

# Transilvania University of Braşov, Romania

## Study program: School physical education and leisure motor activities

Faculty: Physical Education and Mountain Sports

Study period: 2 years (master)

Academic year structure: 2 semesters (14 weeks per semester)

Examination sessions (two): winter session (January/February)  
summer session (June/July)

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

No. crt.	Course	Code	Language of instruction	1 <sup>st</sup> Semester					2 <sup>nd</sup> Semester				
				C	S	L	P	Cred	C	S	L	P	Cred
01	Psychology of the ages and specific psychopathologies	EF.DF.I.01.01	Romanian	1	1	-	-	4	-	-	-	-	-
02	Theory of motor actuating learning	EF.DF.I.01.02	Romanian	2	1	-	-	5	-	-	-	-	-
03	Techniques of kinesiotherapy intervention in the school environment	EF.DC.I.01.03	Romanian	1	-	1	-	3	-	-	-	-	-
04	Management and marketing in formal and nonformal motor activities	EF.DC.I.01.04	Romanian	1	1	-	-	4	-	-	-	-	-
05	Methodologies for assessing and optimizing physical condition by age groups	EF.DF.I.01.05	Romanian	1	1	-	-	4	-	-	-	-	-
06	Internship in formal training environment	EF.DS.I.01.06	Romanian	-	-	-	3	4	-	-	-	-	-
07	Methodologies for teaching football in high school	EF.DS.I.01.07	Romanian	1	-	1	-	3	-	-	-	-	-
08	Methodologies for teaching handball in high school	EF.DS.I.01.08	Romanian	1	-	1	-	3	-	-	-	-	-
09	Ethics and academic integrity	EF.DC.I.02.09	Romanian	-	-	-	-	-	1	1	-	-	4
10	Methodologies for teaching basketball in high school	EF.DS.I.02.10	Romanian	-	-	-	-	-	1	-	1	-	3
11	Methodologies for teaching volleyball in high school	EF.DS.I.02.11	Romanian	-	-	-	-	-	1	-	1	-	3
12	Practical motor activities in mountain environments	EF.DS.I.02.12	Romanian	-	-	-	-	-	1	-	-	1	3
13	Design of motor activity programs for active leisure time	EF.DS.I.02.13	Romanian	-	-	-	-	-	1	1	-	-	4
14	Recreational motor activities – theory and practice in non-formal training settings	EF.DS.I.02.14	Romanian	-	-	-	-	-	1	-	-	2	5

15	The holistic paradigm in physical and sports education	EF.DS.A.02.15.1	Romanian	-	-	-	-	-	1	-	1	-	3
	Motor activity and personal development	EF.DS.A.02.15.2	Romanian	-	-	-	-	-	1	-	1	-	3
16	Psychomotor intervention methodologies in early childhood – formal and non-formal approaches	EF.DS.A.02.16.1	Romanian	-	-	-	-	-	1	2	-	-	5
	Psychomotor aspects of early childhood education	EF.DS.A.02.16.2	Romanian	-	-	-	-	-	1	2	-	-	5

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

No. crt.	Course	Code	Language of instruction	3 <sup>rd</sup> Semester					4 <sup>th</sup> Semester				
				C	S	L	P	Cred	C	S	L	P	Cred
01	Strategies for building the group through formal and nonformal motor activities	EF.DS.I.03.01	Romanian	2	1	-	-	5	-	-	-	-	-
02	Methodology of teaching physical education and sport in high school	EF.DS.I.03.02	Romanian	2	1	-	-	5	-	-	-	-	-
03	Kinematic and functional analysis of guided motor activities	EF.DS.I.03.03	Romanian	1	1	-	-	4	-	-	-	-	-
04	School athletic polyathlon	EF.DS.I.03.04	Romanian	1	-	1	-	3	-	-	-	-	-
05	School gymnastics ensemble	EF.DS.I.03.05	Romanian	1	-	1	-	3	-	-	-	-	-
06	Human motor control and performance	EF.DC.I.03.06	Romanian	1	1	-	-	4	-	-	-	-	-
07	Organizing extracurricular activities at high school level - mountain sports	EF.DS.A.03.13.1	Romanian	1	-	1	-	3	-	-	-	-	-
	Organizing extracurricular activities at high school level – winter sports	EF.DS.A.03.13.2	Romanian	1	-	1	-	3	-	-	-	-	-
08	Experiential and adventure - based learning	EF.DS.A.03.14.1	Romanian	1	-	1	-	3	-	-	-	-	-
	Mountain survival techniques	EF.DS.A.03.14.2	Romanian	1	-	1	-	3	-	-	-	-	-
09	Scientific publishing and dissemination in physical education and sport	EF.DC.I.04.07	Romanian	-	-	-	-	-	1	1	-	-	4
10	Recreational physical activity in adulthood and old age	EF.DS.I.04.08	Romanian	-	-	-	-	-	1	1	-	-	4
11	Body image and personalized motor activities	EF.DS.I.04.09	Romanian	-	-	-	-	-	1	1	-	-	4
12	Theory and practice of motor teaching styles	EF.DF.I.04.10	Romanian	-	-	-	-	-	1	1	-	-	4
13	Research project on age groups, in a formal motor training environment	EF.DS.I.04.11	Romanian	-	-	-	-	-	1	-	-	1	3

14	Research project on age groups, in a non-formal motor training environment	EF.DS.I.04.12	Romanian	-	-	-	-	-	1	-	-	1	3
15	Practice for preparing the dissertation in formal training environment	EF.DS.A.04.15.1	Romanian	-	-	-	-	-	-	-	-	2	3
	Practice for preparing the dissertation in non-formal training environment	EF.DS.A.04.15.2	Romanian	-	-	-	-	-	-	-	-	2	3
16	Development of the dissertation, formal motor training environment	EF.DS.A.04.16.1	Romanian	-	-	-	-	-	-	-	-	4	5
	Development of the dissertation, non-formal motor training environment	EF.DS.A.04.16.2	Romanian	-	-	-	-	-	-	-	-	4	5