

**COURSE OUTLINE**  
of the class 2025-2027

Transilvania University of Braşov

Master's degree study programme	<u>HUMAN PERFORMANCE IN SPORT TRAINING (in English)</u>
Fundamental field	<u>Physical Education and Sport Science</u>
Master's degree study field	<u>Physical Education and Sport Science</u>
Faculty	<u>Physical Education and Mountain Sports</u>
Duration of studies	<u>2 years</u>
Form of education:	<u>Full-time</u>
Type of master's study programme:	<u>professional</u>

## **1. TRAINING OBJECTIVES AND COMPETENCES**

The general objective of the study program is to perfect the specialized knowledge acquired in the bachelor's cycle in the field of Sports Science and Physical Education and to develop advanced professional skills.

The general objective of the professional master's degree study program Human Performance in Sports Training (in English) is directed towards the academic training of specialized teaching staff through the development of professional and transversal competencies specific to the fundamental field of Sports Science and Physical Education. The study program ensures the deepening of fundamental and specialized knowledge, as well as the formation of specialized skills and responsibilities in the direction of optimizing human performance and the sports training process.

The professional master's degree program called Human Performance in Sports Training (in English) is generally addressed to undergraduates in the field of Physical Education and Sport, with the mission of providing the general theoretical, methodological and operational framework for understanding, extrapolating and relating specific information in order to develop creative thinking and innovation in the field of sports training and optimizing human sports performance. The nature of the study program is focused on the vocational component, offering the graduate multiple possibilities for professional manifestation through the interdisciplinary nature of the subjects offered for study and for approaching the teaching approach in accordance with contemporary education, compatible with the educational requirements of the European Union. The degree awarded upon completion of the professional master's degree program called Human Performance in Sports Training (in English) is called a master's degree.

The program is based on an integrated approach, which combines the theoretical and the applied dimensions, in accordance with the requirements of the National Qualifications Framework (NQF) and the European Qualifications Framework (EQF), level 7 - master's degree.

## **2. COMPETENCES AND LEARNING OUTCOMES (LO)**

The study program has a validated qualification in the National Register of Qualifications in Higher Education, according to decision number 3465 of 24.02.2022, with code COR ESCO-08 233001 - teacher in high school education.

In addition to this qualification, the legislative framework also offers the qualification of coach in a sports branch, according to the M.O. for amending the annex to the M.O. Youth and Sports 553/2019 on the approval of the Protocol model for training and certification as a coach in a branch of sport., code COR 08 324201.

The competence profile developed in accordance with the national qualifications framework, as well as the Learning outcomes (LO) associated with these competences is presented synthetically in the following. The detailed presentation of the competences and Learning outcomes (LO) can be found in the subject sheets of the curriculum.

### **BASIC PROFESSIONAL COMPETENCES (PC)**

#### **PC1 Manages resources used for educational purposes**

Learning outcomes (LO)

##### **1.1. Knowledge**

L.O.1.1.1. The student / graduate manages human, temporal and material resources in physical education and sports.

L.O.1.1.2. The student / graduate selects training methods that capitalize on the bio-psycho-motor potential of the participants and stimulate interest in practicing physical sports activities.

L.O.1.1.3. The student / graduate has advanced knowledge of the issues of sports science and physical education so as to follow and intervene in formative, educational and recovery contexts.

## 1.2. Skills

L.O.1.2.1. The student / graduate identifies and uses efficient action systems.

L.O.1.2.2. The student / graduate applies elements of organizational and educational management.

L.O.1.2.3. The student / graduate applies physical, psychopedagogical and psychological methods and means.

## 1.3. Responsibility and autonomy

L.O.1.3.1. The student / graduate responds to the motor needs of the subjects through appropriate content.

L.O.1.3.2. The student / graduate makes optimal use of sports materials and facilities.

L.O.1.3.3. The student / graduate demonstrates initiative and responsibility in planning and implementing training and educational activities, contributing to the creation of a safe, motivating and inclusive environment.

## **PC2 Uses pedagogical strategies for creativity**

Learning outcomes (LO)

### 2.1. Knowledge

L.O.2.1.1. The student / graduate explains theoretical and practical acquisitions in a creative way, by adapting and customizing interventions.

L.O.2.1.2. The student / graduate defines the general notions of the field so that they can be used in a formative and performance context.

L.O.2.1.3. The student / graduate selects training methods that capitalize on the bio-psycho-motor potential of the participants and stimulates interest in practicing physical sports activities.

### 2.2. Skills

L.O.2.2.1. The student / graduate uses the fundamental notions of human motor skills in various contexts.

L.O.2.2.2. The student / graduate designs and plans training, educational and recovery programs.

L.O.2.2.3. The student / graduate innovates programs according to the particularities of subject groups.

### 2.3. Responsibility and autonomy

L.O.2.3.1. The student / graduate initiates measures to improve the efficiency of activities.

L.O.2.3.2. The student / graduate assumes responsibility for drawing up functional rehabilitation programs.

L.O.2.3.3. The student / graduate adapts the teaching style according to the particularities of age, level of training and creative needs of the subjects.

## **PC3. Provides constructive feedback**

Learning outcomes (LO)

### 3.1. Knowledge

L.O.3.1.1. The student / graduate has advanced knowledge of the issues of sports science and physical education so as to follow and intervene in formative, educational and recovery contexts.

L.O.3.1.2. The student / graduate knows and understands the structure, principles and basic mechanisms of the functioning of the human body and psyche so as to optimally utilize them at the individual and group level.

L.O.3.1.3. The student / graduate leads theoretically and practically grounded activities and evaluates their effect at the level of different categories of the population.

### 3.2. Skills

L.O.3.2.1. The student / graduate analyzes and interprets the main meanings of the basic concepts of the theory, methodology and practice of the field.

L.O.3.2.2. The student / graduate identifies and uses efficient actuation systems.

L.O.3.2.3. The student / graduate customizes teaching / intervention and evaluation methods.

### 3.3. Responsibility and autonomy

- L.O.3.3.1. The student / graduate responds to the motor needs of the subjects through appropriate content.
- L.O.3.3.2. The student / graduate assumes responsibility for interventions based on the fundamental notions acquired.
- L.O.3.3.3. The student / graduate responds to the motor needs of the subjects through appropriate content.

#### **PC4. Prepares the content of the lesson**

Learning outcomes (LO)

##### **4.1. Knowledge**

- L.O.4.1.1. The student / graduate knows at an advanced level the issues of sports science and physical education so as to follow and intervene in formative, educational and recovery contexts.
- L.O.4.1.2. The student / graduate designs and plans the content of physical education and sports activities at individual and group level.
- L.O.4.1.3. The student / graduate manages human, temporal and material resources in physical education and sports.

##### **4.2. Skills**

- L.O.4.2.1. The student / graduate analyzes and interprets the main meanings of the basic concepts of the theory, methodology and practice of the field.
  - L.O.4.2.2. The student / graduate knows the stages and operations of didactic design and planning.
  - L.O.4.2.3. The student / graduate applies elements of organizational and educational management.
- c.3. Responsibility and autonomy
- L.O.4.3.1. The student / graduate responds to the motor needs of the subjects through appropriate content.
  - L.O.4.3.2. The student / graduate prepares documents for planning specific activities.
  - L.O.4.3.3. The student / graduate carries out projects and programs in the field of physical education and sports.

#### **PC5. Develops digital educational materials**

Learning outcomes (LO)

##### **5.1. Knowledge**

- L.O.5.1.1. The student / graduate has advanced knowledge of the issues of sports science and physical education so as to monitor and intervene in formative, educational and recovery contexts.
- L.O.5.1.2. The student / graduate designs and plans the content of physical education and sports activities at individual and group levels.
- L.O.5.1.3. The student / graduate explains theoretical and practical acquisitions in a creative way, by adapting and customizing interventions.

##### **5.2. Skills**

- L.O.5.2.1. The student / graduate analyzes and interprets the main meanings of the basic concepts of the theory, methodology and practice of the field.
- L.O.5.2.2. The student / graduate knows the stages and operations of didactic design and planning.
- L.O.5.2.3. The student / graduate innovates programs according to the particularities of subject groups.

##### **5.3. Responsibility and autonomy**

- L.O.5.3.1. The student / graduate responds to the motor needs of the subjects through appropriate content.
- L.O.5.3.2. The student / graduate draws up specific activity planning documents.
- L.O.5.3.3. The student / graduate initiates measures to improve the efficiency of activities.

## **PC6. Evaluates the progress of physical activity practitioners**

### **Learning outcomes (LO)**

#### **6.1. Knowledge**

L.O.6.1.1. The student/graduate evaluates sports activities in order to achieve the training objectives.

L.O.6.1.2. The student / graduate conducts theoretically and practically grounded activities and evaluates their effect at the level of different population categories.

L.O.6.1.3. The student / graduate identifies aspects of general and specific behaviour of ages and categories of the population practicing physical exercise, in order to establish the impact of physical activities on the quality of life or sports performance.

#### **6.2. Skills**

L.O.6.2.1. The student / graduate selects and combines criteria and methods for evaluating somatic, functional, motor and mental indices.

L.O.6.2.2. The student / graduate customizes teaching / intervention and evaluation methods.

L.O.6.2.3. The student / graduate evaluates potential risks (e.g., risk of injury, environmental factors) and implements strategies to mitigate them.

#### **6.3. Responsibility and autonomy**

L.O.6.3.1. The student / graduate evaluates and monitors somatic-functional and psychomotor development.

L.O.6.3.2. The student / graduate organizes groups of subjects in accordance with bio-psycho-motor and social particularities.

L.O.6.3.3. The student / graduate evaluates and monitors behaviours from a psycho-pedagogical perspective.

## **STUDY PROGRAM-SPECIFIC PROFESSIONAL COMPETENCES**

### **PC7. Provides training in the field of sports**

#### **Learning outcomes (LO)**

#### **7.1. Knowledge**

L.O.7.1.1. The student / graduate knows at an advanced level the issues of sports science and physical education so as to follow and intervene in formative, educational and recovery contexts..

L.O.7.1.2. The student / graduate acquires fundamental and applied knowledge necessary for the achievement and dissemination of scientific research results.

L.O.7.1.3. The student / graduate knows and understands the structure, principles and basic mechanisms of the functioning of the human body and psyche so as to optimally utilize them at the individual and group level.

#### **7.2. Skills**

L.O.7.2.1. The student / graduate analyzes and interprets the main meanings of the basic concepts of the theory, methodology and practice of the field.

L.O.7.2.2. The student / graduate identifies and uses efficient actuation systems.

L.O.7.2.3. The student / graduate identifies research themes and topics, specific to the field.

L.O.7.2.4. The student / graduate identifies anatomical structures of the human body, describes the functional aspects of the human body and describes joint movements and actions of various muscle groups.

L.O.7.2.5. The student / graduate describes the joint movements and actions of different muscle groups.

L.O.7.2.6. The student / graduate argues the importance of knowing the anatomy and physiology of the human body in general and its demands during physical effort, in particular.

#### **7.3. Responsibility and autonomy**

L.O.7.3.1. The student / graduate responds to the motor needs of the subjects through appropriate content.

L.O.7.3.2. The student / graduate applies the acquired theoretical and practical skills, knowledge autonomously and responsibly.

- L.O.7.3.3. The student / graduate promotes current scientific approaches in the research activities carried out.
- L.O.7.3.4. The student / graduate demonstrates objectivity and scientific rigor in the processing of scientific data, reasoning and specific interventions.
- L.O.7.3.5. The student / graduate complies with the norms of ethics and integrity in research.

## **PC8. Applies risk management in the sports field**

### Learning outcomes (LO)

#### 8.1. Knowledge

- L.O.8.1.1. The student / graduate Identifies aspects of general and specific behavior of ages and categories of the population practicing physical exercise, in order to establish the impact of physical activities on the quality of life.
- L.O.8.1.2. The student / graduate manages human, temporal and material resources in physical education and sports.

#### 8.2. Skills

- L.O.8.2.1. The student / graduate assesses potential risks (e.g., risk of injury, environmental factors) and implements strategies to mitigate them.
- L.O.8.2.2. The student / graduate applies elements of organizational and educational management.

#### 8.3. Responsibility and autonomy

- L.O.8.3.1. The student / graduate makes optimal use of sports materials and facilities.
- L.O.8.3.2. The student / graduate demonstrates initiative and responsibility in planning and implementing training and educational activities, contributing to the creation of a safe, motivating and inclusive environment.
- L.O.8.3.3. The student / graduate carries out projects and programs in the field of physical education and sports.

## **PC9. Organizes training activities**

### Learning outcomes (LO)

#### 9.1. Knowledge

- L.O.9.1.1. The student / graduate selects training methods that capitalize on the bio-psycho-motor potential of the participants and stimulate interest in practicing physical sports activities.
- L.O.9.1.2. The student / graduate manages human, temporal and material resources in physical education and sports.
- L.O.9.1.3. The student / graduate leads theoretically and practically grounded activities and evaluates their effect at the level of different categories of the population.

#### 9.2. Skills

- L.O.9.2.1. The student / graduate adapts teaching methods, demonstrating flexibility and the ability to respond effectively in unpredictable situations.
- L.O.9.2.2. The student / graduate applies elements of organizational and educational management.
- L.O.9.2.3. The student / graduate customizes teaching / intervention and evaluation methods.

#### 9.3. Responsibility and autonomy

- L.O.9.3.1. The student / graduate coordinates training activities, making informed decisions and assuming responsibility for their safety and success.
- L.O.9.3.2. The student / graduate carries out projects and programs in the field of physical education and sports.
- L.O.9.3.3. The student / graduate organizes groups of subjects in accordance with bio-psycho-motor and social particularities.

## **PC10. Plans the sports training program**

### **Learning outcomes (LO)**

#### **10.1. Knowledge**

L.O.10.1.1. The student / graduate designs and plans the content of physical education and sports activities at individual and group levels.

L.O.10.1.2. The student / graduate identifies aspects of general and specific behaviour of the ages and categories of the population practicing physical exercise, in order to establish the impact of physical activities on the quality of life.

L.O.10.1.3. The student / graduate explains theoretical and practical acquisitions in a creative way, by adapting and customizing interventions.

#### **10.2. Skills**

L.O.10.2.1. The student / graduate knows the stages and operations of didactic design and planning.

L.O.10.2.2. The student / graduate assumes responsibility for drawing up functional rehabilitation programs.

L.O.10.2.3. The student / graduate designs and plans training, educational and recovery programs.

L.O.10.2.4. The student / graduate innovates programs depending on the particularities of subject groups.

#### **10.3. Responsibility and autonomy**

L.O.10.3.1. The student / graduate draws up planning documents for specific activities.

L.O.10.3.2. The student / graduate applies physical, psycho pedagogical and psychological methods and means.

L.O.10.3.3. The student / graduate demonstrates initiative and responsibility in planning and implementing training and educational activities, contributing to the creation of a safe, motivating and inclusive environment.

L.O.10.3.4. The student / graduate initiates measures to improve the efficiency of activities.

## **PC11. Personalizes the sports training program**

### **Learning outcomes (LO)**

#### **11.1. Knowledge**

L.O.11.1.1. The student / graduate has advanced knowledge of the issues of sports science and physical education so as to monitor and intervene in training, educational and recovery contexts.

L.O.11.1.2. The student / graduate leads theoretically and practically grounded activities and evaluates their effect at the level of different categories of the population.

L.O.11.1.3. The student / graduate defines the general notions of the field so that they can be used in a training and performance context.

#### **11.2. Skills**

L.O.11.2.1. The student / graduate analyzes and interprets the main meanings of the basic concepts of the theory, methodology and practice of the field.

L.O.11.2.2. The student / graduate identifies and uses efficient actuation systems.

L.O.11.2.3. The student / graduate customizes teaching / intervention and evaluation methods.

L.O.11.2.4. The student / graduate uses the fundamental notions of human motor skills in various contexts.

#### **11.3. Responsibility and autonomy**

L.O.11.3.1. The student / graduate responds to the motor needs of the subjects through appropriate content.

L.O.11.3.2. The student / graduate applies the acquired theoretical and practical skills, knowledge autonomously and responsibly.

L.O.11.3.3. The student / graduate organizes groups of subjects in accordance with bio-psycho-motor and social particularities.

L.O.11.3.4. The student / graduate identifies and exemplifies motor acts and actions.

L.O.11.3.5. The student / graduate communicates effectively and uses specific terminology.

## **PC12. Motivates athletes**

Learning outcomes (LO)

### **12.1. Knowledge**

L.O.1.1.1. The student / graduate identifies aspects of general and specific behaviour of the ages and categories of the population practicing physical exercise, in order to establish the impact of physical activities on the quality of life.

L.O.12.1.2. The student / graduate selects training methods that capitalize on the bio-psycho-motor potential of the participants and stimulate interest in practicing physical activities sports.

L.O.12.1.3. The student / graduate knows the norms and principles of ethics and deontology.

### **12.2. Skills**

L.O.12.2.1. The student / graduate applies physical, psycho pedagogical and psychological methods and means.

L.O.12.2.2. The student / graduate adapts teaching methods, demonstrating flexibility and the ability to respond effectively in unpredictable situations.

L.O.12.2.3. The student / graduate uses appropriate language from an academic and professional point of view.

### **12.3. Responsibility and autonomy**

L.O.12.3.1. The student / graduate evaluates and monitors behaviours from a psycho pedagogical perspective;

L.O.12.3.2. The student / graduate coordinates training activities, making informed decisions and assuming responsibility for their safety and success.

L.O.12.3.3. The student / graduate respects the principles of ethics and deontology.

L.O.12.3.4. The student / graduate is autonomously and responsibly aware of the limits imposed by the knowledge and skills acquired.

L.O.12.3.5. The student / graduate communicates responsibly, respecting the ethical and deontological principles.

## **TRANSVERSAL COMPETENCES (TC)**

### **TC1. Shows initiative, determination, self-reflection, curiosity and desire to learn**

Learning outcomes (LO)

#### **1.1. Knowledge**

L.O.1.1.1. The student / graduate identifies aspects of general and specific behaviour of the ages and categories of the population practicing physical exercise, in order to establish the impact of physical activities on the quality of life.

L.O.1.1.2. The student / graduate selects training methods that capitalize on the bio-psycho-motor potential of the participants and stimulate interest in practicing physical sports activities.

#### **1.2. Skills**

L.O.1.2.1. The student / graduate applies physical, psycho-pedagogical and psychological methods and means.

L.O.1.2.2. The student / graduate adapts teaching methods, demonstrating flexibility and the ability to respond effectively in unpredictable situations.

L.O.1.2.3. The student / graduate uses appropriate language from an academic and professional point of view.

#### **1.3. Responsibility and autonomy**

L.O.1.3.1. The student / graduate evaluates and monitors behaviors from a psycho-pedagogical perspective;

L.O.1.3.2. The student / graduate is autonomously and responsibly aware of the limits imposed by the knowledge and skills acquired.



L.O.1.3.3. The student/graduate constantly participates in continuing professional training programs, with the aim of insertion and adaptability to the demands of the labor market.

## **TC2. Works in teams, builds team spirit, leads others and delegates responsibilities**

Learning outcomes (LO)

### **2.1. Knowledge**

L.O.2.1.1. The student/graduate understands group dynamics and individual roles in the efficient functioning of the team.

L.O.2.1.2. The student/graduate knows the techniques of leadership, motivation and effective delegation of responsibilities.

### **2.2. Skills**

L.O.2.2.1. The student/graduate coordinates group activities, promoting cohesion and team spirit.

L.O.2.2.2. The student/graduate delegates responsibilities fairly and effectively, taking into account the skills and potential of team members.

### **2.3. Responsibility and autonomy**

L.O.2.3.1. The student / graduate organizes groups of subjects in accordance with bio-psycho-motor and social particularities.

L.O.2.3.2. The student / graduate demonstrates initiative in taking on the role of leader when necessary and supports the development of other team members.

## **TC3. Moderates discussions, negotiates compromises, resolves conflicts, shows empathy and has an open mind**

Learning outcomes (LO)

### **3.1. Knowledge**

L.O.3.1.1. The student / graduate identifies aspects of general and specific behavior of ages and categories of the population practicing physical exercise, in order to establish the impact of physical activities on the quality of life.

L.O.3.1.2. The student / graduate understands the techniques of negotiation, mediation and constructive conflict management.

L.O.3.1.3. The student/graduate knows the principles of assertive and effective communication in diverse contexts.

### **3.2. Skills**

L.O.3.2.1. The student/graduate develops and adapts physical activities, regardless of the level of skills of the practitioner, promoting inclusion and equal opportunities.

L.O.3.2.2. The student/graduate negotiates fair solutions by identifying common ground and accepting beneficial compromises for all parties involved.

L.O.3.2.3. The student/graduate moderates discussions in a balanced way, ensuring active participation and mutual respect between participants.

### **3.3. Responsibility and autonomy**

L.O.3.3.1. The student/graduate demonstrates initiative and responsibility in planning and implementing training and educational activities, contributing to the creation of a safe, motivating and inclusive environment.

R. Q. 3.3.2. The student / graduate demonstrates autonomy in initiating mediation and conflict resolution processes, without avoiding necessary confrontations.

L.O.3.3.3. The student / graduate constantly promotes respect for diversity, demonstrating an empathetic and open attitude towards different ideas, values and opinions.

#### **TC4. Promotes the principles of democracy and the rule of law and exercises their rights and responsibilities**

##### **Learning outcomes (LO)**

###### **4.1. Knowledge**

L.O.4.1.1. The student / graduate knows the fundamental principles of democracy, the rule of law and human rights.

L.O.4.1.2. The student / graduate understands the role of the citizen in a democratic society, including civic rights, duties and responsibilities.

###### **4.2. Skills**

L.O.4.2.1. The student/graduate actively participates in the life of the academic community, supporting democratic values and getting involved in decision-making processes at the local or institutional level.

L.O.4.2.2. The student/graduate defends and promotes fundamental rights, both their own and those of others, through dialogue and responsible actions.

###### **4.3. Responsibility and autonomy**

L.O.4.3.1. The student/graduate consciously and responsibly exercises his/her civil, political and social rights, while respecting the rights of others.

L.O.4.3.2. The student/graduate demonstrates autonomy and initiative in promoting democratic values, .

#### **TC5. Expresses himself/herself creatively and uses communication and collaboration software**

##### **Learning outcomes (LO)**

###### **5.1. Knowledge**

L.O.5.1.1. The student/graduate is familiar with the essential functionalities of communication and collaboration applications and platforms

L.O.5.1.2. The student/graduate understands how digital technologies can support collaborative work, the exchange of ideas and the development of interactive and innovative projects.

###### **5.2. Skills**

L.O.5.2.1. The student/graduate effectively uses communication and collaboration software to facilitate the exchange of information, team coordination and the development of sports and educational projects

L.O.5.2.2. The student/graduate integrates digital tools (interactive presentations, collaborative platforms, multimedia resources) to support and enhance creative expression in educational and sports activities

###### **5.3. Responsibility and autonomy**

L.O.5.3.1. The student/graduate demonstrates autonomy in choosing and creatively combining digital resources and applications to achieve the proposed objectives

L.O.5.3.2. The student / graduate Encourages initiative and active participation in teams, promoting a collaborative and innovative work environment, based on mutual respect and free expression

#### **TC6. Respects the diversity of cultural values and norms**

##### **Learning outcomes (LO)**

###### **6.1. Knowledge**

L.O.6.1.1. The student / graduate knows the fundamental concepts regarding cultural diversity, values, traditions and social norms specific to different communities.

L.O.6.1.2. The student / graduate understands the importance of mutual respect, tolerance and inclusion in a multicultural society.

###### **6.2. Skills**

L.O.6.2.1. The student / graduate recognizes and values cultural differences in behaviours, perspectives and social or professional practices.

L.O.6.2.2. The student / graduate communicates effectively and openly with people from diverse cultural backgrounds, adapting their attitude and language to facilitate mutual understanding.

### 6.3. Responsibility and autonomy

L.O.6.3.1. The student / graduate assumes responsibility for promoting a climate of respect and acceptance of cultural diversity in any social or professional context.

L.O.6.3.2. The student / graduate demonstrates autonomy in adopting ethical and inclusive behaviours, regardless of the cultural environment in which they operate.

## 2. STRUCTURE PER WEEKS OF THE ACADEMIC YEAR

Number of semesters: 4 semesters.

Number of credits per semester: 30 credits

Number of hours of teaching activities /week: 14

Number of weeks: 56

	Teaching activities		Exam sessions			Holidays		
	Sem. I	Sem. II	Winter	Summer	Retakes	Winter	Spring	Summer
Year I	14	14	3	4	2	2	1	12
Year II	14	14	3	3	2	2	1	-

## 3. PROVISION OF EDUCATION FLEXIBILITY. CONDITIONINGS

The flexibilization of the study programme is ensured by optional disciplines and facultative disciplines.

The optional disciplines are proposed for the semesters 3-4, through packages of specialized disciplines.

## 4. CONDITIONS OF ENROLLMENT IN THE FOLLOWING STUDY YEAR. CONDITIONS FOR PASSING A STUDY YEAR

The enrolment in the following year is conditional on meeting the conditions for passing contained in the *Regulations on students' professional activity*.

## 5. CONDITIONS FOR ATTENDING THE FACULTATIVE DISCIPLINES

This Course Outline includes, in addition to the **compulsory** and **at choice (optional)** disciplines, several **facultative disciplines**.

## 6. REQUIREMENTS FOR OBTAINING THE MASTER'S DEGREE DIPLOMA

The conditions for taking the dissertation exam are presented in the *Methodology for the academic studies final examination*, approved by the Senate of the University. According to this methodology, in order to enter the dissertation exam, all disciplines laid down in the course outline must have been passed.

### DISSERTATION EXAM

- 1 Period of drafting the dissertation: **semesters 3 – 4;**
- 2 Period of completing the dissertation: **the last 3 weeks of the terminal year;**
3. Period of defending the dissertation exam:
4. Number of credits for defending the dissertation: 10 credits.

## YEAR I

No.	Compulsory disciplines	Type*	Semester I						Semester II					
			C	S	L	P	Ver.	Cred.	C	S	L	P	Ver.	Cred.
1	Ethics and academic integrity		1	1	0	0	E	5						
2	Sports selection and orientation		1	1	0	0	C	5						
3	The scientific foundations of sports training and competition		2	2	0	0	E	5						
4	Fitness and body aesthetics		1	1	0	0	E	5						
5	Organizing and planning sports competitions		1	1	0	0	C	5						
6	Specialization in a sport discipline (football, volleyball, basketball, handball, gymnastics, athletics, swimming, skiing)		2	0	2	2	E	5						
1	Sports training planning								2	1	0	0	E	5
2	Physiology and biochemistry of physical effort								1	1	0	0	E	5
3	Advanced assessment in performance sports								1	2	0	0	E	5
4	Advanced research in performance sports								1	1	0	0	E	5
5	Administration of sports facilities								1	1	0	0	C	5
6	Specialization in a sport discipline (football, volleyball, basketball, handball, gymnastics, athletics, swimming, skiing)								2	0	2	2	E	5
Total hours compulsory disciplines			8	6	4	0	0	30	8	6	4	0	0	30
			18						18					

No.	Facultative disciplines	Type	Semester I						Semester II					
			C	S	L	P	Ver.	Cred.	C	S	L	P	Ver.	Cred.
7	Sport volunteering		0	0	0	0		0						
7	Sport volunteering								0	0	0	0		0
Total facultative hours per week					0			0						
			0						0					

**Prof.Eng.PhD. Ioan Vasile ABRUDAN**

**Rector**

**Assoc.prof.PhD. Ioan TURCU**

**Dean**

**Assoc.prof.PhD. Bogdan Marian OANCEA**

**Director of department**

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**Coordinator of study programme**

## YEAR II

No.	Compulsory disciplines	Type*	Semester III						Semester IV					
			C	S	L	P	Ver.	Cred.	C	S	L	P	Ver.	Cred.
2	Neuronal motor control and learning		2	1	0	0	E	5						
3	Information technologies applied in sports performance monitoring		1	0	2	0	E	5						
5	Doping and nutrition in sports		1	1	0	0	C	5						
1	Dissertation thesis preparation								0	0	0	4	E	5
2	Management and marketing in sport performance								1	1	0	0	E	5
3	Sports consulting and coaching								2	1	0	0	E	5
4	Injury prevention and human body recovery in performance sports								1	2	0	0	E	5
Total hours compulsory disciplines			4	2	2	0		15	4	4	0	4		20
			8						12					

No.	Optional disciplines	Type	Semester III						Semester IV					
			C	S	L	P	Ver.	Cred.	C	S	L	P	Ver.	Cred.
Choose one discipline from each package:														
Optional package 1														
1	Specialized practice in training structures in team sports					6	E	5						
	Specialized practice in training structures in individual sports													
Optional package 2														
4	Sport legislation		1	1			E	5						
	Volunteering in sports activity													
Optional package 3														
6	Research systems and equipments in sports activity		1	1			E	5						
	Applied statistics in performance sports													
Optional package 4														

5	Sports training for persons with special needs							1	1			C	5
	Sports trauma and first aid measures												
Optional package 5													
6	Sport group psychology							2	1			C	5
	Communication techniques in sports performance												
Total hours optional disciplines per week			2	2		6		15	3	2			10
			10				5						
Total			10					30	5				30

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**GENERAL BALANCE SHEET I**

No.	Discipline	No. of hours		Total		No. of credits	
		Year I	Year II	hours	%	Year I	Year II
1	Compulsory	504	280	784	78,87	60	45
2	Optional		210	210	21,13	0	15
<b>TOTAL</b>		504	490	994	100	60	60
3	Facultative	0		0			

**GENERAL BALANCE SHEET II**

No	Discipline	No. of hours		Total		No. of credits	
		Year I	Year II	hours	%	Year I	Year II
1	Fully / partially assisted disciplines	504	350	854	85,92	60	50
2	Specialized practice		84	84	8,45		5
3	Practice for drafting the dissertation		56	56	5,63		5
<b>TOTAL</b>		504	574	994	100	60	60

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