 4        |

**Course description (Syllabus):** The role of the software in medical recovery. Features, parameters, applications of software in different ailments. Types of software and apparatus for medical recovery.

| Course title                        | Code      | Language of instruction | No. of credits | Number of hours per week |         |            |         |          |
|-------------------------------------|-----------|-------------------------|----------------|--------------------------|---------|------------|---------|----------|
|                                     |           |                         |                | course                   | seminar | laboratory | project | practice |
| Internship in physiotherapy centers | Spfiz.0 6 | Romanian language       | 4              | -                        | -       | -          | -       | 4        |

**Course description1 (Syllabus):** Enriching and deepening fundamental knowledge in the field of physiotherapy and their implementation in clinical practice. Knowledge of modern equipment in order to recover the physical and functional capacity of the body incapacitated for work.

| Course title                                      | Code                  | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|---|-----------------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|   |                       |                         |                | course                   | seminar | laboratory | project |
| Elements of occupational therapy Social assistant | ETOccup.06<br>AsSoc06 | Romanian language       | 4              | 2                        | -       | 2          | -       |

**Course description 1 (Syllabus):** Educational integration of children with mental deficiencies medium and those with severe disabilities; Targeted therapies and clearing and educational complex and integrated therapy; Fundamentals of special education: the principle of ensuring unity of instruction, education, compensation, recovery and / or reeducation; The formation of personal autonomy, socialization, occupational therapy, cognitive stimulation and Ludo therapy.

**Course description 2 (Syllabus):** What is social assistance? What does a social worker do? Social work or social education? Social pedagogy.

| Course title | Code            | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--------------|-----------------|-------------------------|----------------|--------------------------|---------|------------|---------|
|              |                 |                         |                | course                   | seminar | laboratory | project |
| Volunteering | Vol05/<br>Vol06 | Romanian language       | 2              | -                        | -       | 2          | -       |

**Course description1 (Syllabus):** Volunteering internship presents a continuity of the Practical Skills for caring for patients in distress. Students with a complete set of theoretical knowledge in the teamwork approach will train practical skills for holistic and comprehensive patient care. The care process is a complex work, carried out by a multidisciplinary team, composed of medical and non-medical personnel.

| Course title                             | Code    | Language of instruction | No. of credits | Number of hours per week |         |            |         |
|--|---------|-------------------------|----------------|--------------------------|---------|------------|---------|
|  |         |                         |                | course                   | seminar | laboratory | project |
| Sports Performance Monitoring Techniques | ThMon06 | Romanian language       | 2              | 1                        | 1       | -          | -       |

**Course description1 (Syllabus):** General notions about sports monitoring; general principles of monitoring, medical control and its role in sports performance, medical instruments used: medical examination, self-control diary, medical-pedagogical observation. Kinematic analysis of movement, Periodicity of investigations, measurements, psychological monitoring in high-performance sports