

**COURSE OUTLINE**  
of the class 2024-2026

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. EDUCATIONAL OBJECTIVES AND COMPETENCES

The general objective of the master's program is to perfect the specialized knowledge acquired in the bachelor's cycle specific to the field of Sports Science and physical education and to assimilate advanced professional skills. 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 COR code ISCO-08 233001 - teacher in high school and post-high school education.

In addition to this qualification, the legislative framework also offers the qualification of coach in a sports discipline, according to the M.O. for amending the annex to the M.O. Youth and Sports 553/2019 regarding the approval of the model of the Protocol for training and certification as a coach in a sports discipline.

The competence profile developed in accordance with the needs identified on the labour market and with the national qualifications framework, as well as the learning outcomes associated with these competences are presented synthetically below.

Their detailed presentation can be found in the subject sheets of the curriculum.

The educational objectives are structured on three dimensions, as follows:

### 1. Cognitive objectives:

- to know the factors that condition for increasing performance capacity;
- to know the biological implications related to the short- and long-term adaptation processes following the appropriate management of physical effort;
- to know the system of training factors specific to certain groups of disciplines and sports;
- to know the most important theories about motor learning/education in order to optimize sports performance;
- to know the forms of assessing the functional capacity of the human body and the means of recovery after effort;
- to know the forms of specific motor assessment on training factors.

### 2. Practical-applicative objectives:

- to have the ability to analyze interdisciplinary the contribution of factors that lead to increased performance capacity in different sports disciplines;
- to be able to apply in practice the methodological knowledge appropriate to the training tasks that lead to the achievement of the proposed objectives;
- to have the ability to correlate the diversity of knowledge acquired during studies and their successful applicability in practice;
- to have the ability to identify and use new means, in order to create effective programs in the process of specific motor improvement;
- to be able to creatively apply the knowledge acquired in college, in various professional situations;
- to have the ability to organize oneself effectively and to objectively self-evaluate one's professional activity.

### 3. Objectives for training communication and relationship skills:

- to acquire the ability to inter-relate effectively, using specific terminology appropriate to the level of training of subjects engaged in performance sports;
- have the ability to use and apply modern and efficient means of communication in the teaching-learning process according to specific requirements;



- be flexible and adaptable for effective communication, depending on the age and training level of the athletes.

## Professional competences and learning outcomes

### Cp.1. Design of instructional-educational activities specific to sports performance

L.O.1.1. The graduate has the ability to select, combine and use appropriately the integrated, coherent, dynamic and open set of knowledge, skills and other acquisitions specific to the field.

L.O.1.2. The graduate has the ability to design specific and effective teaching and evaluation strategies at the level of stage II of sports training, respectively at the high school level.

L.O.1.3. The graduate identifies and adapts programs for consolidating-fixing motor skills for both high school students and junior sports practitioners.

L.O.1.4. The graduate has the ability to create an annual education plan (an annual training plan), as well as other calendar plans (mesocycle, microcycle, lesson plan), at the age of 14-18, for both students and junior athletes.

L.O.1.5. The graduate uses modern educational technologies to facilitate the learning process within the didactic process of physical education and sports training.

L.O.1.6. The graduate constantly evaluates the effectiveness of planning documents, permanently adapting them in order to successfully resolve problem situations circumscribed to sports training.

L.O.1.7. The graduate plans, manages and monitors sports activities, as well as other events specific to the field.

L.O.1.8. The graduate acquires the specific knowledge that gives him the ability to understand, develop and apply original ideas within research activities.

L.O.1.9. The graduate acquires the notions and capabilities necessary for the transfer of knowledge in solving new problems, correlated with the dimensions of specialization or with multidisciplinary fields, related to the field of study.

### Cp.2. Management of curricular and extracurricular activities in the field of sports training

L.O.2.1. The graduate efficiently organizes time and space resources in correlation with human resources, identifying the purposes of the specific processes of sports training.

L.O.2.2. The graduate develops and designs specific programs in the field of performance sports through the appropriate use of modern teaching strategies, corresponding to the various situations encountered in professional activity.

L.O.2.3. The graduate acquires specific skills aligned with performance standards regarding the pedagogical organization of science, culture and art, and the provision of sports services.

L.O.2.4. The graduate acquires the ability to appreciate and evaluate the importance and role of rigorous design and management of sports elements as well as human and financial resources in the field of activity.

L.O.2.5. The graduate actively involves students/athletes in the planning and evaluation of activities specific to sports training.

L.O.2.6. The graduate develops and implements first aid and safety protocols within the specific activities carried out.

L.O.2.7. The graduate collaborates with teachers, researchers and specialists to provide learning content permanently adapted to the individual needs/requirements of students/athletes.

L.O.2.8. The graduate organizes, manages and monitors activities specific to the sport field.

L.O.2.9. The graduate permanently evaluates, monitors and manages the novelties that have emerged in the teaching and sports training process, in order to facilitate students/athletes' access to tools, methods and technologies intended to achieve progress within the specific activities carried out.



L.O.2.10. The graduate constantly demonstrates the desire to develop and improve the theoretical, aptitude and managerial content specific to his/her professional activity.

### Cp. 3. Management of the class/group of students in the context of sports training

L.O.3.1. The graduate creates a conducive and performative learning environment based on ethics, integrity and moral values within the specific teaching activities.

L.O.3.2. The graduate observes, discusses and corrects the behavior of students/athletes during lessons and sports activities.

L.O.3.3. The graduate develops positive communication with students/athletes in order to actively involve them in the sports training process.

L.O.3.4. The graduate identifies the needs of students/athletes as well as the cultural/physical/social differences between them.

L.O.3.5. The graduate develops communication and conflict resolution skills within the class/team.

L.O.3.6. The graduate collaborates with parents or representatives of students/athletes in order to ensure an optimal climate necessary for their multifaceted development.

L.O.3.7. The graduate uses complex methods of evaluating the behavior and performance of students/athletes.

L.O.3.8. The graduate promotes the desire to win and provides the tools, means and methods necessary to achieve this goal.

L.O.3.9. The graduate develops skills in monitoring and managing the activities of students/athletes to facilitate their success and social integration.

L.O.3.10. The graduate permanently manages his/her own professional aspects specific to the position, for the purpose of continuous self-improvement.

### Transversal competences and learning outcomes

#### Ct.1. Communication and cooperation in professional contexts

L.O.1.1. The graduate acquires modern techniques and methods for improving human communication by developing creativity, a sense of responsibility, the ability to make appropriate decisions regarding priority management, in order to increase interaction and cohesion at the individual and group level.

L.O.1.2. The graduate permanently collaborates with specialists from related fields in order to create and promote successful management programs based on attracting, promoting and stimulating their own students/athletes.

L.O.1.3. The graduate acquires the ability to integrate and coherently present techniques and training means for the formation of the personality of the subjects in correlation with the specifics of their professional activity.

L.O.1.4. The graduate, based on the acquired skills, determines the involvement of young people in the organization and offering of sports projects and activities according to the demand of the labor market.

L.O.1.5. The graduate identifies, understands and harmonizes cultural diversity and individuality in the process of promoting and organizing specific sports training processes.

L.O.1.6. The graduate acquires the ability to determine the growth of self-confidence of young people by testing the body's resistance to physical and mental efforts.

#### Ct.2. Career development and management

L.O.2.1. The graduate relates in his teaching activity to his own professional objectives and challenges.

L.O.2.2. The graduate identifies and evaluates personal development opportunities, as well as the professional development path.



L.O.2.3. The graduate develops a portfolio of skills based on acquisitions and achievements relevant to his field of activity.

L.O.2.4. The graduate plans and implements continuous professional development strategies, including participation in advanced training courses, thematic seminars and scientific conferences.

L.O.2.5. The graduate understands and complies with the regulations and legal requirements of the professional qualifications and skills required in the profession.

L.O.2.6. The graduate monitors and controls career development, including changing jobs or specializing in fields related to physical education and sports.

## 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 2-4, 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.



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 Valid in the academic year: 2024-2025

Aprobat în şedinţa  
 Senatului Universităţii Transilvania  
 din Braşov din data de  
30 septembrie 2024.

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	4						
2	Sports selection and orientation		1	1	0	0	C	4						
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	4	0	E	7						
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	4
5	Administration of sports facilities								1	1	0	0	C	4
6	Specialization in a sport discipline (football, volleyball, basketball, handball, gymnastics, athletics, swimming, skiing)								2	0	4	0	E	7
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	Human anatomy and biomechanics		1	2	0	0	C	0						
7	Induction of sport form								1	2	0	0	C	0
Total facultative hours per week			1	2				0						0
			3				3							

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YEAR II

No.	Compulsory disciplines	Type*	Semester III						Semester IV						
			C	S	L	P	Ver.	Cred.	C	S	L	P	Ver.	Cred.	
1.	Research practice in sports training and research structures		0	0	0	6	C	4							
2.	Neuronal motor control and learning		2	1	0	0	E	6							
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	10	
2	Management and marketing in sport performance								1	1	0	0	E	4	
3	Sports consulting and coaching								2	1	0	0	E	4	
4	Injury prevention and human body recovery in performance sports								1	2	0	0	E	4	
Total hours compulsory disciplines			4	2	2	6		20	4	4	0	4		22	
			14				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														
4	Sport legislation													
	Volunteering in sports activity		1	1				E	5					
Optional package 2														
6	Research systems and equipments in sports activity		1	1				E	5					
	Applied statistics in performance sports													
Optional package 3														
5	Sports training for persons with special needs									1	1			
	Sports trauma and first aid measures												C	4
Optional package 4														





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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	364	868	87,32	60	42
2	Optional		126	126	12,68	0	18
<b>TOTAL</b>							
3	Facultative	84		84			

**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		60	46
2	Specialized practice		84	84	8,45		4
3	Practice for drafting the dissertation		56	56	6,63		10
<b>TOTAL</b>		504	490	994	100	60	60

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