

**COURSE OUTLINE**  
of the class 2025-2027

Transilvania University of Brasov

Master's degree study programme	LEADERSHIP OF FITNESS AND RECREATIONAL ACTIVITIES (in english)
Fundamental field	Science of Sport and Physical Education
Master's degree study field	Science of Sport and Physical Education
Faculty	Faculty of Physical Education and Mountain Sports
Duration of studies	2 years
Form of education:	Full-time (IF)
Type of master's study programme:	Professional

## 1. EDUCATIONAL OBJECTIVES AND COMPETENCES

General objective of the study programme the overall objective of the study program is to train qualified and well-trained professionals with the necessary knowledge, skills and competences to provide high-quality training and guidance in the organization and management of fitness activities and recreational motor activities by age groups, gender and bio-motor potential.

The mission is to prepare graduates to be leaders in the organization, leadership and promotion of an active and healthy lifestyle among different categories of the human population.

Targeted occupations: Code: 233001 Teacher in high school, post-high school education.

The objectives and the profile of competencies developed in accordance with the needs identified on the labour market and with the national qualification's framework are summarized below and detailed in the syllabi of the curriculum.

### Professional competences and learning outcomes

#### Cp. 1. Assessment and development of physical and motor performance

L.O. 1.1. The ability to use advanced methods of assessing the motor capacity and skills of subjects to develop personalized physical activity programs, adapted to the specific needs of each age group and gender.

L.O. 1.2. Ability to analyze assessed data to monitor subjects' physical/motor progress and adapt instruction and programs accordingly.

L.O. 1.3. Develops counseling and mentoring skills to guide trainees to reach their maximum physical potential.

#### Cp. 2. Leadership and management of fitness and leisure activities

L.O. 2.1. Demonstrates the ability to manage research projects and work teams to analyze and develop effective educational practices and policies for different age and gender groups.

L.O. 2.2. Develops leadership skills to influence educational policies and practices in his/her area of expertise.

L.O. 2.3. Promotes professional ethics and values among colleagues and the educational community.

L.O. 2.4. The ability to apply risk management in the sports field.

#### Cp. 3. Planning and implementation of free time motor activity programs

L.O. 3.1. Designs and implements innovative leisure time motor activity programs for different age groups, taking into account current research and recommendations in the field.

L.O. 3.2. The ability to integrate and use technologies and digital resources in the development and delivery of motor activity programs.

L.O. 3.3. Organize, coordinate and manage events and motor activities in the community, promoting a proactive lifestyle.

## Transversal competences and learning outcomes

### Ct. 1. Interprofessional communication and cooperation in the context of motor activities specific to fitness and recreational activities

- L.O. 1.1. The ability to apply modern techniques and methods to improve human communication in an international language (in English), by developing creativity, responsibility and decision-making ability.
- L.O. 1.2 The ability to collaborate effectively with other health and education professionals to develop and implement interdisciplinary research projects aimed at assessing the bio-motor level by age and gender categories.
- L.O. 1.2. Develops skills in managing research projects, including planning, collecting, analyzing data and disseminating results to the scientific community in order to expand specific knowledge.
- L.O. 1.3. The ability to develop and lead personalized programs specific to fitness and recreational activities through the appropriate use of modern didactic strategies, in English;
- L.O. 1.4. The ability to use communication technologies, in English, to facilitate the exchange of information and the coordination of services for the benefit of subjects and the community.

### Ct. 2. Continuing professional development and career planning in physical education and sport

- L.O. 2.1. Plans and pursues his/her continuing professional development, including attending advanced courses and relevant conferences.
- L.O. 2.2. Evaluates career opportunities in motor activities and develops strategies for advancement and specialization.
- L.O. 2.3. The ability to integrate and coherently present techniques and methods of physical training according to the motivations and objectives of individuals or groups of subjects, aiming at personal self-improvement.

## 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: 14-18

Number of weeks: 28.

	Teaching activities		Exam sessions			Holidays		
	Sem. I	Sem. II	Winter	Summer	Retakes	Winter	Spring	Summer
Year I	14	14	3	4	2	3	1	12
Year II	14	14	3	3	1	3	1	-

## 3. PROVISION OF EDUCATION FLEXIBILITY. CONDITIONINGS

The flexibilization of the study programme is ensured by optional 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 enrollment in the following year is conditional on meeting the conditions for passing contained in the *Regulations on students' professional activity*.

## 5. REQUIREMENTS FOR OBTAINING THE MASTER'S DEGREE DIPLOMA

The conditions for taking the dissertation exam are presented in the *Methodology for the academic study's 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: June-July
4. Number of credits for defending the dissertation: 10 credits.

**YEAR I**

No.	Compulsory disciplines	C <sub>1</sub> **	C <sub>2</sub> **	Semester I								Semester II											
				C	S	L	P	SI	Pr	Ver.	Cred.	C	S	L	P	SI	Pr	Ver.	Cred.				
1	Optimizing physical condition	DAP	DI	2	1	0	0	83	0	E	5												
2	Advanced Physical Exercise Kinesiology	DAP	DI	2	1	0	0	83	0	E	5												
3	Fitness Theory	DAP	DI	1	1	0	0	97	0	C	5												
4	Promoting Leadership in Physical Education and Recreation	DAP	DI	2	1	0	0	83	0	E	5												
5	Theory and practice of aquatic recreational activities: aquafitness, aquagym	DSI	DI	1	0	2	0	83	0	E	5												
6	Theory and practice of activities: Sport for all	DSI	DI	1	0	1	0	97	0	C	5												
1	Physical fitness evaluation	DSI	DI									2	1	0	0	108	0	E	6				
2	Devices and equipment specific to fitness	DAP	DI									1	2	0	0	83	0	E	5				
3	Dynamic recreational activities	DAP	DI									1	0	2	0	108	0	E	6				
4	Sports animation and team building	DSi	DI									1	0	2	0	83	0	C	5				
5	Internship in fitness centers	DAP										0	0	0	2	72		C	4				
Total hours compulsory disciplines				9	4	3	0	526	0	E	C	V	30	5	3	4	2	454	0	E	C	V	26
Total hours compulsory disciplines per week				16								14											

No.	Optional disciplines	C <sub>1</sub> **	C <sub>2</sub> **	Semester I								Semester II										
				C	S	L	P	SI	Pr	Ver.	Cred.	C	S	L	P	SI	Pr	Ver.	Cred.			
6	Equality, Diversity, and Inclusivity in Sport and Exercise	DAC	DO																			
												1	1	0	0	72	0	C	4			

6	Kinetoprohylaxis and Wellness	DAC	DO									1	1	0	0	72	0	C	4				
Total				0	0	0	0	0	0	E	C	V	0	1	1	0	0	72	0	E	C	V	4
Total hours optional disciplines per week				0									2										

Legend:

C<sub>1</sub>\* = content criterion:

DAP - advanced disciplines

DSI - synthesis disciplines

C<sub>2</sub>\*\* = compulsoriness criterion: DI - compulsory disciplines (imposed)

DO- optional disciplines

SI = hours of individual study

**Rector**

PROF. PhD. IOAN VASILE ABRUDAN



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**Director of department**

Assoc. Prof. PhD. FLORENTINA NECHITA

**Coordinator of study programme**

PROF. PhD. ADELA BADAU

**YEAR II**

NO	Compulsory disciplines	C <sub>1</sub> **	C <sub>2</sub> **	Semester I								Semester II											
				C	S	L	P	SI	Pr	Ver.	Cred	C	S	L	P	SI	Pr	Ver.	Crred.				
1	Sports counseling	DAP	DI	1	0	2	0	83	0	E	5												
2	Theory and practice of training on fitness equipment	DAP	DI	1	0	2	0	83	0	E	5												
3	Theory and practice of physical activities: aerobic gymnastics	DAP	DI	1	0	2	0	83	0	E	5												
4	First aid and sports traumatology	DSI	DI	1	1	0	0	97	0	C	5												
5	Personalized fitness training and functional training	DAP	DI	1	0	2	0	108	0	E	6												
6	Communication in motor activities	DSI		1	1	0	0	72	0	C	4												
1	Ethics and deontology in the Science of Sport and Physical Education	DSI	DI									1	1	0	0	72	0	C	4				
2	Management and leadership of activities in fitness centers	DAP	DI									2	1	0	0	83	0	E	5				
3	Practical training and preparation of the Dissertation Thesis	DAP	DI									0	0	0	4	44	0	C	4				
4	Applied research in motor activities	DSI	DI									1	1	0	0	72	0	E	4				
5	Fitness Management and Entrepreneurship	DAP	DI									2	1	0	0	83	0	E	5				
6	Internship in camps and recreational centers	DAP	DI									0	0	0	2	72	0	C	4				
Total hours compulsory disciplines				6	2	8	0	526	0	E	C	V	30	6	4	0	6	436	0	E	C	V	26
										4	2	0							3	3	0		
Total hours compulsory disciplines per week				16								16											

Nr. crt.	Optional disciplines	C <sub>1</sub> **	C <sub>2</sub> **	Semester I								Semester II								
				C	S	L	P	SI	Pr	Ver.	Cred	C	S	L	P	SI	Pr	Ver.	Cred.	
6	Sports nutrition and body	DSI	DO										1	1	0	0	72	0	C	4

	image																						
6	Seasonal recreational activities	DSI	DO											1	0	1	0	72	0	C	4		
Total				0	0	0	0	0	0	E	C	V	0	1	1	1	0	72	0	E	C	V	4
Total hours optional disciplines per week				0									2										

**Legend:**

C<sub>1</sub>\* = content criterion:

C<sub>2</sub>\*\* = compulsoriness criterion:

SI = hours of individual study

DAP - advanced disciplines

DI - compulsory disciplines (imposed)

DSI - synthesis disciplines

DO- optional disciplines

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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	420	448	868	93,93	56	56
2	Optional	28	28	56	6,07	4	4
<b>TOTAL</b>		<b>924</b>				<b>60</b>	<b>60</b>
3	Facultative	0	0	0	0	0	0

## 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						
2	Specialized practice	28	28	56	50%	4	4
3	Practice for drafting the dissertation	0	56	56	50%	0	4
<b>TOTAL</b>		<b>28</b>	<b>84</b>	<b>112</b>	<b>100</b>	<b>4</b>	<b>8</b>

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