



LEADERSHIP OF FITNESS AND RECREATIONAL ACTIVITIES (LEADERSHIP-UL FITNESS-ULUI ŞI ACTIVITĂŢILOR RECREATIVE)

1. Physical fitness – conceptual delimitations; components
2. The FITT concept (frequency, intensity, time, typology)
3. Fundamental and derived body positions
4. Movements of body segments
5. Assessment in motor activities – conceptual delimitations, general goals, assessment objectives, conditions for an effective assessment
6. Assessment functions in motor activities
7. Typology and stages of assessment in EFS
8. Assessment criteria in EFS
9. Motor capacity – motor qualities: conceptual delimitations, forms of manifestation and conditioning factors
10. Motor skills: definition, typology

Bibliography:

1. Nechita Florentina - Fitness - basic component of gymnastics, 2025, Ed. RISO-PRINT, Cluj – Napoca, ISSN:978-973-53-3542-7
2. Badau Dana, Badau Adela, Grancea Marius – Fitness. Posture and movement., 2017, Ed. Transilvania University, Brasov, ISBN: 978-606-19-0864-3
3. Badau Dana, Badau Adela - Evaluation in motor activities. 2025, Ed. RISO-PRINT, Cluj – Napoca, ISBN: 978-973-53-3506-9
4. Georgian Badicu , Lorand Balint – Teoria educaţiei fizice şi sportului, 2023, Ed. Transilvania University, Brasov ISBN: 978-606-19-1629-0

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