

Transilvania University of Braşov, Romania

Study program: Sport Performance and Management

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.	Mandatory disciplines	Discipline Code	1 st Semester						2 nd Semester						
			C	S	L	P	Ver	Cred	C	S	L	P	Ver	Cred	
1.	Ergophysiology	PM.01.01.I	1	-	1		E	4							
2.	Age psychology and staging in sports training	PM.01.02.I	1	1	-	-	C	5							
3.	Sport science	PM.01.03.I	2	1	-	-	E	7							
4.	Techniques for recovery and recovery after effort	PM.01.04.I	1	2	-	-	E	6							
5.	Communication science in sports training	PM.01.05.I	1	1	-	-	C	4							
6.	Sports research techniques and methods	PM.01.06.I	1	1	-	-	C	4							
7.	Shaping sports conduct	PM.02.07.I	-	-	-	-	-	-	1	1	-	-	C	4	
Total hours mandatory disciplines			7	6	1		3E/ 3C	30	1	1			1C	4	
			14						2						

No.	Optional disciplines	Discipline Code	1 st Semester						2 nd Semester					
			C	S	L	P	Ver	Cred	C	S	L	P	Ver	Cred
One discipline is chosen from each package:														
Optional package 1														
4.	Specialization in a sports branch	PM.02.08.A							2		2	2	E	14
	Sociology of the group	PM.02.12.I							2		2	2	E	14
Optional package 2														
5.	Doping in sports	PM.02.09.I							1	1			C	4
	Management of sports structures	PM.02.13.I							1	1			C	4
Optional package 3														
6.	Techniques of counseling and assistance in high-performance sport (coaching)	PM.02.10.I							1	1			C	4
	Olympic education and sports ethics	PM.02.14.I							1	1			C	4
Optional package 4														
7.	Competition theory – design, planning and diagnosis in sports training	PM.02.11.I							1	1			E	4

	European structures and strategies in performance sport	PM.02.15.I								1	1			E	4
Total hours optional disciplines per week										5	3	2	2	2E/ 3C	30
			-						12						
Total			14			30			14			30			

2nd Year

No.	Mandatory disciplines	Discipline code	3 rd Semester						4 th Semester						
			C	S	L	P	Ver	Cred	C	S	L	P	Ver	Cred	
1.	Ethics and academic integrity	PM.03.01.I	1	-	-	-	C	2							
2.	Preparation and elaboration of the bachelor studies work	PM.04.01.I								-	-	-	5	E	10
3.															
Total hours mandatory disciplines			1				1C	2				5	1E	10	
			1			1C			2	5			1E		10

No.	Optional disciplines	Discipline code	3 rd Semester						4 th Semester						
			C	S	L	P	Ver	Cred	C	S	L	P	Ver	Cred	
One discipline is chosen from each package:															
Optional package 1															
4.	Optimisation of physical condition in sports training	PM.03.02.I	2	1			C	6							
	Negotiating and impresario techniques in sport	PM.03.07.I	2	1			C	6							
Optional package 2															
5.	Performance management in sports training	PM.03.03.I	1	1	-		E	4							
	Sports marketing policies and strategies	PM.03.08.I	1	1			E	4							
Optional package 3															
6.	Specialization in a sports branch	PM.03.04.I	2		2	2	E	14							
	Establishment of sports structures	PM.03.09.I	2		2	2	E	14							
Optional package 4															
7.	Advanced evaluation in sport performance	PM.03.05.I	1		-		E	4							
	Arrangement and administration of sports facilities	PM.03.10.I	1	1			E	4							
Optional package 5															
	Scientific foundations of sports training and competition	PM.04.02.I							-	-	-	9	C	20	
	Human resources management in sports activities	PM.04.03.I							-	-	-				
Total hours optional disciplines per week			7	3	2	2	3E/ 2C	30				9	1C	20	
			13			30			9			1C		20	
Total			14			3E/ 3C			30	14			1E/ 1C		30