

# 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	Language of instruction	1 <sup>st</sup> Semester					2 <sup>nd</sup> Semester				
				C	S	L	P	Cred	C	S	L	P	Cred
01	Functional anatomy	AF	Romanian	2	1	-	-	4	-	-	-	-	-
02	Kinesiology	KIN	Romanian	1	1	-	-	2	-	-	-	-	-
03	General bases of athletics	BGA	Romanian	2	-	2	-	5	-	-	-	-	-
04	General bases of gymnastics	BGG	Romanian	2	-	2	-	5	-	-	-	-	-
05	Theory, training practice and applications in the mountain environment - alpine skiing	TPSA	Romanian	2	-	3	2	8	-	-	-	-	-
06	Theory and practice of training in combat sports	TPC	Romanian	1	-	2	-	3	-	-	-	-	-
07	Academic writing	SA	Romanian	1	-	-	-	1	-	-	-	-	-
08	English Language	LE01/LE02	Romanian	1	1	-	-	2	1	1	-	-	2
	Spanish Language	LS01/LS02	Romanian										
	French Language	LF01/LF02	Romanian										
09	Physiology	FIZ	Romanian	-	-	-	-	-	2	2	-	-	3
10	Education for health and first aid	ESA	Romanian	-	-	-	-	-	2	-	2	-	5
11	General bases of handball	BGH	Romanian	-	-	-	-	-	2	-	2	-	5
12	General bases of football	BGF	Romanian	-	-	-	-	-	2	-	2	-	5
13	Theory and practice of training in athletics	TPA	Romanian	-	-	-	-	-	2	-	2	-	5
14	Theory and practice of training in gymnastics	TPG	Romanian	-	-	-	-	-	2	-	2	-	5

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

No. crt.	Course	Code	Language of instruction	3 <sup>rd</sup> Semester					4 <sup>th</sup> Semester				
				C	S	L	P	Cred	C	S	L	P	Cred
01	Theory of physical education and sport	TEFS	Romanian	2	1	-	-	3	-	-	-	-	-
02	Theory, training practice and applications in mountain environment - tourism- orienteering	TPTO	Romanian	2	-	2	2	7	-	-	-	-	-
03	Methodic of teaching athletics in school	MPA	Romanian	2	-	1	-	3	-	-	-	-	-
04	Methodic of teaching gymnastics in school	MPG	Romanian	2	-	1	-	3	-	-	-	-	-
05	Methodic of teaching football in school	MPF	Romanian	2	-	2	-	5	-	-	-	-	-
06	Methodic of teaching handball in school	MPH	Romanian	2	-	2	-	5	-	-	-	-	-

07	Theory and practice of training in natation	TPN	Romanian	-	-	2	-	2	-	-	-	-	-
08	English Language	LE03/LE04	Romanian	1	1	-	-	2	1	1	-	-	2
	Spanish Language	LS03/LS04	Romanian										
	French Language	LF03/LF04	Romanian										
09	Psycho-pedagogy	PP	Romanian	-	-	-	-	-	1	1	-	-	2
10	General bases of basketball	BGB	Romanian	-	-	-	-	-	2	-	2	-	5
11	General bases of volleyball	BGV	Romanian	-	-	-	-	-	2	-	2	-	5
12	Methodic of physical education and sport	MEFS	Romanian	-	-	-	-	-	2	1	-	-	3
13	Research methods in Sports science and physical education	MCSS	Romanian	-	-	-	-	-	2	1	-	-	3
14	Internship in mountain leisure bases	SPBA	Romanian	-	-	-	-	-	-	-	-	3	3
15	Theory, practice of swimming training and applications in water sports disciplines	TPNDA	Romanian	-	-	-	-	-	2	-	2	2	7

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

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