

Faculty of Physical Education and Sport
 Specialization: Activitate motrică curriculară și extracurriculară
 Form of education: IF
 Official duration of study: 2

Approved since 2024-2025

CURRICULUM

Year 1 Semester I		Number of weeks 14										
Discipline	Type	Category	Hours/week				Credits	*) Exam. type	Hours total			
			Course	Sem	Lab	Pract.			Course	Sem+L	Pract	
Assessment of motrical activity	Untranslated	Untranslated	2.0	0.0	1.0	0.0	6.0	--	E	28.0	14.0	0.0
Motrical learning in Physical Education	Untranslated	Untranslated	2.0	1.0	0.0	0.0	6.0	--	E	28.0	14.0	0.0
Athletics technique and method of the athletic events	Untranslated	Untranslated	1.0	0.0	2.0	0.0	5.0	--	E	14.0	28.0	0.0
Training of technical tactics in Handball	Untranslated	Untranslated	1.0	0.0	2.0	0.0	5.0	--	E	14.0	28.0	0.0
Pachet I	Untranslated	Untranslated	1.0	0.0	2.0	0.0	4.0	--	C	14.0	28.0	0.0
Motrical anthropology	Untranslated	Untranslated	1.0	0.0	2.0	0.0	4.0	--	C	14.0	28.0	0.0
Specialised theoretical training in motrical activities	Untranslated	Untranslated	1.0	0.0	2.0	0.0	4.0	--	C	14.0	28.0	0.0
School-based internship	Untranslated	Untranslated	0.0	0.0	0.0	28.0	4.0	--	C	0.0	0.0	28.0
Total semester:			7.0	1.0	7.0	0.0	30.0			98.0	112.0	28.0

Discipline	Type	Category	Hours/week				Credits *)	Exam.	Hours total			
			Course	Sem	Lab	Pract.			typeCourse	Sem+L	Pract	
Ergophysiology	Untranslated	Untranslated	1.0	2.0	0.0	0.0	5.0	–	E	14.0	28.0	0.0
Methods and techniques of research in school-based Physical	Untranslated	Untranslated	2.0	0.0	1.0	0.0	6.0	–	E	28.0	14.0	0.0
Gymnastics - techniques of the elements at the apparatus	Untranslated	Untranslated	2.0	0.0	1.0	0.0	6.0	–	E	28.0	14.0	0.0
Training of technical tactics in Football	Untranslated	Untranslated	1.0	0.0	2.0	0.0	5.0	–	E	14.0	28.0	0.0
Pachet II	Untranslated	Untranslated	1.0	0.0	2.0	0.0	4.0	–	C	14.0	28.0	0.0
School Sports Facilities Organization and Endowment	Untranslated	Untranslated	1.0	0.0	2.0	0.0	4.0	–	C	14.0	28.0	0.0
Management of the organization and training in the field of	Untranslated	Untranslated	1.0	0.0	2.0	0.0	4.0	–	C	14.0	28.0	0.0
Probation of practice in extracurricular activities driving	Untranslated	Untranslated	0.0	0.0	0.0	28.0	4.0	–	C	0.0	0.0	28.0
Total semester:			7.0	2.0	6.0	0.0	30.0			98.0	112.0	28.0

Discipline	Type	Category	Hours/week			Credits	*) Exam.	Hours total				
			Course	Sem	Lab			Pract.	type	Course	Sem+L	Pract
Online physical exercise	Untranslated	Untranslated	2.0	0.0	1.0	0.0	6.0	--	E	28.0	14.0	0.0
Training of technical- tactics in Volleyball	Untranslated	Untranslated	1.0	0.0	2.0	0.0	5.0	--	E	14.0	28.0	0.0
Training of technical - tactics in Basketball	Untranslated	Untranslated	1.0	0.0	2.0	0.0	5.0	--	E	14.0	28.0	0.0
Pachet I	Untranslated	Untranslated	1.0	0.0	2.0	0.0	4.0	--	C	14.0	28.0	0.0
Communication and integration in physical education	Untranslated	Untranslated	1.0	0.0	2.0	0.0	4.0	--	C	14.0	28.0	0.0
Elements of sports psychosociology	Untranslated	Untranslated	1.0	0.0	2.0	0.0	4.0	--	C	14.0	28.0	0.0
Ethics and academic integrity	Untranslated	Untranslated	2.0	0.0	1.0	0.0	6.0	--	E	28.0	14.0	0.0
Internship in Recreational Sports Activities	Untranslated	Untranslated	0.0	0.0	0.0	14.0	4.0	--	C	0.0	0.0	14.0
Total semester:			8.0	0.0	10.0	0.0	34.0			112.0	140.0	196.0

Discipline	Type	Category	Hours/week				Credits	*) Exam.	Number of weeks			
			Course	Sem	Lab	Pract.			Exam. type	Hours total	12	
Organization the school sports competitions	Untranslated	Untranslated	1.0	0.0	2.0	0.0	5.0	--	E	12.0	24.0	0.0
Motric leisure activities	Untranslated	Untranslated	1.0	0.0	2.0	0.0	5.0	--	E	12.0	24.0	0.0
Axiology of Physical Education and Sport	Untranslated	Untranslated	2.0	0.0	1.0	0.0	6.0	--	E	24.0	12.0	0.0
Curriculum dancing and aerobics upon the school decision	Untranslated	Untranslated	2.0	0.0	1.0	0.0	6.0	--	E	24.0	12.0	0.0
Pachet I	Untranslated	Untranslated	1.0	0.0	2.0	0.0	4.0	--	C	12.0	24.0	0.0
Personal development through dynamic games	Untranslated	Untranslated	1.0	0.0	2.0	0.0	4.0	--	C	12.0	24.0	0.0
Curriculum design in Physical Education	Untranslated	Untranslated	1.0	0.0	2.0	0.0	4.0	--	C	12.0	24.0	0.0
Disertation Thesis Writing Stage	Untranslated	Untranslated	0.0	0.0	0.0	56.0	4.0	--	V	0.0	0.0	56.0
Total semester:			7.0	0.0	8.0	0.0	30.0			84.0	96.0	56.0