

SPORT AND MOTOR PERFORMANCE

DEGREE TYPE UPON GRADUATION

Bachelor's Degree

DURATION

3 years (6 semesters)

TEACHING LANGUAGE

Romanian

ECTS POINTS

180

PROGRAMME DESCRIPTION

The mission of the Sport and Motor Performance bachelor programme is to ensure the acquisition of knowledge and to train the skills necessary to practise the job of "teacher and coach", which is characteristic for specialisations in performance sport and is required in vocational sports establishments.

TUITION

EU citizens: 3500 RON (approx. € 700)

Non-EU citizens: € 2430

ENTRY REQUIREMENTS

Baccalaureate Diploma

REASONS TO CHOOSE THIS PROGRAMME

- Obtaining a coach's licence;
- Possibility of teaching in vocational educational establishments;
- Acquiring knowledge and training the skills which will enable the future specialists to carry out a quality instructional-educational process on the system of performance and high performance sports training.

CAREER OPPORTUNITIES

- education
- sport

- health
- culture
- leisure

PROGRAMME DETAILS

I st YEAR					
I st SEMESTER			II nd SEMESTER		
Subjects	ECTS	Type of assessment	Subjects	ECTS	Type of assessment
Theory of Physical Education and Sport	5	E	Health Education and First Aid	5	E
Basic Gymnastics	5	E	General Basics of Athletics	5	E
Scientific Basics of Sports Games - Handball	5	E	Scientific Basics of Sports Games - Volleyball	5	E
Scientific Basics of Sports Games - Basketball	5	E	Methodology of Physical Education and Sport	5	E
Theory and Practice in Expressive Sports - Dancesport	4	C	Theory and Practice in Water Sports - Swimming	3	E
Theory and Practice in Winter Sports - Alpine Skiing	4	E	Functional Anatomy	3	E
Optional Subject	2	V	Practical Applications of Water Sports	2	V
			Optional Subject	2	V

* course credit points (ECTS) are not taken into account within the semester credit points (ECTS)

II nd YEAR					
I st SEMESTER			II nd SEMESTER		
Subjects	ECTS	Type of assessment	Subjects	ECTS	Type of assessment
Kinesiology	5	E	Methodology of Training by Sport Branch	5	E
Psychopedagogy	3	E	Research Methods in Sport Science and Physical Education	4	C
Theory and Practice in Combat Sports - Judo	4	E	Theory and Practice in Other Sports - Tennis	4	E
Theory and Practice in Gymnastics - Acrobatic Gymnastics	4	E	Theory and Practice of Athletics	4	E
Physiology	4	E	Scientific Basics of Sports Games - Football	5	E
General Basics of Sports Training	4	E	Practical Training for the Preparation and Elaboration of the Degree Thesis	3	V
Practical Applications of Winter Sports	2	V	Optional Subject	2	V
Optional Subject	2	V	Optional Subject	3	C
Optional Subject	2	C			

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III rd YEAR					
I st SEMESTER			II nd SEMESTER		
Subjects	ECTS	Type of assessment	Subjects	ECTS	Type of assessment
Motor and Somatic Functional Evaluation	5		Monitoring Techniques of Sport Performance	4	E
Sport Psychology	5		Practical Training in Sports Actions and Events	2	V
Methodology of Training by Sport Branch	5		Theory and Practice in Gymnastics Branches - Rhythmic Gymnastics	4	C
Physiology of Sport Effort	5		Rehabilitation and Recovery in Performance Sport	4	C
Practical Training in Sports Initiation Centres	3		Practical Training in Sports Structures	2	V

Optional Subject	4		Chess	4	C
Optional Subject	3		Training Methods by Sport Branch	5	E
			Techniques and Methods for the Development of Motor Skills	5	E

* course credit points (ECTS) are not taken into account within the semester credit points (ECTS)

* V = test taken in the last two weeks of the semester (about 10% of the final grade)

* C = test taken in the last two weeks of the semester (about 30% of the final grade)

* E = exam taken during the exam period (at least 50% of the final grade)