Transilvania University of Braşov, Romania

Study program: Sport Performance and Management

Faculty: Physical Education and Mountain Sports
Study period: 2 years (master)

1st Year

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Ergofiziologie	PM.01.01.I	4	1	-	1	-

Course description (Syllabus): Physiological aspects of the starting state, heating and the second resination; Training status, sports form; Peculiarities of isometric and isotonic contractions; Physiology of nerve and neuromuscular fatigue; Physiological bases of physical qualities; Aspects of the physiology of speed, strength, strength and skill; Medium-altitude training, time zone variations and climatic conditions; Doping in athletes. Barem of contraindications in sport.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Age psychology and staging in sports training	PM.01.02.I	5	1	1	-	-

Course description (Syllabus): 1Defining age psychology; Small schoolboy; Preadolescence and adolescence; The mental peculiarities of the young man, adult and old man; Characteristics and objectives of sports training; Stages of sports training; Selection, models, means of selection.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Sport science	PM. 01.03.I	7	2	1	-	-

Course description (Syllabus): History, evolution and sports terminology; Definitions, characteristics, functions and objectives of sport; Subsystems of sport - classification of sports; Sport in world cultural patrimonial. Influential in art; Characterization of sports; Sports trends; Professionalism in sport; Organizing anti-doping.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Techniques for recovery and recovery after effort	PM.01.04.I	6	1	2	-	-

Course description (Syllabus): Training a baggage of knowledge related to the evolution of methods of supporting and restoring the body's capacity after an effort. The course aims to deepen the notions related to recovery training, part of sports training.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Communication science in sports training	PM.01.05.I	4	1	1	-	-

Course description (Syllabus): Communication-fundamental form of interpersonal interaction. Definition of the communication process. Factors influencing communication: psychological, cognitive and social, context and environmental. Communication and interpersonal knowledge. Sociometric representations and their role in

communication. Nonverbal communication in sport. The role of attitude in interindividual communication in sport. Communication and event. Interaction between persons depending on the situation or context of the deployment.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Sports research techniques and methods	PM.01.06.I	4	1	1	-	-

Course description (Syllabus): Concepts specific to the discipline 'research methodology'. Science of body activities. Presentation of methods of broad degree of generality. Presentation of investigative methods used in the field of sport. Tests – measuring instruments. Ways to present the results of studies and research. Research deontology.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Shaping sports conduct	PM.02.07.I	4	1	1	-	-

Course description (Syllabus): Total training; Psychic factors of the sports competition; The sports group and its leadership; Awareness of the activity of athletes; Multidisciplinary specialist coach; Psychology of the coach-sports relationship; Development of team spirit.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Specialization in a sports branch – Football	PM.02.08.A	14	2	-	2	2

Course description (Syllabus): Football game-specific sports training problems; Principles, objectives and requirements of modern training; Orientation and selection in the game of football; Effort in the game of football; Sports training factors involved in football training: physical, technical, tactical, psychological, theoretical, biological factors; Program for graphical representation of workouts - Specific soccer; Gag training structure.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Specialization in a sports branch – alpine skiing	PM.02.08. A	14	2	-	2	2

Course description (Syllabus): National method of skiing; Analysis of technical content in groups of beginner and advanced children; Rules of competition, Training content planning documents, Methods and means of physical and technical training, techniques for evaluation of training.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Sociology of the group	PM.02.12.I	14	2	-	2	2

Course description (Syllabus): Sports performance; Concept of performance; Sports performance factor; Teacher /coach - Competences and impact of the coach's personality on the evolution of athletes; Motivation, willandpower and attention in the sport of performance;Definition of the concept of motivation and its dimensions; Motivation theories, types of motivation; Regulatory mechanisms: will and attention; The sports group and its leadership; Control of aggression in sport; Potential hazards; The term risk in the field of sport.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Doping in sports	PM.02.09.I	4	1	1	-	-

Course description (Syllabus): Pharmacological support of physical exertion; Classification of exercise and favouring medication of re-establishment; Factors influencing the use of medicinal products; Routes of administration and absorption of medicinal products; Methods of treatment of medicinal products; National and international legislation

governing the conduct of anti-doping activities; Definition of the concept of doping in sport; Banned List - International Standard of the World Anti-Doping Agency.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Management of sports structures	PM.02.13.I	4	1	1	-	-

Course description (Syllabus): General characterization of sports structures; Types of sports structures; Managerial principles for the management of sports structures; Role of the economic factor in the management of sports structures, Tools for planning, monitoring and evaluation of the management of sports structures; High-performance management management; Directions, trends and strategies in the management of sports structures.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Techniques of counseling and assistance in high-performance sport (coaching)	PM.02.10.I	4	1	1	-	-

Course description (Syllabus): Coaching in performance sport; history, shapes, and content; Sports group and its leadership: leadership in sports; Theories in leadership; The leader's multidimensional model; The functions and personality of the coach in the life of the group: coach, mentor, counselor, etc.; Ways of self-knowledge and interknowledge of the coach and sports group; psychological tests; Psychoathlete; Cohesion of the sports group; Social cohesion and task cohesion; Conceptual models; Quality assessment; Determinants of cohesion in the sports team; Pedagogical communication (verbal and non verbal) within the team; Activation through communication and activation optimization strategies; Team and individual energization; Energizing strategies; Decision and responsibility in training and competition; Choice of objectives; Methods of advice and assistance in performance sport; Planning the training of sports personality and sports career.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Olympic education and sports ethics	PM.02.14.I	4	1	1	-	-

Course description (Syllabus): Getting started: distinction between ethics, morals and applied ethics; Olympic principles; Ethical principles; Highlights for your sporting career; Olympic notions and values; The mechanism of making ethical decision in performance sport; Favouring and frantic aspects of sports ethics; Deontological meanings: consciousness clause, right to criticism and self-criticism.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Competition theory – projection, planning and diagnosis in sport training	PM.02.11.I	4	1	1	-	-

Course description (Syllabus): The object of study of discipline, its branches and its problem; Methodology for applying the vocational vocational education plan sports profile, for sports education integrated into the curricular area; Physical education and sports; Practical sports training at the level of advanced athletes: generalities, somato-functional, mental and motor peculiarities of 12-14 year olds, specialized curriculum, framework and reference objectives, learning content, technologies methodical recommendations, peculiarities of the forms of organisation of the educational and educational process of practical sports training; Practical sports training at the level of performance athletes: generalities, somato-functional, mental and motor altogether of the puberty period (15-19years), specialized curriculum, framework objectives and specific competences, contents learning, action technologies, methodical recommendations, peculiarities of the forms of organisation of the educational and educational process of practical sports training.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
European structures and strategies in performance sport	PM.02.15.I	4	1	1	-	-

Course description (Syllabus): Sports structures in Romania-appearance, evolution, organization; Sports structures in Europe and the world; National strategy on sport between 2012-2020; European strategies on sport; Institutionalization of sports movement in Europe; Current orientations, projects and debates on sports topics.

2nd Year

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Ethics and academic integrity	PM.03.01.I	2	1		-	-

Course description (Syllabus): Getting started: distinction between ethics, morals and applied ethics; Models of moral man: socratic, Platonician, Aristotelian Epicurean, cynical, skeptical; Ethical principles; Highlights for teaching and sports careers; Ethical dimensions of the general model of the profession; professional and ethical ethics; Mechanism of ethical decision in the teaching process.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Preparation and elaboration of the license work	PM.04.01.I	10	-	-	-	5

Course description (Syllabus): Analysis of general research methods: - bibliographic method; analysing heuristic research methods; analysis of aspects related to modeling, model, original system; analysing aspects of the case study; organizing a brain-storming meeting; Presentation and analysis of models of observation sheets; Presentation and analysis of investigative models in the form of a questionnaire and interview; Analysis of the experimental method (independent and dependent variable) ; Presentation and analysis of tests and measurements applicable in the work of e.f.s.; Statistical indicators and their applicability in the field of physical education and sport; Analysis of aspects of drafting and supporting research papers.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Optimisation of physical condition	PM.03.02.I	6	2	1	-	-

Course description (Syllabus): Physical condition - definitions and generalities; Physical factor content; Characterisation of age groups; Motrical capacity; Means and methods of improving the physical condition; Conducting training; Forms and means of practicing physical exercise; Tables with sports training- specific means.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Negotiating and impresario techniques in sport	PM.03.06.I	6	2	1	-	-

Course description (Syllabus): Generalities, definitions and classifications of the negotiation,; Negotiating strategies and styles; Sports negotiation techniques and tactics; Stages of negotiation; General, purpose, objectives and categories of activities impresario in sport; Sports impresario-specific techniques and tactics; Handling and misinformation of negotiation and sports activities.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Performance management in sports training	PM.03.03.I	4	1	1	-	-

Course description (Syllabus): General management elements involved in the management of physical education and sports activity; Concept of performance in physical education and sports activity; Performance management and its specificity in physical education and sports activity; The motivational component in sports performance and its management.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Sports marketing policies and strategies	PM.03.07.I	4	1	1	-	-

Course description (Syllabus): Sports marketing planning; Organization in sports marketing; Decision and attitude in sport; Driving in sports-sports marketing; Business strategies in sport; Entrepreneurship in the field of sport.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Specialization in a sports branch – Football	PM.03.04.I	14	2	2	-	2

Course description (Syllabus): Features of the modern football game; Methodical guidelines in modern football sports training; Program for graphical representation of workouts - specific soccer; Gag training structure; Game concept; Game System; Tactical principles in football; Tactical plan in the game of football; The interrelation between training factors in the game of football.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Specialization in a sports branch – alpine skiing	PM.03.04.I	14	2	2	-	2

Course description (Syllabus): Components of performance sport training: methods and means of preparation to increase physical condition (low season and specific) in stage II of training (alpine skiing, background, biathlon, snowboarding); Secondary selection and stage of basic training of children and juniors in stage II of training; Methods and techniques for evaluation of preparation (specific tests, verification competitions, official competitions).

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Establishment of sports structures	PM.03.08.I	14	2	-	2	2

Course description (Syllabus): The law of sports institutions in accordance with national and international law; Administrative public services in national and European sport; The security of practitioners in sports tourism; Specific national responsibilities; Institutionalisation of the sports movement in the EU; Current projects and debates on tourist topics.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Evaluare avansată în sportul de performnață	PM.03.05.I	4	1	1	-	-

Course description (Syllabus: Conceptual delimitations of evaluation, evaluation and integration of evaluative actions into performance sport. Highlights of the concept of development, characteristics of the evolution of the human being. The place and role of evaluation in the process of improving performance in sport. Evaluation of somatic, motrici, psychomotric indicators specific to different sports disciplines. Theoretical aspects of advanced performance sport evaluation. Content and aspects of the somato-functional assessment, anthropoitomand biometric measurements. Content and aspects of evaluation in individual and collective sports.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Arrangement and administration of sports bases	PM.03.09.I	4	1	1	-	-

Course description (Syllabus): Objectives and characteristics of the sports facilities course. Systemstization, construction and use of sports fields of athletes, badminton, tennis field, gymnastics, weightlifting, handball, judo, wrestling, volleyball. Hygiene of sports bases. Classification of sports bases. Dimensions of sports bases.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Scientific foundations of sports training and competition	PM.04.02.I	5	1	1	-	-

Course description (Syllabus): The theory of sport. Definition and fundamentals. .Functions and objectives of sport. Subsystems of sport. Classification of sport. Current trends and evelopment strategies. Sport science and art generator. Theory of performance and competition. Performance capacity..Effort. Adapting to effort. Fatigue, rest and restoration of performance capacity. Sports competition. Competition system.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Human resources management in sports activities	PM.04.06.I	5	1	1	-	-

Course description (Syllabus): General management elements involved in the management of physical education and sports activity. The concept of human resources in physical education and sport. Human resources management and its specificity in physical education and sports activity. The motivational component in sports performance and its management.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Induction and recovery of the sports form	PM.04.03.I	5	2	1	-	-

Course description (Syllabus): The principles of sports training. Classification of sports. Sports subsystems. Indicators (factors) that determine performance in sport. Physical exertion. Definition, parameters, characteristics. The content of sports training. The physical factor. The content of sports training. The technical factor. The content of sports training. Tactical factor. Theoretical and psychological factors. Programming, planning and record of the educational training process. The annual plan. The macrocycle. Mesostructure- mesocycle in sports training. Microstructure - microcycle in sports training. The sports form and her relationship with the periodization of sports training. Sports training lesson. Evaluation in sports training.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Organisation and planning of sports competitions	PM.04.07.I	5	2	1	-	-

Course description (Syllabus): Programming, planning and record keeping the process of organizing sports competitions. Competitors and their relationship with the organizers of the competition. Components of the organizational process specific to performance sport. Planning the sports competition. Theoretical and practical aspects specific to sports training. Organizational aspects of competition regulations. Specific rules of organization.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Rules and legal provisions in sports activities	PM.04.04.I	5	1	1	-	-

Course description (Syllabus):.Hierarchy of rules and legal value of sports rules. Delineation of the field (state justice, mediation, conciliation). National and international sports organisations (legal form, economic importance, social impact). Sports legal relations. Sports disputes. Existing legal relations between sports organisations and other sports actors (athletes, coaches, technical staff, sponsors, etc.).

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
International sports arbitration	PM.04.08.I	5	1	1	-	-

Course description (Syllabus): Hierarchy of rules and legal value of rules in sports arbitration. Court of Sports Arbitration (CAS) and The International Arbitral Council in the field of sport in Lausanne. Organisation and competence. Statutes of major national and international sports organisations and regulations on sports arbitration disputes. The Court of Sports Arbitration in Lausanne. Procedure. Sports ethics codes. World Anti-Doping Code. Sports arbitral code and CAS regulation.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Sports training for people with special needs	PM.04.05.I	5	1	1	-	-

Course description (Syllabus): Notions of typology of muscle fibers. Physiology of muscle contraction. The main muscle groups of the body. The upper limb's muscles. Torso muscles; muscles of the chest. Torso muscles; back muscles. Torso muscles; muscles of the abdomen. Lower limb muscles; thigh muscles. Lower limb muscles; calf muscles.Methods and means for training muscle groups.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Strategies for attracting investment in the field of sport	PM.04.09.I	5	1	1	-	-

Course description (Syllabus): General characterization of the project of investments specific to performance sport. Motivation of the realization of the sports investment project. Principles specific to attracting investments in high-performance sport. The role of economic and social factors in attracting investments. Tools for planning, monitoring and evaluation of the investment project. Investment-specific standards in the field of performance sport. Qualified assistance, directions and strategies.