

# Transilvania University of Braşov, Romania

## Study program: Physical education and sports

Faculty: Physical Education and Mountain Sports

Study period: 3 years (bachelor);

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)

### 1<sup>st</sup> Year

No. crt.	Course	Code	1 <sup>st</sup> Semester					2 <sup>nd</sup> Semester				
			C	S	L	P	Cred	C	S	L	P	Cred
01	Functional anatomy	AF	2	1	-	-	4	-	-	-	-	-
02	Kinesiology	KIN	1	1	-	-	2	-	-	-	-	-
03	Physiology	FIZ	-	-	-	-	-	2	1	-	-	4
04	English Language	LE01/LE02	1	1	-	-	2	1	1	-	-	2
	Spanish Language	LS01/LS02										
05	General bases of athletics	BGA	2	-	2	-	4	-	-	-	-	-
06	General bases of gymnastics	BGG	2	-	2	-	4	-	-	-	-	-
07	Theory and practice of training in athletics	TPA	-	-	-	-	-	1	-	2	-	3
08	Theory and practice of training in gymnastics	TPG	-	-	-	-	-	1	-	2	-	3
09	General bases of football	BGF	-	-	-	-	-	2	-	2	-	4
10	General bases of handball	BGH	-	-	-	-	-	2	-	2	-	4
11	Theory and practice of training in alpine skiing	TPS	2	-	3	-	5	-	-	-	-	-
12	Education for health and first aid	ESA	-	-	-	-	-	1	-	2	-	3
13	Theory and practice of training in combat sports	TPC	1	-	1	-	2	-	-	-	-	-
14	Physical education and sport history	IEFS	1	1	-	-	2	-	-	-	-	-
15	Practical applications in mountain environment - alpine skiing	APS	-	-	-	3	4	-	-	-	-	-
16	Theory of training in tourism-orientation	TPTO	-	-	-	-	-	2	-	1	-	4
17	Practical applications in mountain environment – tourism-orientation	APTO	-	-	-	-	-	-	-	-	2	3
18	Academic writing	SA	1	-	-	-	1	-	-	-	-	-

### 2<sup>nd</sup> Year

No. crt.	Course	Code	3 <sup>rd</sup> Semester					4 <sup>th</sup> Semester				
			C	S	L	P	Cred	C	S	L	P	Cred
01	Psycho-pedagogy	PP	-	-	-	-	-	1	1	-	-	2
02	General bases of basketball	BGB	-	-	-	-	-	2	-	2	-	4
03	General bases of volleyball	BGV	-	-	-	-	-	2	-	2	-	4
04	Theory of physical education and sport	TEFS	2	1	-	-	4	-	-	-	-	-
05	Methodic of physical education and sport	MEFS	-	-	-	-	-	2	1			4

06	Theory and practice of training in cross-country skiing	TPSF	1	-	2	-	4	-	-	-	-	-
07	Methodic of teaching athletics in school	MPA	2	-	1	-	3	-	-	-	-	-
08	Methodic of teaching gymnastics in school	MPG	2	-	1	-	3	-	-	-	-	-
09	Methodic of teaching football in school	MPF	2	-	2	-	4	-	-	-	-	-
10	Methodic of teaching handball in school	MPH	2	-	2	-	4	-	-	-	-	-
11	Theory and practice of training in natation	TPN	-	-	2	-	2	2	-	2	-	4
12	Practical applications in water sport disciplines	APDA	-	-	-	-	-	-	-	-	3	4
13	Research methods in Sports science and physical education	MCSS	-	-	-	-	-	2	1	-	-	4
14	English Language	LEO1/LEO2	1	1	-	-	2	1	1	-	-	2
	Spanish Language	LSO1/LSO2										
15	Practical applications in mountain environment – cross-country skiing	APSF	-	-	-	3	4	-	-	-	-	-
16	Internship training and development of the diploma	SPEL	-	-	-	-	-	-	-	-	2	2

### 3<sup>rd</sup> Year

No. crt.	Course	Code	5 <sup>th</sup> Semester					6 <sup>th</sup> Semester				
			C	S	L	P	Cred	C	S	L	P	Cred
01	Motric and somato-functional evaluation	EMSF	2	1	-	-	4	-	-	-	-	-
02	Theory and practice training in mountain environment – luge	TPS	1	-	2	-	3	-	-	-	-	-
	Theory and practice training in mountain environment – ski jumping	TPSS										
03	Theory and practice of training in sportive dance	TPDS	1	-	2	-	3	-	-	-	-	-
	Theory and practice of training in folk dance	TPDF										
04	Practical and methodical training in motor activities by age	PMGV	2	-	2	-	4	-	-	-	-	-
05	Internship in schools	SPUI	-	-	-	3	4	-	-	-	-	-
06	Methodic of teaching basketball in school	MPB	2	-	2	-	4	-	-	-	-	-
07	Methodic of teaching volleyball in school	MPV	2	-	2	-	4	-	-	-	-	-
08	Adapted physical activities	AMA	2	1	-	-	4	-	-	-	-	-
09	Motor leisure activities	AML	-	-	-	-	-	2	-	1	-	4
10	Body expression and eurhythmmy	ECE	-	-	-	-	-	1	-	1	-	3
11	Fitness	FIT	-	-	-	-	-	2	-	2	-	4
	Aerobics for maintenance	GAI										
12	Internship in mountain leisure bases	SPBA	-	-	-	-	-	-	-	-	3	4
13	Communication in sports science and physical education	CSS	-	-	-	-	-	1	1	-	-	3
14	Use of specialized software in Sports science and physical education	USSS	-	-	-	-	-	1	-	1	-	3
	Applied management in Sports science and physical education	MSS										
15	Mountain running	AM	-	-	-	-	-	4	-	4	-	6
	Nonformal mountains motor activities	AMNF										
16	Chess	SAH	-	-	-	-	-	1	-	2	-	3