

Transilvania University of Braşov, Romania

Study program: Prophylaxis and Motor Recovery and Somato-functional through Physical Exercise

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)

1st Year 2025-2026

No. crt.	Course	Code	language of instruction	1 st Semester					2 nd Semester				
				C	S	L	P	Cred	C	S	L	P	Cred
01	Advanced notions of ergophysiology, by age groups	ME.CA.I.01.01	Romanian	1	-	1	-	5	-	-	-	-	-
02	Psychology of the ages and specific psychopathologies	ME.CA.I.01.02	Romanian	1	2	-	-	5	-	-	-	-	-
03	Theory of motor actuating learning	ME.AP.I.01.03	Romanian	2	1	-	-	5	-	-	-	-	-
04	Techniques of kinetotherapy intervention in the school environment	ME.AP.I.01.04	Romanian	2	-	1	-	5	-	-	-	-	-
05	Management and marketing in promoting health through exercise	ME.SI.I.01.05	Romanian	2	1	-	-	5	-	-	-	-	-
06	Physical, mental and social health through motor activities	ME.SI.I.01.06	Romanian	1	2	-	-	5	-	-	-	-	-
07	Ethics and academic integrity 2	ME.SI.I.02.07	Romanian	-	-	-	-	-	1	-	-	-	5
08	Advanced notions of biomechanics and motion kinematics	ME.SI.I.02.08	Romanian	-	-	-	-	-	2	2	-	-	5
09	Motor anthropology	ME.SI.I.02.09	Romanian	-	-	-	-	-	1	1	-	-	5
10	Practice (clinical internship)	ME.SI.I.02.10	Romanian	-	-	-	-	-	-	-	-	-	5
11	Kinetoprophylaxis and kinetotherapy in metabolic diseases	ME.SI.A.02.11	Romanian	-	-	-	-	-	1	2	-	-	5
12	The principles of a balanced lifestyle in sports	ME.CA.A.02.12.1	Romanian	-	-	-	-	-	2	-	2	-	5
	Kinetoterapia în obezitate	ME.CA.A.02.12.2	Romanian	-	-	-	-	-	2	-	2	-	5

No. crt.	Course	Code	language of instruction	3 rd Semester					4 th Semester				
				C	S	L	P	Cred	C	S	L	P	Cred
01	Kinetoprophylaxis and locomotor kinetotherapy, by age groups	ME.CA.I.03.01	Romanian	2	-	1	-	5	-	-	-	-	-
02	Kinetotherapy in the recovery of cardiovascular pathology at different ages	ME.CA.I.03.02	Romanian	2	1	-	-	5	-	-	-	-	-
03	Kinetotherapy of hemiparesis and hemiplegia	ME.CA.I.03.03	Romanian	1	-	1	-	5	-	-	-	-	-
04	Practice (clinical internship)	ME.SI.I.03.04	Romanian	-	-	-	-	5	-	-	-	-	-
05	Reflexology, toning and beautification	ME.AP.A.03.05	Romanian	1	-	2	-	5	-	-	-	-	-
06	Prophylaxis and sports recovery in the aquatic environment	ME.AP.A.03.06	Romanian	1	-	1	-	5	-	-	-	-	-
07	Research project on kinetoprophylaxis in the occupational environment	ME.SI.A.04.07	Romanian	-	-	-	-	-	1	-	-	2	5
08	Operational strategies for prevention and recovery of health through movement	ME.SI.A.04.08	Romanian	-	-	-	-	-	1	2	-	-	5
09	Research project on kinetoprophylaxis in the school environment	ME.SI.A.04.09	Romanian	-	-	-	-	-	1	-	-	1	5
10	Digital technologies for assessing posture and motor skills	ME.AP.A.04.10	Romanian	-	-	-	-	-	1	-	-	1	5
11	Elaboration of the dissertation, in kinetoprophylaxis	ME.AP.A.04.11	Romanian	-	-	-	-	-	-	-	-	4	5
12	Research project on kinetoprophylaxis in metabolic diseases	ME.AP.A.04.12.1	Romanian	-	-	-	-	-	1	-	-	1	5
	Research project on kinetoprophylaxis in geriatrics	ME.AP.A.04.12.2	Romanian	-	-	-	-	-	1	-	-	1	5