

# Transilvania University of Braşov, Romania

## Study program: School physical education and leisure motor activities

Faculty: Physical Education and Mountain Sports

Study period: 2 years (master)

1<sup>st</sup> Year

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Psychology of the ages and specific psychopathologies	EF.CA.I.01.01	Romanian	5	1	1	-	-

**Course description (Syllabus):** Defining psychology ages; Object and content of psychopathology; Young children and deficiencies in adaptive behavior; Pre-teen addiction and psychopathology at this stage; Adolescence and psychopathology addiction at this stage; Psychological peculiarities of young, adult and of the old; Organic disturbances to age III.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Theory of motor actuating learning	EF.AP.I.01.02	Romanian	6	2	1	-	-

**Course description (Syllabus):** General issues of learning (definition of "learning" types of learning, learning theories and mechanisms); school learning and its characteristics, objectives and learning outcomes, learning skills and capacities; Pedagogical models of learning theories; motor learning (definitions, characteristics, typology); General motor program; Memory and motor learning retention; Transfer in motor learning; Phases / stages of motor learning (interdisciplinary treatment in terms of physiology, psychology, theory of physical education and sports); current classifications of motor skills; perception and motor learning, motor learning and memory development, learning - saving motor in ontogenesis; Teaching - learning as an act of communication (information and communication, communication, communication through movement, the conditions of effective communication); Internal and external conditions of learning, learning motor motivations; Effective learning rules, distortions in the motor learning process; Evaluation of motor learning outcomes.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Physiotherapeutic intervention techniques in the schools	EF.AP.I.01.03	Romanian	4	1	-	1	-

**Course description (Syllabus):** The role of physical therapy in schools; Peculiarities of body posture and body attitudes during schooling; Investigating, preventing and correcting physical deficiencies, in order to harmoniously develop the child; Neuro-motor reeducation of children with congenital or acquired neurological disorders; Training and development of psychomotor components (body scheme, laterality) and forms of grasping in order to build adaptive behaviors; Development of general motor skills in a social-integrative context.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Management and marketing in formal and nonformal motor activities	EF.SI.I.01.04	Romanian	5	1	1	-	-

**Course description (Syllabus):** The professional skills acquired are those through which the graduates of the course acquire the capacity to integrate the accumulated knowledge: the evolution of the management concept, organization and organizations in the management of sports activities, forms of social organizations of sports organizations, management of human resources management, management of financial resources management, management and analysis of the management of sports activities, the proper use of the means for the functioning of a sports organization.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodologies for assessing and optimizing physical condition by age groups	EF.SI.I.01.05	Romanian	6	1	2	-	-

**Course description (Syllabus):** Physical condition, measurement and evaluation; Factors that influence the level of physical condition; Measurement concept: definitions, components, measurement results, measurement errors; Evaluation concept: types, purpose of measurement and evaluation, evaluation methods; The place of physical condition in the physical education lesson; methodologies for programming and planning the physical condition in the discipline of physical education; Physical condition in non-formal activities; Means of optimizing physical condition in non-formal motor activities.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Internship in formal training environment	EF.SI.I.01.06	Romanian	4	-	-	-	2

**Course description (Syllabus):** Presentation of the evaluation tests of the pedagogical practice of the students; rules to be followed by students in teaching lessons; Trial lessons and the final lesson; filling in the forms; benchmarks for evaluating a lesson; Rules for drawing up the pedagogical practice booklet;

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Ethics and deontology in sport science and physical education	EF.SI.I.02.07	Romanian	2	1	-	-	-

**Course description (Syllabus):** General concepts regarding professional ethics and ethics. Students' academic rights and responsibilities. Intellectual property: copyright, patent, trademark, etc. Ethical conduct in research. Manufacture and falsification of research data. Acquisition of intellectual property rights. The importance of the original research in the elaboration of the dissertation work. Ethical and deontological responsibilities specific to the sports field.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodologies for teaching sports games in high school level - football and handball	EF.AP.I.02.08	Romanian	7	1	-	2	-

**Course description (Syllabus):** Football - Acquiring adequate terminology and developing methodological-organizational competences for teaching football in high school; definition and proper use of terminology from programs specific to physical and sports education activities in high school – Football; arguing, interpreting, operating with human concepts - hyper complex bio-psycho-social system and applying the general methodology for organizing and conducting the instructional-educational process specific to physical and sports education activities; design and presentation of football-specific means of learning, consolidation and improvement of the technical elements and procedures in the high school education cycle; explaining the mechanisms of general motility and the means of physical education and sport;

Handball - aiming of handball school teams: player selection, methodological recommendations on team training; fundamental strategic variants; Game models - team and individual; means for training the playing phases. National competition system.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodologies for teaching sports games in high school level - basketball and volleyball	EF.AP.I.02.09	Romanian	7	1	-	2	-

**Course description (Syllabus):** Basketball - Game conception; Modern directions and tendencies of developing the basketball game; Preparation conception – game plan / team; position player plan (motile, technical, tactical, psychological); position player tasks; The basketball elements according to the curriculum – the main methodical lines in teaching the basic elements of basketball in school: playing without the ball in defense and offense; The main methodical lines in teaching the basic elements and technical-tactical processes of basketball in school; The sporting training factors involved in the specific training of the school's representative basketball team; Basketball technique I, Basketball tactics I; Play and instruction concepts; The method of teaching basketball in school; Planning documents; Evaluating the children's knowledge; Organizing the school basketball events; Organizing the basketball sporting ensemble.

Volleyball - Raising technical and tactical: Specific skills training of hitting the ball in the game of volleyball, "cup", "cuff", "palm"; Development of specific motor skills - ability to jump vertically under equilibrium conditions; development and execution speed of response specific game; Introduction to technical game (techniques): - service front top and bottom, taking the service with two hands up and down, lifting the attack with two hands up before, head over and jump, kick attack - process as the Z4, Z3, Z2; Systems of game for beginners - no specialization posts - with R Z2 for attack and defense in a semicircle.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Recreational motor activities - theory and practice in non-formal training internships	EF.SI.I.02.10	Romanian	4	1	-	-	1

**Course description (Syllabus):** The curricular strategy of the national learning system (concept, development directions, specifications for extracurricular sport – tourist and recreational activities); Macro projection and micro projection of the sport – tourist and recreational activities – theoretical considerations, contents, forms of projection; Stages of projecting sport – tourist and recreational activities, development directions, specifications for extracurricular sporting activities; Characteristics of the didactical projection in the field of sporting and tourist activities; Projecting the extracurricular sporting and tourist activities; Methods and techniques of evaluation the planning documents regarding the sport – tourist and recreational activities.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Holistic paradigm of physical education in adolescent development	EF.CA.A.02.11	Romanian	4	1	-	1	-

**Course description (Syllabus):** The holistic and approaching personality (personality theories; atomism vs. holistic); Psychosocial perspectives in approaching the system-personality of the students; Personality Traits - synthetic-integrative model of personality; Personality development (early childhood, middle childhood, childhood, preadolescent, early adolescence); Motor behavior, the concept of physical activity, proper body and self-knowledge (model postural body schema, body image, self-concept in children, experience of body, body language, body expression); Tackling development requirements personality traits and social integration of students in terms of

school physical education programs (general skills, specific and standard of performance); Evaluation of personality traits in physical education; Diagnosis methods of interpersonal behavior.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Development of personality traits through curricular and extracurricular motor activities	EF.CA.A.02.11	Romanian	4	1	-	1	-

**Course description (Syllabus):** The concept of personality, systemic-psychosocial perspectives in approaching the student's personality; Personality traits - the synthetic-integrative model of personality; Personality development (early childhood, middle childhood, early childhood, preadolescence, early adolescence); Motor games - methods and means of developing personality traits; Categories of game-based motor activities - principles of programming, organization and evaluation in extracurricular and curricular activities; Evaluation of personality traits; methods for diagnosing interpersonal behavior.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Psychomotor development methodologies, formal and nonformal, in early education	EF.SI.A.02.12	Romanian	6	1	2	-	-

**Course description (Syllabus):** Early education - concept and legislation; Early education systems in the European Union; The developmental stages of the child during 0-3 years (physical, cognitive, socio-emotional field); Opportunity windows for the development of motor skills for children aged 0-3; Contents and objectives for the psychomotor field from a curricular perspective; Specific didactic methodologies for acting in early education; Integral assessment methods in early education (Portage method)

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Psychomotor diagnosis and intervention, formal and non-formal, in early education	EF.SI.A.02.12	Romanian	6	1	2	-	-

**Course description (Syllabus):** Psychomotricity – bi-univocal motor-psychic connection; The basic components of psychomotor skills - body diagram - evolution from 0 to 3 years (diagnosis and prognosis); The basic components of psychomotor skills - the particularities of laterality - the evolution from 0 to 3 years (diagnosis and prognosis); The basic components of psychomotor skills - ideomotricity - evolution from 0 to 3 years (diagnosis and prognosis); The basic components of psychomotor skills - motor intelligence - evolution from 0 to 3 years (diagnosis and prognosis); The basic components of psychomotor skills - organization of motor responses - evolution from 0 to 3 years (diagnosis and prognosis); Peculiarities of psychomotor learning at the age of 0-3 years;

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

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Strategies for building the group through formal and non-formal motor activities	EF.AP.I.03.01	Romanian	6	2	1	-	-

**Course description (Syllabus):** General issues of social learning in schools; Motility of human and social learning; Physical education and sport as a social activity; Theories of social learning through movement developed nationally and internationally; Methods and means of social learning through exercise; Organization forms of social learning

motor activities in the formal training; Sociometric methods and techniques applicable to small groups of subjects; Reflection, way of assessing the social learning of motor activities.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodology of teaching physical and sports education in high school and university education	EF.AP.I.03.02	Romanian	6	2	1	-	-

**Course description (Syllabus):** Praxiology of educational activities; Theory and methodology of the curriculum; Instructional design; The methodology for development of educational objectives; The necessary resources for solving instructional objectives; The operational strategy design staff; The practical application of the project developed; Assessing the quality and efficiency of training provided.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
School athletic polyathlon / School artistic gymnastics – strategies of programming the sports ensemble	EF.AP.I.03.03	Romanian	4	1	-	1	-

**Course description (Syllabus):** School athletic polyathlon - As specific skills acquired we recall the organization of the integrated curriculum and the training and learning environment: the implementation models are identified in the learning process, as specific objectives we mention: identification of methods and their implementation in the didactic process, the particularities of participating in the competition. As specific skills acquired we mention: identification of methods and their implementation in the didactic process, design and connection of specific systems and means, use of teaching methodology and techniques, elaboration of selection and presentation of systems and contents, the particularities of growth and development of the student body, the particulars of selection, the particularities of design and planning in the athletic polyathlon, the particularities of participating in the competition.

School artistic gymnastics – strategies of programming the sports ensemble - In-depth knowledge of gymnastics teaching at different levels of schooling. Deepening the knowledge and training of competences regarding the selection, organization and design of the contents of the gymnastics branches for the school ensemble / education cycles. Training the capacity to organize and lead the training of school gymnastics teams.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Theoretical-applied aspects of human motor performance	EF.CA.I.03.04	Romanian	5	1	1	-	-

**Course description (Syllabus):** Introduction to motor learning and performance; general issues about performance and motor learning; Explaining concepts - performance motor and motor learning; Information processing and decision-making; Contributions human sensory motor performance; Production of motor movement programs; The principles of motor control and precision of movement; Individual differences and motor skills.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Organizing extracurricular activities in high school level - mountain sports	EF.AP.A.03.05	Romanian	4	1	-	1	-

**Course description (Syllabus):** The contribution of extracurricular activities in the process of educating high school students. Legal regulations regarding the curriculum of alternative disciplines. Forms of organization and practice of mountain sports activities provided by the extracurricular program; Categories of sports activities and specific

contents; Psycho-pedagogical measures regarding the development of sports orientation activities, cycling, walks, hiking and thematic excursions, thematic school camps. Duties of physical education teachers in their organization; Organizational measures and specific additional materials for the realization of special forms of tourism: trip with accommodation in tents; camps lasting 3-8 days for practicing seasonal sports; expeditions on watercourses; mountaineering etc.; Tourist trip - geographical and cultural aspects of the areas included in a possible itinerary; Mountain school. Safety and accident prevention. Specific equipment and materials depending on the chosen activity.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Organizing extracurricular activities in high school level – winter sports	EF.AP.A.03.05	Romanian	4	1	-	1	-

**Course description (Syllabus):** The importance of organizing extracurricular activities in the education process. Curriculum regulations available to the school. Competitions reserved for school competitions; Content of winter sports activities provided by extracurricular curriculum; Categories of winter sports activities and specific content, Selection of sporting elements for team building in winter sports; Psycho-pedagogical measures regarding the training in the training camp and the training camp; work programs appropriate to the relevant time period.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Experiential and adventure learning	EF.CA.A.03.06	Romanian	5	1	1	-	-

**Course description (Syllabus):** Experiential learning, a component of outdoor education - the theory of experiential learning; Learning by adventure - definition, characteristics, principles, strategies for organizing the activity, setting learning objectives; Experiential pedagogy in socio-emotional development; Stages of development in young people, characteristics of the adult learner; Models of collaboration - working in parallel, working in conflict, working in competition, working with intersecting goals, working in the shadows, working with a savior, working with a wanderer, working together; Debriefing - experiential learning exercises.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Mountain survival techniques	EF.CA.A.03.06	Romanian	5	1	1	-	-

**Course description (Syllabus):** Delimitation of the term of survival, the causes of mountain accidents; General rules of survival; First aid in crisis situations; Behavior in situations of danger, preventive measures; Risk factors in the mountain environment: animals, insects, thirst and water purification, hypothermia, fire, lightning etc.; Organizing the group in case of emergency, ways to build shelter in the mountains; Field orientation and identification of meteorological signals; Ways to travel in the mountains.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodological project by age groups 6 - 10 years, in formal motor training	EF.SI.A.04.07	Romanian	4	1	-	-	1
Methodological project by age groups 6 - 10 years, in nonformal motor training	EF.SI.A.04.07	Romanian	4	1	-	-	1

**Course description (Syllabus):** The general model of a research project (defining the problem, constructing the hypothesis, developing the research model, measuring, collecting and analyzing data, generalizing); Searching for a research topic in the teaching methodology (search strategies, strategies for defining and defining topics); The topic of scientific research (types of research, research topics, thematic orientations in the research of human motility from a

phylogenetic / ontogenetic perspective); Research project management (GANT diagram); Using references in drafting documents. Criteria for evaluating the project.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodological project by age groups 11 - 14 years, in formal motor training	EF.SI.A.04.08	Romanian	4	1	-	-	1
Methodological project by age groups 11 - 14 years, in nonformal motor training	EF.SI.A.04.08	Romanian	4	1	-	-	1

**Course description (Syllabus):** The general model of a research project (defining the problem, constructing the hypothesis, developing the research model, measuring, collecting and analyzing data, generalizing); Searching for a research topic in the teaching methodology (search strategies, strategies for defining and defining topics); The topic of scientific research (types of research, research topics, thematic orientations in the research of human motility from a phylogenetic / ontogenetic perspective); Research project management (GANT diagram); Using references in drafting documents. Criteria for evaluating the project.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodological project by age groups 15 - 18 years, in formal motor training	EF.SI.A.04.09	Romanian	4	1	-	-	1
Methodological project by age groups 15 - 18 years, in nonformal motor training	EF.SI.A.04.09	Romanian	4	1	-	-	1

**Course description (Syllabus):** The general model of a research project (defining the problem, constructing the hypothesis, developing the research model, measuring, collecting and analyzing data, generalizing); Searching for a research topic in the teaching methodology (search strategies, strategies for defining and defining topics); The topic of scientific research (types of research, research topics, thematic orientations in the research of human motility from a phylogenetic / ontogenetic perspective); Research project management (GANT diagram); Using references in drafting documents. Criteria for evaluating the project

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Methodological project by age groups 19 - 25 years, in formal motor training	EF.SI.A.04.10	Romanian	4	1	-	-	1
Methodological project by age groups 19 - 25 years, in nonformal motor training	EF.SI.A.04.10	Romanian	4	1	-	-	1

**Course description (Syllabus):** The general model of a research project (defining the problem, constructing the hypothesis, developing the research model, measuring, collecting and analyzing data, generalizing); Searching for a research topic in the teaching methodology (search strategies, strategies for defining and defining topics); The topic of scientific research (types of research, research topics, thematic orientations in the research of human motility from a phylogenetic / ontogenetic perspective); Research project management (GANT diagram); Using references in drafting documents. Criteria for evaluating the project.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Practice for dissertation preparation into a formal motor training	EF.SI.A.04.11	Romanian	4	1	-	-	1
Practice for dissertation preparation into a nonformal motor training	EF.SI.A.04.11	Romanian	4	1	-	-	1

**Course description (Syllabus):** Choosing the topic in correlation with the direction of the study program, choosing subjects, formulating objectives. Structuring the content to be analyzed by chapter and presenting the specific information according to the theme. Analysis of the informative material regarding the choice of research methods, the elaboration of the plan for its development and of the expected measurements to be applied. Analysis of the material resulting from the measurements made, statistics and graphical representation of the data obtained. Conclusions, proposals, bibliography, annexes. Presentation of the material prepared to the scientific leader in order to correct / restructure the content.

Course title	Code	Language of instruction	No of credits	Number of hours per week			
				course	seminar	laboratory	project
Elaborating the dissertation into a formal motor training	EF.SI.A.04.12	Romanian	10	-	-	-	4
Elaborating the dissertation into nonformal motor training	EF.SI.A.04.12	Romanian	10	-	-	-	4

**Course description (Syllabus):** Analyzing general research methods: Bibliographic method; Analyzing research methods and types; Analyzing aspects of modeling, model and original system; Analyzing aspects of the case study; Organize a brain-storming sessions; Presentation and analysis of models of observation forms; Analyzing experimental method (independent and dependent variable); The statistical indicators and their application in physical education and sport; Analyzing and drafting aspects of research support.