

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
 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	Advanced notions of ergophysiology, by age groups	ME.CA.I.01.01	1	-	1	-	4	-	-	-	-	-
02	Psychology of the ages and specific psychopathologies	ME.CA.I.01.02	1	1	-	-	5	-	-	-	-	-
03	Theory of motor actuating learning	ME.AP.I.01.03	2	1	-	-	6	-	-	-	-	-
04	Physiotherapeutic intervention techniques in the school environment	ME.AP.I.01.04	1	-	1	-	4	-	-	-	-	-
05	Management and marketing in promoting health through exercise	ME.SI.I.01.05	1	1	-	-	5	-	-	-	-	-
06	Kinetoprophyllaxis and kinetotherapy in metabolic diseases	ME.SI.I.01.06	1	2	-	-	6	-	-	-	-	-
07	Ethics and deontology in sport science and physical education	ME.SI.I.02.07	-	-	-	-	-	1	-	-	-	2
08	Advanced notions of biomechanics and motion kinematics	ME.SI.I.02.08	-	-	-	-	-	1	1	-	-	5
09	Motor anthropology	ME.SI.I.02.09	-	-	-	-	-	1	1	-	-	5
10	Practice (clinical internship)	ME.SI.I.02.10	-	-	-	-	-	-	-	-	2	4
11	Nutrition in performance sports	ME.CA.A.02.11	-	-	-	-	-	2	-	2	-	8
	Physical therapy in obesity	ME.CA.A.02.11	-	-	-	-	-	2	-	2	-	8
12	Operational strategies for prevention and recovery of health through movement	ME.SI.A.02.12	-	-	-	-	-	1	2	-	-	6
	Physical, mental and social health through motor activities	ME.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	Kinetoprophyllaxis and locomotor kinetotherapy, by age groups	ME.CA.I.03.01	2	-	1	-	6	-	-	-	-	-
02	Physical therapy in the recovery of cardiovascular pathology at different ages	ME.CA.I.03.02	1	1	-	-	4	-	-	-	-	-
03	Physiotherapy of hemiparesis and hemiplegia	ME.CA.I.03.03	1	-	1	-	5	-	-	-	-	-
04	Practice (clinical internship)	ME.SI.I.03.04	-	-	-	2	4	-	-	-	-	-
05	Therapeutic massage	ME.AP.A.03.05	1	-	2	-	6	-	-	-	-	-
	Reflexology, toning and beautification	ME.AP.A.03.05	1	-	2	-	6	-	-	-	-	-
06	Prophyllaxis and sports recovery in the aquatic environment	ME.AP.A.03.06	1	-	1	-	5	-	-	-	-	-
	Aquatic prophyllaxis for occupational demands	ME.AP.A.03.06	1	-	1	-	5	-	-	-	-	-
07	Research project on kinetoprophyllaxis at the level of representative school sports teams	ME.AP.A.04.07	-	-	-	-	-	1	-	-	1	4
	Research project on physiotherapy at the level of representative school sports teams	ME.AP.A.04.07	-	-	-	-	-	1	-	-	1	4
08	Research project on kinetoprophyllaxis in the occupational environment	ME.AP.A.04.08	-	-	-	-	-	1	-	-	1	4
	Research project on physiotherapy in the occupational environment	ME.AP.A.04.08	-	-	-	-	-	1	-	-	1	4
09	Research project on kinetoprophyllaxis in metabolic diseases	ME.AP.A.04.09	-	-	-	-	-	1	-	-	1	4
	Research project on physiotherapy in metabolic diseases	ME.AP.A.04.09	-	-	-	-	-	1	-	-	1	4
10	Research project on kinetoprophyllaxis in geriatrics	ME.AP.A.04.10	-	-	-	-	-	1	-	-	1	4
	Research project on kinetotherapy in geriatrics	ME.AP.A.04.10	-	-	-	-	-	1	-	-	1	4
11	Practice for dissertation preparation in kinetoprophyllaxis	ME.SI.A.04.07	-	-	-	-	-	-	-	-	2	4
	Practice for clinical dissertation preparation	ME.SI.A.04.07	-	-	-	-	-	-	-	-	2	4
12	Elaboration of the dissertation, in kinetoprophyllaxis	ME.SI.A.04.08	-	-	-	-	-	-	-	-	4	10
	Elaboration of the dissertation, in a clinical environment	ME.SI.A.04.08	-	-	-	-	-	-	-	-	4	10