

PERFORMANCE IN SPORTS

DEGREE TYPE UPON GRADUATION

Master's Degree

DURATION

2 years (4 semesters)

TEACHING LANGUAGE

Romanian

ECTS POINTS

120

PROGRAMME DESCRIPTION

The mission of the master "Performance in Sports" is to ensure the acquisition of knowledge and to train the skills necessary to exercise the profession of "teacher - coach", characteristic of specializations in performance sports, necessary in vocational sports units in the field of "Physical Education and Sports.

TUITION

EU citizens: 3500 RON (approx. € 700)

Non-EU citizens: € 2430

ENTRY REQUIREMENTS

Bachelor Diploma

REASONS TO CHOOSE THIS PROGRAMME

- Possibility to teach in vocational units;
- Deepening the knowledge gained in undergraduate studies;
- Obtaining a coaching card.

CAREER OPPORTUNITIES

- education
- health
- sports
- culture

- leisure

PROGRAMME DETAILS

I st YEAR					
I st SEMESTER			II nd SEMESTER		
Subjects	ECTS	Type of assessment	Subjects	ECTS	Type of assessment
Organization and leadership in competitive sports	4	E	Methods and techniques of applied muscle training	4	C
Academic ethics and integrity	4	E	Nutrition and food	5	E
Specialized training in a sports discipline 1 (A, B, H, V, F, J, N, D)	8	E	Sports performance research methodology	4	E
Modern methodological guidelines in sports training	6	E	Specialized training in a sports discipline 2 (A, B, H, V, F, J, N, D)	7	E
Optional subject	4	E	Specialized practice Methodological applications of antr. sp. in groups for children and juniors	2	V
Optional subject	4	E	Optional subject	4	E
			Optional subject	4	E

* 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
Ergo-physiology	4	E	Biofeed-back of ideomotor representations in sports	4	E
Biophysics with applications in sports	4	E	Planning and scheduling in sports training	6	E
Specialized training in a sports discipline III (A, B, H, V, F, J, N, D)	7	E	Techniques and tools for motor behaviour analysis	4	E
Social integration through sports activities	4	E	Specialized training in a sports discipline 4 (A, B, H, V, F, J, N, D)	6	E
Drafting of the dissertation	3	C	Specialized practice Methodological applications of sports training for seniors	2	V
Optional subject	4	E	Optional subject	4	E
Optional subject	4	E	Optional subject	4	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)