

Transilvania University of Braşov, Romania

Study program: School physical education and leisure motor activities

Faculty: Physical Education and Mountain Sports
 Study period: 2 years
 Academic year structure: 2 semesters (14 weeks per semester)
 Examination sessions (two): winter session (January/February)
 summer session (June/July)

Courses per years (C= course; S = seminar; L = laboratory; P = project)

1st Year

No. crt.	Course	Code	1 st Semester					2 nd Semester				
			C	S	L	P	Cred	C	S	L	P	Cred
01	Psychology of the ages and specific psychopathologies	EF.CA.I.01.01	1	1	-	-	5	-	-	-	-	-
02	Theory of motor actuating learning	EF.AP.I.01.02	2	1	-	-	6	-	-	-	-	-
03	Physiotherapeutic intervention techniques in the schools	EF.AP.I.01.03	1	-	1	-	4	-	-	-	-	-
04	Management and marketing in formal and nonformal motor activities	EF.SI.I.01.04	1	1	-	-	5	-	-	-	-	-
05	Methodologies for assessing and optimizing physical condition by age groups	EF.SI.I.01.05	1	2	-	-	6	-	-	-	-	-
06	Internship in formal training environment	EF.SI.I.01.06	-	-	-	2	4	-	-	-	-	-
07	Ethics and deontology in sport science and physical education	EF.SI.I.02.07	-	-	-	-	-	1	-	-	-	2
08	Methodologies for teaching sports games in high school level - football and handball	EF.AP.I.02.08	-	-	-	-	-	1	-	2	-	7
09	Methodologies for teaching sports games in high school level - basketball and volleyball	EF.AP.I.02.09	-	-	-	-	-	1	-	2	-	7
10	Recreational motor activities - theory and practice in non-formal training internships	EF.SI.I.02.10	-	-	-	-	-	1	-	-	1	4
11	Holistic paradigm of physical education in adolescent development	EF.CA.A.02.11	-	-	-	-	-	1	-	1	-	4
	Development of personality traits through curricular and extracurricular motor activities	EF.CA.A.02.11	-	-	-	-	-	1	-	1	-	4
12	Psychomotor development methodologies, formal and nonformal, in early education	EF.SI.A.02.12	-	-	-	-	-	1	2	-	-	6
	Psychomotor diagnosis and intervention, formal and non-formal, in early education	EF.SI.A.02.12	-	-	-	-	-	1	2	-	-	6

2nd Year

No. crt.	Course	Code	3 rd Semester					4 th Semester				
			C	S	L	P	Cred	C	S	L	P	Cred
01	Strategies for building the group through formal and nonformal motor activities	EF.AP.I.03.01	2	1	-	-	6	-	-	-	-	-
02	Methodology of teaching physical and sports education in high school and university education	EF.AP.I.03.02	2	1	-	-	6	-	-	-	-	-
03	School athletic polyathlon / School artistic gymnastics – strategies of programming the sports ensemble	EF.AP.I.03.03	1	-	1	-	4	-	-	-	-	-
04	Theoretical-applied aspects of human motor performance	EF.CA.I.03.04	1	1	-	-	5	-	-	-	-	-
05	Organizing extracurricular activities in high school level - mountain sports	EF.AP.A.03.05	1	-	1	-	4	-	-	-	-	-
	Organizing extracurricular activities in high school level – winter sports	EF.AP.A.03.05	1	-	1	-	4	-	-	-	-	-
06	Experiential and adventure learning	EF.CA.A.03.06	1	1	-	-	5	-	-	-	-	-
	Mountain survival techniques	EF.CA.A.03.06	1	1	-	-	5	-	-	-	-	-
07	Methodological project by age groups 6 - 10 years, in formal motor training	EF.SI.A.04.07	-	-	-	-	-	1	-	-	1	4
	Methodological project by age groups 6 - 10 years, in nonformal motor training	EF.SI.A.04.07	-	-	-	-	-	1	-	-	1	4
08	Methodological project by age groups 11 - 14 years, in formal motor training	EF.SI.A.04.08	-	-	-	-	-	1	-	-	1	4
	Methodological project by age groups 11 - 14 years, in nonformal motor training	EF.SI.A.04.08	-	-	-	-	-	1	-	-	1	4
09	Methodological project by age groups 15 - 18 years, in formal motor training	EF.SI.A.04.09	-	-	-	-	-	1	-	-	1	4
	Methodological project by age groups 15 - 18 years, in nonformal motor training	EF.SI.A.04.09	-	-	-	-	-	1	-	-	1	4
10	Methodological project by age groups 19 - 25 years, in formal motor training	EF.SI.A.04.10	-	-	-	-	-	1	-	-	1	4
	Methodological project by age groups 19 - 25 years, in non-formal motor training	EF.SI.A.04.10	-	-	-	-	-	1	-	-	1	4
11	Practice for dissertation preparation into a formal motor training	EF.SI.A.04.11	-	-	-	-	-	1	-	-	1	4
	Practice for dissertation preparation into nonformal motor training	EF.SI.A.04.11	-	-	-	-	-	1	-	-	1	4
12	Elaborating the dissertation into a formal motor training	EF.SI.A.04.12	-	-	-	-	-	-	-	-	4	10
	Elaborating the dissertation into nonformal motor training	EF.SI.A.04.12	-	-	-	-	-	-	-	-	4	10