Course descriptions Kinetotherapy and Special Motor Skills - KTC Year II

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINETOTHERAPY AND SPORTS MEDICINE (D06)

COURSE SYLLABUS
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinesitherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	**Anatomy 3**						
2.2 Course coordinator		Taina Avramescu					
2.3 Seminar coordinator(s)		Oana Neamtu Denisa Enescu Bieru					
2.4 Year of study	II	2.5 Semester	3	2.6 Type of assessment	E	2.7 Course requirements	DOB

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	**4**	of which: 3.2 lectures	2	3.3 seminar/laboratory/project	**2**
3.4 Total hours in the curriculum	**56**	of which: 3.5 course	**28**	3.6 seminar/laboratory/project	**28**

3.7 Distribution of time	hours
▪ Study using textbooks, course materials, bibliography and notes	16
▪ Additional documentation in the library, on specialised electronic platforms and in the field	16
▪ Preparation for seminars/laboratories, assignments, reports, portfolios and essays	10
▪ Tutoring	-
▪ Examinations	2
▪ Other activities: consultations, student clubs	-

Total hours of individual activities	**4**
3.8 Total hours per semester	**56**
3.9 Number of credits	**4**

4. Prerequisites (where applicable)

4.1 Curriculum	NO
4.2 Competency	NO

5. Conditions (where applicable)

5.1 Course delivery	• room with technical equipment - PC, video projector, screen
5.2 Seminar/laboratory seminar/laboratory	Anatomical models: skull, flexible spine, STAN-type human skeleton on roller support Bone parts from human cadavers

	Anatomical charts Computer Interactive 3D CDs (Human Anatomy)

6. Skills

6.1. Key skills	Acquiring and effectively using fundamental knowledge of anatomy and neuroanatomy in the educational and professional process. Developing the ability to learn independently and integrate scientific information in the biomedical field into physiotherapy practice. Applying the principles of critical and logical thinking in the functional analysis of the nervous system.
6.2. Professional skills	Knowledge and understanding of the basic concepts, theories and methods of the field (anatomy) and the area of specialisation (functional anatomy of the nervous system); their appropriate use in professional communication Ability to identify the structures of the central and peripheral nervous system and correlate them with specific functions. Application of functional anatomy concepts in the analysis and interpretation of clinical manifestations relevant to kinesitherapy. Appropriate use of specialised language in describing and explaining the structures and functions of the nervous system. Correlating anatomical aspects with assessment and intervention methods in neuromotor recovery. Developing the ability to integrate theoretical information into practical and clinical contexts specific to the activity of the physiotherapist.
6.3.Transversal	Assuming responsibility and autonomy in the learning process and in applying knowledge in professional contexts. Developing the ability to work in teams and collaborate across disciplines to solve complex problems in rehabilitation practice. Effective use of digital resources and modern technologies for documentation, presentation and consolidation of knowledge. Promotion of ethical and responsible behaviour in relation to the patient and the medical team.

7. Learning outcomes

7.1. Knowledge	The student describes and explains the structures of the central and peripheral nervous system and their main functions. Understand the anatomical and functional relationships between the various regions of the nervous system and their correlation with motor and sensory activity. They provide a theoretical basis for the concepts of functional anatomy necessary for assessment and intervention in kinesitherapy.
7.2.Skills	Identifies the structures of the nervous system on models, charts or images and correlates them with their functions. Applies the concepts of functional anatomy in the interpretation of clinical manifestations (e.g. paralysis, sensory disorders, balance disorders). Uses scientific language and correct terminology in professional and interdisciplinary communication. Makes connections between theoretical knowledge and practical applications in neuromotor rehabilitation.
7.3. Responsibility and autonomy	Demonstrate the ability to work individually and in a team to perform practical tasks of anatomical identification and analysis. Takes responsibility for the correct application of anatomical concepts in educational and professional contexts. Integrates knowledge of functional anatomy into the decision-making process, adapting solutions to specific clinical situations in the field of kinesitherapy.

8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	•To provide basic knowledge about the human body, enabling students to acquire fundamental notions regarding the anatomy of the nervous system as a theoretical and practical basis theoretical and practical basis for the study of other fundamental disciplines.
8.2. Specific objectives	•Acquiring fundamental anatomical concepts regarding the nervous system, as well as practical information that will allow students to apply them in various situations they will encounter in the professional field of kinesitherapy they will choose

9. Content

9.1. Course	**Teaching methods**	**No. of hours**
Introduction to the study of the nervous system: neurons, synapses, chemical mediators; Principles of functional organisation of the central nervous system Principles of functional organisation of the peripheral nervous system.	Lecture	2
Structure and function of the nervous system: spinal cord;:	Lecture	2 hours
Peripheral nervous system: spinal nerves, nerve plexuses; clinical and functional considerations	Lecture	6 hours
Structure and function of the nervous system: brainstem	Lecture	2 hours
Peripheral nervous system: cranial nerves.	Lecture	2 hours
Structure and function of the nervous system cerebellum	Lecture	2 hours
Structure and function of the nervous system: the diencephalon	Lecture	2 hours
Cerebral hemispheres	Lecture	4 hours
The vegetative nervous system	Lecture	2 hours
Structure and function of analysers: sensory-sensory systems: receptors; Structure and function of the skin, visual, auditory, gustatory, olfactory and vestibular analysers.	Lecture	4 hours

Bibliography

1. Avramescu ET, Rusu L., Ciupeanu – Calugaru D., 2005, Human Anatomy Ed. Universitaria, ISBN 973-742-129-9; p.502, consult online library UCV
2. Blaudine, C.G. - Anatomy for Movement, 1991.
3. Dragoi Gh., co-authors: Gh. Mocanu, A. Ferschin; collaborators: M.R. Stanescu, E.T. Rinderu - General Anatomy of the Human Body Systems - Volume I; Medical Publishing House of the University of Craiova, 2003
4. Rusu L., Rinderu ET. Ciupeanu D., 2004, Human Anatomy, Volume II - course for students, University of Craiova Printing House, p. 142
5. Rinderu E. T, Rusu L., Rosulescu E., 2003, Human Anatomy - Anatomical Basis of Movement, Volume I, Universitaria Publishing House ISBN 973-8043-318-7, p. 293
6. Course notes – FEFS website

9.2.Seminar/laboratory	**Teaching methods**	**No. of hours**
Spinal cord – cervical plexus Identification of the main nerves (phrenic nerve, occipital nerves, auricular nerves, supraclavicular nerves). Understanding clinical implications (e.g. phrenic nerve damage → respiratory disorders). Case studies: patient with cervical plexus damage/individualisation by nerve → discussion on the role of physiotherapy	Practical work	4 hours
Spinal cord – brachial plexus Identifying the main nerves (median, radial, ulnar, axillary, musculocutaneous). Correlation of brachial plexus lesions with motor and sensory deficits. Case studies: patient with brachial plexus injury/individualisation by	Practical work	4 hours

nerve→ discussion on the role of physiotherapy		
Spinal cord – lumbar plexus Identification of the main nerves (femoral, obturator, genitofemoral, lateral femoral cutaneous). Understanding their importance for lower limb mobility and stability. Recognising nerve pathways on an atlas or digital model. Case studies: patient with lumbar plexus involvement/individualisation by nerve→ discussion on the role of physiotherapy	Practical work	4 hours
Spinal cord – sacral plexus Identification of the main nerves (sciatic, gluteal, pudendal, tibial, peroneal). Correlation of sacral plexus lesions with motor and sensory disorders of the lower limb. Identification of the sciatic nerve on anatomical models and explanation of its distribution. Case studies: patient with sacral plexus involvement / individualisation by nerve → discussion on the role of physiotherapy	Practical work	4 hours
Cranial nerves Recognition of the 12 pairs of cranial nerves and their main functions (motor, sensory, mixed). • Correlation of cranial nerve damage with clinical symptoms relevant to physiotherapy (e.g. facial motor disorders, swallowing, balance, vision). • Understanding simple cranial nerve examination tests applicable in rehabilitation practice. Practical activity: 1. **Anatomical identification:** locating the origin and distribution of cranial nerves on charts, 3D models or digital applications. 2. **Simple clinical examination exercises** **Applied case studies:** • Facial nerve paralysis → facial asymmetry, difficulties in chewing and phonation → physiotherapy exercises for re-educating the facial muscles. • Vestibulocochlear nerve damage → dizziness, balance disorders → vestibular and postural re-education exercises. • Optic nerve damage → limited orientation and mobility → adaptation of the recovery programme.	Practical work	4 hours
The role of the diencephalon in the integration of sensory and vegetative functions - Recognition of diencephalic structures using models/digital anatomy. Correlation of their functions with clinical aspects encountered in kinesitherapy (e.g. pain control, temperature regulation, neurovegetative response to effort). - Analysis of *clinical case studies* where damage to the thalamus or hypothalamus influences the recovery plan (e.g. sensory disorders, endocrine disorders, fatigue).	Practical work	3 hours
Cortical functions and their implications in neurological recovery **Practical activity:** Identification of motor, sensory and associative areas on diagrams or models. Understanding the relationship between cortical lesions and motor/sensory disorders. Applied exercise: presentation of *mini-cases* (e.g. frontal stroke → hemiparesis; parietal lesion → sensory disorders) and discussion of the	Practical work	3 hours

role of the physiotherapist in the recovery of affected functions.		
Review – discussion of topics from the exam grid	Practical work	2 hours

Bibliography

1. Rinderu ET, 2003, Anatomical bases of movement – practical course for students of physiotherapy faculties, University of Craiova Printing House, p. 324
2. Rinderu E. T, Rusu L., Rosulescu E., 2003, Human Anatomy – Anatomical Basis of Movement, vol. I, Universitaria Publishing House ISBN 973-8043-318-7, p. 293
7. Avramescu ET, Rusu L., Ciupeanu – Calugaru D., 2005, Human Anatomy, Universitaria Publishing House, ISBN 973-742-129-9; p.502, available for consultation at the UCV online library
3. Frank H. Netter, MD - NETTER, ATLAS of HUMAN ANATOMY, 2013, CALLISTO Medical Publishing House
4. Victor Papilian – HUMAN ANATOMY, 2010 Editura ALL Publishing House
5. LP notes - FEFS website

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field relevant to the programme

In order to efficiently and effectively carry out the tasks involved in organising and conducting activities specific to physiotherapy interventions, in-depth knowledge of the anatomy of the neuromyokinetics system is required, with clinical and biomechanical applications (postures, kinematic chains, complex motor activities).
Cooperation with neuromotor recovery services in hospitals and recovery centres in order to achieve these goals

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)
11.1. Course	Attendance Correct explanation of concepts and notions specific to anatomy	Written exam (multiple choice test) Oral exam	50 20
11.2. Seminar/laboratory	Attendance Identification of the main anatomical structures, -Descriptive and topographical recognition of the anatomical elements of the human body	Periodic assessments Oral exam	15 15

11.3. Minimum performance standard

1. **Basic theoretical knowledge**
- Correctly list the major anatomical structures (e.g., cerebral lobes, thalamus/hypothalamus, plexus nerves, cranial nerves).
- Know the fundamental functions of these structures.

2. **Minimum practical skills**
- Identify the main structures required for the practical work on a model, chart or digital image.
- Make a basic association between a structure and its function (e.g. *radial nerve → hand extension*; *thalamus → sensory relay centre*).

Completion date
01.09.2025

Signature of course lecturer
Prof. Avramescu Taina

Signature of the seminar lecturer
Assoc. Prof. Enesscu Bieru Denisa

Assoc. Prof. Neamțu Oana

Date of approval by the department

15.09.2025

Signature of the head of department
Prof. Rusu Ligi a

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinesitherapist - COR code 226405;*

2.1 Name of the discipline	**Semiology**						
2.2 Course coordinator		Lecturer Dr. Păun Elvira					
2.3 Seminar coordinator		Lecturer Dr. Păun Elvira					
2.4 Year of study	II	2.5 Semester	3	2.6 Type of assessment	E	2.7 Course requirements	DOB

2. Course details

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	3	of which: 3.2 lectures	1	3.3 seminar/laboratory	2
3.4 Total hours in the curriculum	42	of which: 3.5 course	14	3.6 seminar/laboratory	28
Time allocation					
Study using textbooks, course materials, bibliography and notes					20
Additional research in the library, on specialised electronic platforms and in the field					20
Preparation for seminars/laboratories, assignments, reports, portfolios and essays					10
Tutoring					-
Examinations					4
Other activities consultations, student circles					4

3.7 Total hours of individual study	5
3.8 Total hours per semester	42
3.9. Number of credits	4

4. Prerequisites (where applicable)

4.1 Curriculum	Not applicable

4.2 Competency	Not applicable

5. Conditions (where applicable)

5.1 Course delivery	• room with technical equipment - PC, video projector, screen
5.2 for conducting the the seminar/laboratory	Access to the Neurological Recovery Clinic of the Clinical Hospital of Neuropsychiatry Appropriate equipment (gown, slippers)

6. Skills

6.1. Key skills	CC3. CC4. CC6.
6.2. Professional skills	CP2.,CP3.,CP9.
6.3. Transversal competences	CT2. CT3. CT4. CT5. CT6. CT7.

7. Learning outcomes

7.1. Knowledge	1. The student/graduate explains the general notions of the field, referring to the concepts of motor skills and motor activity, the structure and functions of human motor activities, their effects on development and education, so that they can be used in the rehabilitation process. 2. The student/graduate defines the general, structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes. 3. The student/graduate identifies general and age-specific behavioural aspects, pathology and population categories before, during and after intervention, in order to maximise the effects of the rehabilitation process.
7.2. Skills/abilities	The student/graduate: 1.1. Uses fundamental concepts of human motor skills in various contexts. 1.2. Uses terminology according to motor activities. 1.3. Distinguishes the role and place of the physiotherapist in different professional contexts. The student/graduate: 2.1. Identifies the structures and functions of the human body and methods for assessing biological functions. 2.2. Presents the actions of different muscle groups and movement parameters. The student/graduate: 4.1. Explains the role of the human psyche in the rehabilitation process. 4.2. Demonstrates methods and techniques for influencing the subject's behaviour.
7.3. Responsibility and autonomy	The student/graduate: 1.1.1. Gives examples of acts, actions and motor activities. 1.2.1. Argues for the use of specialised terminology in debates in the field. 1.3.1. Identifies the duties of the physiotherapist within interdisciplinary teams Provides quality functional rehabilitation services in accordance with professional standards. The student/graduate: 2.1.1. Integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. 2.2.1. Recognises the characteristics of movement and

	their parameters The student/graduate: 4.1.1. Identifies the relationship between the functioning of the mental system and the presence of pathologies. 4.2.1. Uses professional communication techniques before, during and after intervention.

8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	Acquiring the theoretical and practical knowledge necessary to understand the semiological elements specific to each apparatus and system. ▪ Ability to use specialised terminology appropriately and in context. ▪ Description of diagnostic methods that depend on the practitioner's experience and the minimum equipment they must have at their disposal.
8.2. Specific objectives	Acquiring the knowledge necessary to talk to the patient in order to recognise, prioritise and interpret the main symptoms of the disease. ▪ Learning objective examination techniques to identify the main signs of disease. ▪ Knowing and using a minimum set of investigations (laboratory, imaging, morphological) necessary to confirm a positive diagnosis. ▪ Acquiring basic clinical reasoning skills in order to develop a correct and complete positive diagnosis, which is very important in establishing the patient's prognosis. ▪ Understanding the basic medical concepts necessary for learning the subjects taught in the curriculum of the physiotherapy specialisation.

9. Content

9.1. Course	Teaching methods	No. of hours
Definition and purpose of semiology. Clinical symptoms and signs, syndromes and diseases. Presentation of the components of medical history and physical examination. Medical history. General symptoms: fever, headache, asthenia, sweating, pruritus, sleep disorders, dizziness, vertigo.	Interactive course	2
Medical history: importance, principles and methodology, technical stages of medical history. General symptoms: fever, headache, asthenia, sweating, pruritus, sleep disorders, dizziness, vertigo.		2
Classic methods of objective examination: inspection, palpation, percussion, auscultation, instrumental methods.		4
General inspection of the patient: position in bed, posture, changes in stature, constitutional types. Semiology of the face (eyes, eyelids, nose), facial expressions. Semiology of subcutaneous cellular tissue. Dehydration and hyperhydration. Oedema. Changes in body weight: obesity and weight loss		4
Semiology of the integument, mucous membranes and appendages. Pallor and redness of the skin Jaundice, pigmentation disorders, elementary skin lesions. Changes in hair and nails.		2

Semiology of the musculoskeletal system (semiology of striated muscles, bones, joints). Particularities of medical history, physical examination and exploration methods.		6
Semiology of the nervous system. Specific features of medical history, physical examination and exploration methods.		4
Semiology of the respiratory system. Specific features of medical history, physical examination and exploration methods.		2
Semiology of the cardiovascular system. Specific features of medical history, physical examination and examination methods.		2

Bibliography
1. Baciu Cl. 1975, Clinical Semiology of the Musculoskeletal System, Medical Publishing House, Bucharest
2. Baciu Cl. 1981, The Locomotor System, Medical Publishing House, Bucharest
3. Bolоșiu H. D. 1994, Medical Semiology. Medex Publishing House, Cluj-Napoca
4. Pârvulescu V.N., Trăistaru R. 2003, Semiology and Medical Pathology Concepts for Physiotherapists, Universitaria Publishing House, Craiova

9.2.Seminar/laboratory	Teaching methods	No. of hours
Presentation of the observation sheet.	Practical demonstration Examples at the patient's bedside	2
Practising medical history taking.		2
Objective examination methods. General inspection.		4
Examination of the integument, mucous membranes, and appendages. Pallor and redness of the skin, cyanosis, jaundice, pigmentation disorders, and elementary skin lesions. Changes in hair and nails. Examination of subcutaneous cellular tissue. Generalised, regional, and localised oedema. Changes in body weight.		4
Medical history and local symptoms in musculoskeletal disorders. Physical examination and methods of exploring striated muscles, bones, joints. Clinical presentations of patients with musculoskeletal disorders: spinal disorders, arthrosis, post-traumatic disorders.		6
Medical history and local symptoms in disorders of the central and peripheral nervous system. Techniques for examining and assessing patients with neurological diseases. Clinical presentations of patients with neurological disorders: strokes, paraplegia of various aetiologies,		6

Parkinson's disease, cranial and peripheral nerve paralysis, amyotrophic lateral sclerosis.		
Semiology of the respiratory system. Particularities of medical history, local symptoms: chest pain, dyspnoea, cough, expectoration, haemoptysis. Techniques for examining the respiratory system.		2
Medical history and local symptoms in cardiovascular diseases. Cardiovascular syndromes (hypertension, rhythm and conduction disorders, valvular heart disease), heart failure, diseases of the arteries and veins. Techniques for examining the cardiovascular system.		2
Bibliography: Baciu Cl. 1975, Clinical Semiology of the Musculoskeletal System, Medical Publishing House, Bucharest 2. Baciu Cl. 1981, The Locomotor System, Medical Publishing House, Bucharest 3. Bolоșiu H. D. 1994, Medical Semiology. Medex Publishing House, Cluj-Napoca 4. Pârvulescu V.N., Trăistaru R. 2003, Semiology and Notions of Medical Pathology, for Kinetotherapists, Universitaria Publishing House, Craiova		

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The course content is corroborated with the expectations of representatives of the community, professional associations and employers (hospitals, treatment centres, physiotherapy clinics, high schools and special schools), in accordance with the requirements of the pre-university school curriculum.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)
11.1. Course	Knowledge and presentation of semiology concepts	Written assessment	70
11.2. Seminar/laboratory	L: In accordance with the educational objectives of the practical work	Practical exam	30
11.3. Minimum performance standard			
Key messages at the end of each course			

Date of completion	Signature of course lecturer	Signature of the laboratory coordinator
01.09.2025	Lect. Dr. Păun Elvira	Lect. Dr. Păun Elvira

Date of approval by the department

15.09.2025

Signature of the head of department
Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026 – 2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and Special Motor Skills/Physiokinetotherapist - *COR code 226401; Kinetotherapist - COR code 226405*

2. Information about the discipline

2.1 Name of the discipline	**PHYSIOPATHOLOGY**						
2.2 Course coordinator	**Associate Professor, PhD Băcănoiu Manuela Violeta**						
2.3 Seminar lecturer(s)	**Associate Professor Manuela Violeta Băcănoiu, PhD**						
2.4 Year of study	2	2.5 Semester	III	2.6 Type of assessment	**C**	2.7 Course requirements	**DOB**

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	**2**	of which: 3.2 lectures	1	3.3 seminar/laboratory	1
3.4 Total hours in the curriculum	**28**	of which: 3.5 course	14	3.6 seminar/laboratory	14

Distribution of time	hours
Study based on textbook, course materials, bibliography	8
Additional documentation in the library, on specialised electronic platforms and in the field	6
Preparation for seminars/laboratories, assignments, reports, portfolios and essays	5
Tutoring	-
Examinations	2
Other activities: consultations, student clubs	1

3.7 Total hours of individual study	2
3.8 Total hours per semester	2
3.9 Number of credits	2

4. Prerequisites (where applicable)

4.1 Curriculum	Proper acquisition of knowledge taught in the specialised subjects related to the bachelor's degree programme.
4.2 Skills	Fulfilment of the minimum standards for professional and transversal competences specific to the study programme

5. Conditions (where applicable)

5.1 Course delivery	room with technical equipment - PC, video projector, screen
5.2 for conducting the seminar/laboratory	room with technical equipment - PC, video projector, screen

6. Skills

6.1. Key skills	CC3, CC4, CC5
6.2. Professional skills	CP1, CP2, CP3, CP8, CP9, CP18, CP19, CP20, CP22, CP23, CP24, CP26, CP27, CP 30, CP 31, CP33, CP36, CP37, CP40, CP50, CP51, CP56, CP57
6.3. Transversal competences	CT1, CT3, CT7, CT9, CT11, CT12, CT13, CT14, CT16, CT17, CT18

7. Learning outcomes

7.1. Knowledge	- The student/graduate defines the general notions of the field related to the concepts of motor skills and motor activity, the structure and functions of human motor activities, their effects on development and education to be used in the rehabilitation process. - The student/graduate defines the general, structural and functional concepts of the human body in order to develop rehabilitation programmes. - Identifies general and age-specific behavioural aspects, pathology and population categories before, during and after intervention in order to maximise the effects of the rehabilitation process. -Identify elements of national and EU legislation and policies in the exercise of the profession.
7.2. Skills/ skills	-The student/graduate uses fundamental concepts and terminology in the field of human motor skills, distinguishing the role of the physiotherapist in different professional situations. - The student/graduate presents the actions of different muscle groups and movement parameters. -The student/graduate explains the role of the mental system in the rehabilitation process and demonstrates new techniques and methods for influencing the subject's behaviour.
7.3. Responsibility and autonomy	-The student/graduate exemplifies motor acts, actions and activities, recognises the characteristics of movement and their parameters, -The student/graduate applies national and international legislation governing the relationship between rehabilitation service providers and beneficiaries.

8. Course objectives (based on the competency grid)

8.1 General objective of the course	Understanding the general concepts of the physiopathology of the nervous system, cybernetic schemes of neurotransmission and recognition of the main neurological emergencies.
8.2 Specific objectives	Explaining the pathophysiological basis of mental processes and behaviour, as well as the assessment of the individual.

9. Content

9.1 Course	**Teaching methods**	No. of hours
Definition and subject of physiopathology	Lecture	1 hour

Homeostasis and regulatory mechanisms. Concepts of causality and reactivity of the organism.	Lecture	1 hour
Concepts of cause and pathogenic factors. Classification of aetiological factors.	Lecture	1 hour
General mechanisms of disease, cell damage, apoptosis and cell necrosis.	Lecture	1 hour
Circulatory and internal environment disorders. Ischemia, hypoxia, congestion, haemorrhage, shock, acid-base balance disorders)	Lecture	1 hour
Inflammation, inflammatory mediators, febrile reactions	Lecture	1 hour
Metabolic disorders: carbohydrate, lipid, protein	Lecture	1 hour
Physiopathology of the nervous system. Disorders of excitability, brain damage, physiopathology of sleep and consciousness	Lecture	1 hour
Pathophysiology of the endocrine system. General mechanisms of internal disorders	Lecture	1 hour
Pathophysiology of the cardiovascular system. Hypo/hypertension, circulatory shock, heart failure	Lecture	1 hour
Pathophysiology of the respiratory system. Ventilation and perfusion disorders	Lecture	1 hour
Pathophysiology of the renal system. Acute and chronic renal failure	Lecture	1 hour
Pathophysiology of the digestive system. Pathophysiology of jaundice	Lecture	1 hour
Pathophysiology of the immune system and tumour processes. Normal and pathological immunity. Mechanisms of oncogenesis.		

Bibliography

- Boron, W. F., & Boulpaep, E. L. (2023). *Medical Physiology* (4th ed.). Elsevier.
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- Barrett, K. E., Barman, S. M., Boitano, S., & Brooks, H. L. (2019). *Ganong's Review of Medical Physiology* (26th ed.). McGraw-Hill.
- Beris, A. N., Horner, J. S., Jariwala, S., Armstrong, M. J., & Wagner, N. J. (2021). Recent advances in blood rheology: A review. *arXiv*. https://arxiv.org/abs/2109.05088 arXiv
- Bermejo-Martin, J. F., Martín-Fernandez, M., López-Mestanza, C., Duque, P., & Almansa, R. (2018). Shared features of endothelial dysfunction between sepsis and its preceding risk factors (ageing and chronic disease). *arXiv*. https://arxiv.org/abs/1807.02288 arXiv
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9.2 Seminar/laboratory	**Teaching methods**	Observations
Hydro-electrolytic and acid-base disorders	Explanation	2 hours
Inflammation	Explanation	2 hours
Metabolic fatigue. Oxidative stress	Explanation	2 hours
Normal sleep and pathological sleep. Methodology of human sleep research. Polygraphic criteria of sleep.	Explanation	2 hours
Rhythm and conduction disorders	Explanation	2 hours
Mechanisms of diarrhoea, constipation and vomiting	Explanation	2 hours
Immunodeficiencies. Carcinogenic factors	Explanation	2 hours

- Boron, W. F., & Boulpaep, E. L. (2023). *Medical Physiology* (4th ed.). Elsevier.
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Corroboration of the course content with the expectations of representatives of professional associations and employers in the field related to the programme

The discipline provides the methodological framework for students and responds to the expectations of professional associations and employers through its content. In perspective, it represents the starting point for those who wish to engage in master's and doctoral studies and advanced scientific research, providing the necessary skills for the public and private sectors in Romania and the European Union.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark
11.1 Course	- correct assimilation of the concepts taught; - a comprehensive understanding of the importance of the subject studied and its connection to other fundamental subjects; - logical coherence; - degree of assimilation of specialised language	Assessment grid/report	70
11.2 Seminar/ laboratory	acquisition of the notions, concepts and issues taught in the course and their application in practice; - ability to develop a scientific project	- Development of a scientific project	30%
11.3 Minimum performance standard (minimum knowledge required to pass the course and how it is assessed)			
Developing a physiotherapy intervention programme, with justification for the use of those concepts, theories, models, techniques and methods of physiotherapy intervention.			

Date of completion: 01.09.2025

Signature of course coordinator
.univ.dr. Băcănoiu Manuela Violeta

Signature of the seminar lecturer
Conf.univ.dr. Băcănoiu Manuela Violeta

Date of approval in the department:
15.09.2025

Signature of the head of department
Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026 – 2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty	Faculty of Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree cycle I
1.6 Study programme (name/code) /Qualification	Kinetotherapy and special motor skills/physiokinetotherapist - code cor 226401; Kinetotherapist - code cor 226405;

2. Information about the discipline

2.1 Name of the discipline				**MASSAGE**			
2.2 Course coordinator				Associate Professor Călina Mirela Lucia			
2.3 Applicative activity coordinators				Lecturer Dr. Ionescu Gheorghe, Assistant Lecturer Dr. Geambesa Michi, Assistant Lecturer Dr. Roșca Andreea, Assistant Lecturer Dr. Chivăran Alexandru			
2.4 Year of study	2	2.5 Semester	III	2.6 Type of assessment	E	2.7 Course requirements	DOB

3. Estimated total time (hours per semester of teaching activities)

3.1 Number of hours per week	4	of which: 3.2 lectures	2	3.3 seminar/laboratory/project	2
3.4 Total hours in the curriculum	56	of which: 3.5 course	28	3.6 seminar/laboratory/project	28
3.7 Distribution of time					44
▪ Study using textbooks, course materials, bibliography and notes					14
▪ Additional documentation in the library, on specialised electronic platforms and in the field					12
▪ Preparation for seminars/laboratories, assignments, reports, portfolios and essays					12
▪ Tutoring					-
▪ Examinations					4
▪ Other activities: consultations, student clubs					2

Total hours of individual activities	4
3.8 Total hours per semester	56
3.9 Number of credits	4

4. Prerequisites (where applicable)

4.1 Curriculum	Not applicable
4.2 Competency	Not applicable

5. Conditions (where applicable)

5.1. Course delivery	Classroom equipped with video projection equipment
5.2. for conducting the seminar/laboratory/project	Room/massage room

6. Skills

6.1. Key skills	CC3. Digital skills CC4. Personal, social and learning to learn competences CC6. Entrepreneurial skills
6.2. Professional competences	CP5. Compliance with guidelines and protocols validated in physiotherapy practice by professional associations or authorities in the field, as well as by relevant scientific organisations. CP15. Application of complementary massage procedures and techniques for prophylactic and therapeutic purposes; CP16. Adapting and monitoring the specific rehabilitation, prevention and recovery programme for competitive athletes; CP17. Providing information on the effects of physiotherapy, therapeutic outcomes and inherent risks, acting in accordance with ethical principles and local/national policies. CP19. Adapting physiotherapy interventions based on reassessment of response to treatment CP20. Adapting to changing situations in the field. CP22. Advising on the informed consent of health service users by informing them of the risks and benefits of proposed treatments/intervention programmes CP23. Promoting health and disease prevention from a professional perspective to improve the health of the population
6.3. Transversal competences	a) Personal competences CT2. Taking responsibility CT4. Creativity CT6. Ethics and integrity CT11. Solving complex problems CT12. Ability to analyse and make decisions responsibly CT13. Active learning CT14. Ability to use technology and digital resources effectively.

7. Learning outcomes

7.1. Knowledge	1. The student/graduate explains the general notions of the field, referring to the concepts of motor skills and motor activity, the structure and functions of human motor activities, their effects on development and education, so that they can be used in the rehabilitation process 2. The student/graduate defines the general, structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes. 4. The student/graduate identifies general and age-specific behavioural aspects,

	pathology and population categories before, during and after intervention, in order to maximise the effects of the rehabilitation process.
7.2. Skills/abilities	The student/graduate: 1.4. Uses the fundamental concepts of human motor skills in various contexts. 1.5. Uses terminology according to motor activities. 1.6. Distinguishes the role and place of the physiotherapist in different professional contexts The student/graduate: 2.1. Identifies the structures and functions of the human body and methods for assessing biological functions. 2.2. Presents the actions of different muscle groups and movement parameters. The student/graduate: 4.1. Explains the role of the human psyche in the rehabilitation process. 4.2. Demonstrates methods and techniques for influencing the subject's behaviour.
7.3. Responsibility and autonomy	The student/graduate: 1.1.2. Gives examples of acts, actions and motor activities. 1.2.1. Argues for the use of specialised terminology in debates in the field. 1.3.1. Identifies the duties of the physiotherapist within interdisciplinary teams Provides quality functional rehabilitation services in accordance with professional standards. The student/graduate: 2.1.1. Integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. 2.2.1. Recognises the characteristics of movement and their parameters The student/graduate: 4.1.1. Identifies the relationship between the functioning of the mental system and the presence of pathologies. 4.2.1. Uses professional communication techniques before, during and after intervention.

8. Course objectives (based on the specific skills acquired)

8.1 General objective of the discipline	▪ Knowledge and acquisition of the theoretical and practical-methodological knowledge necessary for the correct and effective selection and application of massage-specific procedures that can be used in physiotherapy practice
8.2 Specific objectives	▪ Knowledge of the subject of massage and complementary techniques. ▪ Forming, consolidating and perfecting the knowledge and skills for applying the techniques corresponding to the various procedures (main, secondary) and complementary techniques, depending on the various general, partial, segmental, local applications, for prophylactic, hygienic (physiological) purposes with a view to developing the practical and methodological skills required of a specialist ▪ Understanding the place of massage and complementary techniques in physiotherapy ▪ Educating the ability to use correct specialised language

9. Contents

9.1 Course (content units)	Teaching methods	No. of hours
Massage and complementary techniques: subject of study, place in physiotherapy, definitions, brief history, classification criteria and classification. Basic material conditions, specialist staff, rules for applying massage, aids.	Interactive lecture, PowerPoint presentation	2
Examination of the subject for the application of massage and complementary techniques. Examination of the skin, subcutaneous tissue, muscle tissue, tendons, joints, circulatory system, nervous system, abdominal viscera	Interactive lecture, PowerPoint presentation	2

Main procedures and techniques of classical massage (fundamental procedures): smoothing, friction, kneading, tapping, vibration	Interactive lecture, PowerPoint presentation	2
Secondary techniques of classical massage (kneading, rolling, pressure, tension, traction, shaking). Various massage techniques (pinching, muscle lifting)	Interactive lecture, PowerPoint presentation	2
Special massage methods: Cyriax deep transverse massage, hydromassage, pneumatic massage, intermittent pressotherapy, cryomassage, manual lymphatic drainage, Lejars venous foot massage, palpation-rolling method	Interactive lecture, PowerPoint presentation	4
Effects obtained by applying classical massage procedures and techniques and complementary techniques on body structures	Interactive lecture, PowerPoint presentation	2
Reflexology – general information, theoretical basis. Transverse reflex organisation. Longitudinal reflex organisation. Peripheral areas. Visceral-muscular-cutaneous reflex. Cutaneous-muscular-visceral reflex. Reflex massage of subcutaneous connective tissue. Plantar, palmar and vertebral reflexology	Interactive lecture, PowerPoint presentation	6
Applications of massage in sports. Indications for massage during training, competition, transition and recovery periods. Indications for massage in different types of exercise and different sports. Applications of therapeutic massage in competitive sports	Interactive lecture, PowerPoint presentation	2
Indications and technical aspects of massage in post-traumatic disorders of the musculoskeletal system	Interactive lecture, PowerPoint presentation	4
Indications and technical aspects of massage in disorders of the peripheral nervous system	Interactive lecture, PowerPoint presentation	2

Bibliography

1. Călina, M.,L., (2009) - Massage and complementary techniques, Universitaria Publishing House, Craiova
2. Călina, M.,L., (2005) - Medical and Sports Massage, University of Craiova Printing House
3. Călina, M.L., Avramescu, E., Enescu-Bieru, D., (2008), The importance of Cyriax deep transverse massage in the recovery of athletes with patellar tendinitis, 15th Congress of Sports Medicine, Sports Medicine no. 13 ISSN1841-0162,
4. Călina, M.,L.,Enescu-Bieru,D.,Avramescu,E., Dragomir M., (2008), The importance of massage and kinetic therapy for the recovery of stress lumbar pain in athletes, XXX FIMS World Congress of Sports Medicine, ISSN, 0212-8799;
5. Călina, M., L., Enescu Bieru, D., Stanomirescu A., M., (2014), Considerations regarding the aetiology and prophylaxis of low back pain in junior athletes, Journal of Sport and Kinetic Movement, no. 23, vol. 1, 44-46, ISSN 2286 - 3524;
6. Mârza, D., (2002), Therapeutic massage, Plumb Publishing House, Bacău
7. Pantea Corina (2008) - Technical procedures for massage and self-massage, Mirton Publishing House, Timişoara
8. Sidenco E.L (2003) – Massage in Kinetotherapy, Ed. Romania of Tomorrow Foundation, Bucharest

9.2 Seminar/laboratory	Teaching methods	No. of hours
Notions of topographical anatomy of the back. Technique for delimiting parts and regions of the back. Stratigraphy.	Interactive explanation	2
Regional back massage	Demonstration. Practice	2
Notions of topographical anatomy of the lower limb. Technique for delimiting the parts and regions of the lower limb. Stratigraphy	Interactive explanation	2
Massage of the posterior part of the lower limb	Demonstration. Practice	2
Massage of the lower limb on the anterior side	Interactive explanation	2
Notions of topographical anatomy of the abdominal wall and anterior chest wall. Technique for delimiting the parts and regions of the abdominal wall and anterior chest wall. Stratigraphy	Demonstration. Practice	2

Massage of the abdominal wall and chest wall	Interactive explanation	2
Notions of topographical anatomy of the upper limb. Technique for delimiting the parts and regions of the upper limb. Stratigraphy	Demonstration. Practice	2
Massage of the upper limb	Interactive explanation	2
Notions of topographical anatomy of the head and neck. Technique for delimiting the parts and regions of the head and neck. Stratigraphy	Demonstration. Practice	2
Massage of the head and neck	Interactive explanation	2
Extended general massage and restricted general massage	Demonstration. Practice	4
Self-massage	Interactive explanation	2

Bibliography

1. Călina, M.,L., (2009) - Massage and complementary techniques, Universitaria Publishing House, Craiova
2. Călina, M.,L., (2005) - Medical and Sports Massage, University of Craiova Printing House
3. Drăgan, I. and Petrescu, O., (1993), Massage - Self-Massage, EDITIS Publishing House, Bucharest
4. Marcu, V., Copil, C., (1995) - Massage and Complementary Techniques, Universitaria Publishing House, Oradea
5. Mârza, D., (2002), Therapeutic Massage, Plumb Publishing House, Bacău
6. Mârza, D., (1998), Reflexology in Kinetotherapy, Symbol Publishing House, Bacău
7. Mârza, D., (1998) - Special Massage Methods, Plumb Publishing House, Bacău
8. Pantea Corina (2008) - Technical Massage and Self-Massage Procedures, Mirton Publishing House, Timișoara

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The course content is corroborated with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark
11.4 Course	Written exam **Compulsory assignment**	Assessment of knowledge based on the information presented in the course and in the bibliography presented in the course description.	50
11.5 Seminar/laboratory	Assessment of willingness to apply massage and be a subject. Assessment of the correctness of the execution of massage procedures and techniques and the correctness of the approach to each region. **Compulsory task**	Practical assessment. Assessment of active participation in practical classes	50
11.6 Minimum performance standard (minimum knowledge required to pass the course and how it is assessed)			
Knowledge of the indications and contraindications of all massage techniques. Description and demonstration of how to perform all massage techniques. In order to calculate the final grade, it is necessary to obtain a passing grade of 5 (five) in each form of assessment (multiple-choice test and practical exam).			

Date of completion	Signature of course instructor	Signature of the laboratory
1.09.2025	Assoc. Prof. Dr. Călina Mirela Lucia	Lecturer Dr. Ionescu George
		Assistant Prof. Dr. Geambesa Michi

Assistant Lecturer Dr. Roșca Andreea

Assistant Prof. Dr. Chivăran Alexandru

Date of approval by the department

15.09.2025

Signature of the head of department

Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

SUBJECT DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinetotherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	**Management and Entrepreneurship in Physiotherapy**						
2.2 Course coordinator	Assistant Professor Dr. Burileanu Horia Alin						
2.3 Seminar coordinator(s)	Assistant Professor Dr. Burileanu Horia Alin, Assistant Professor Dr. Braguta Andreea						
2.4 Year of study	II	2.5 Semester	3	2.6 Type of assessment	C	2.7 Course requirements	DOB

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	2	of which: 3.2 lectures	1	3.3 seminar/laboratory	1
3.4 Total hours in the curriculum	28	of which: 3.5 course	14	3.6 seminar/laboratory	14
Distribution of time					22
Study based on the textbook, course materials, bibliography and notes					7
Additional documentation in the library, on specialised electronic platforms and in the field					8
Preparation for seminars/laboratories, assignments, reports, portfolios and essays					5
Tutoring					-
Examinations					2
Other activities.....					

3.7 Total hours of individual study	22
3.8 Total hours per semester	28
3.9. Number of credits	2

4. Prerequisites (where applicable)

4.1 Curriculum	-
4.2 Competency	-

5. Conditions (where applicable)

5.1 Course delivery	• room with technical equipment - PC, video projector, screen
5.2 for conducting the seminar/laboratory	• access to materials case studies, flipchart, internet, educational platforms.

6. Skills

6.1. Key skills	**CC4; CC6; CC7**
6.2. Professional skills	**CP1; CP5; CP10; CP20; CP24; CP29; CP36; CP45; CP46; CP47; CP53; CP59**
6.3. Transversal	**CT1; CT2; CT7; CT10; CT15; CT16**

7. Learning outcomes

7.1. Knowledge	The student/graduate identifies the elements of national and EU legislation and policies in the exercise of the profession.
7.2. Skills	The student/graduate applies international and national legislation governing relations between rehabilitation service providers and beneficiaries.
7.3. Responsibility and autonomy	Provides quality functional rehabilitation services in accordance with professional standards.

8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	Developing the skills necessary to understand and apply management and entrepreneurship concepts in the field of health, kinesitherapy and special motor skills.
8.2. Specific objectives	Familiarisation with the fundamental principles of organisational management; Developing the ability to draw up strategic and operational plans; Learning the stages of starting and running a business; Knowing the sources of funding and marketing tools applicable in the field.

9. Content

9.1. Course	Teaching methods	No. of hours

Introduction to management and entrepreneurship – basic concepts.	Lectures, PPT presentations, case studies.	2
Management and leadership styles		2
Organisation and operation of a physiotherapy unit.		2
Strategic and operational planning.		2
Marketing in health and sports services.		2
National and EU policies in professional practice.		2
Entrepreneurship in health – opportunities and challenges		2

Bibliography:

Barbu, M. (2012). Contributions to defining the ethical model of sports club management in Romania, Pro Universitaria Publishing House, Bucharest

Barbu, M., 2010, Marketing in sport, Ed. Universitaria Craiova

Burduș, E., Căprărescu, G., & Androniceanu, A. (2017). *Organisational Management* (3rd ed.). Pro Universitaria Publishing House.

Drucker, P. F. (2007). *Management: Tasks, responsibilities, practices*. Harper Business.

Nicolescu, O., & Verboncu, I. (2019). *Fundamentals of Organisational Management* (6th ed.). Pro Universitaria Publishing House.

Hisrich, R. D., Peters, M. P., & Shepherd, D. A. (2020). *Entrepreneurship* (11th ed.). McGraw-Hill Education

Ministry of Education & Ministry of Health. (2024). *Order no. 4086/05.08.2024 regarding the approval of the Statute of the College of Physiotherapists in Romania*. Official Gazette of Romania.

https://world.physio/regions/europe

9.2.Seminar/laboratory	Teaching methods	No. of hours
Acquiring knowledge about the number, nature and functioning of the individual departments of a rehabilitation centre	Teamwork, debate, practical exercises, portfolio	2
Developing a business plan for a physiotherapy centre		2
Role-playing (manager vs. employee).		2
Leadership and communication exercises		2
Staff structure; Schedule; Malpractice; Efficiency; Confidentiality		2
Running a Recovery Centre		2
Financial and administrative management		2

Bibliography

Burduș, E., Căprărescu, G., & Androniceanu, A. (2017). *Organisational Management* (3rd ed.). Pro Universitaria Publishing House.

Green-Wilson, J. E. (Ed.). (2025). *Fundamentals of Management in Physical Therapy: A Roadmap for Intention and Impact*. Routledge.

Hisrich, R. D., Peters, M. P., & Shepherd, D. A. (2020). *Entrepreneurship* (11th ed.). McGraw-Hill Education

Markee, Michael; Sebelski, Chris. (2022). Preparing for the Future: A Practice-Based Approach for Entrepreneurship Education in Health Professions. *Journal of Allied Health*, Volume 51, Number 3

Thomas E & R. Pugh. (2020). From 'entrepreneurial' to 'engaged' universities: social innovation for regional development in the global south, *Regional Studies*, vol. 54, no. 12, pp. 1631–1643.

https://colegiulfizioterapeutilor.ro/

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The course content is correlated with the requirements of the labour market, the recommendations of professional associations (the Romanian College of Physiotherapists) and employers in the field of health and sports science and physical education

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)

11.1. Course	understanding of basic concepts, participation in discussions	written exam	60
11.2. Seminar/laboratory	active involvement, quality of project/essay	business plan presentation	40
11.3. Minimum performance standard			
Obtaining a grade of 5 by accumulating a minimum of 50% of the points, demonstrating knowledge of essential concepts and the ability to apply them in practice.			

Date of completion 01.9.2025 Signature of course holder Signature of the seminar holder

Assistant Professor Dr. Burileanu Alin Assistant Professor Dr. Burileanu Horia Alin

Assistant Professor Brăguță Andreea

Date of approval by the department
15.09.2025 Signature of department director
Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

SUBJECT DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinesitherapy and special motor *skills/Physiokinesitherapist - COR code 226401;* *Kinesitherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	**Physiology II**						
2.2 Course coordinator	**Associate Professor Dr. Gusti Alice**						
2.3 Seminar lecturer(s)	**Associate Professor Dr. Gusti Alice, Associate Professor Dr. Neamțu Oana**						
2.4 Year	II	2.5 Semester	3	2.6 Type of assessment	E	2.7 Course requirements	DOB

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	3	of which: 3.2 lectures	2	3.3 seminar/laboratory	1
3.4 Total hours in the curriculum	42	of which: 3.5 course	28	3.6 seminar/laboratory	14

Distribution of time	hours
Study using textbooks, course materials, bibliography and notes	10
Additional documentation in the library, on specialised electronic platforms and in the field	10
Preparation of seminars/laboratories, assignments, reports, portfolios and essays	9
Tutoring	-
Examinations	2
Other activities.....	2

3.7 Total hours of individual study	33
3.8 Total hours per semester	42
3.9. Number of credits	3

4. Prerequisites (where applicable)

4.1 Curriculum	Anatomy, Biochemistry, Physiology I
4.2 Skills	

5. Conditions (where applicable)

5.1 Course delivery	• technically equipped room - PC, video projector, screen
5.2 for conducting the seminar/laboratory	Conducting experiments in the anatomy and physiology laboratory, tests to assess knowledge taught in the course, explanations and free discussions on various physiological situations

6. Skills

6.1. Key skills	• CC3. Digital skills; • CC4. Personal, social and learning to learn skills;
6.2. Professional skills	• CP23. Promoting health and disease prevention from a professional perspective in order to improve the health of the population • CP37. Understanding and interpreting the mechanisms governing the biological and psychological structures of the human body in motor activities; • CP37. Understanding and interpreting the mechanisms that govern the biological and psychological structures of the human body in motor activities; • CP55. Conducting research in the field of health and disseminating the results of research through scientific communications and publications
6.3. Transversal	• CT2. Taking responsibility; • CT4. Creativity; • CT5. Critical and innovative thinking; • CT13. Active learning skills; • CT14. Ability to use technology and digital resources

	effectively.

7. Learning outcomes

7.1. Knowledge	The student/graduate defines the general, structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes. The student/graduate defines the general concepts and describes the biochemical and physiopathological mechanisms of diseases, the anatomopathological bases of changes induced by pathology, with a view to implementing rehabilitation programmes rehabilitation programmes.
7.2. Skills/abilities	The student/graduate: 2.1. Identifies the structures and functions of the human body and methods for assessing biological functions. 3.1. Characterise biochemical changes according to health status and level of physical exertion.
7.3. Responsibility and autonomy	The student/graduate: 2.1.1. Integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. 3.1.1. Recognises changes induced by pathology and their causes.

8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	The discipline contributes to the development of general and specific skills of physiotherapy graduates. By completing the discipline, students will be able to use terminology correctly and establish physiological connections with the functioning of various organs and systems of the body, applicable in physiotherapy practice. Identification, quantification and evaluation of various physiological parameters of the body.
8.2. Specific objectives	To provide students with theoretical knowledge regarding the definition and content of general and specific operational concepts used in the discipline, in order to develop their general competence in using the terminology of the field. Building up a rich body of theoretical, clinical and practical knowledge on aspects of physiology in physiotherapy, necessary for the comprehensive training of future specialists, in order to develop the skills needed to correctly and effectively design and implement recovery programmes for various conditions.

9. Content

9.1. Course	Teaching methods	No. of hours
Physiology of the respiratory system. Pulmonary respiration. Mechanics of pulmonary ventilation. Respiratory volumes, capacities and flows. Perfusion, diffusion and transport of respiratory gases in the blood. Regulation of respiration. Respiratory changes during physical exertion.	Interactive courses based on debates on the course notes made available to students and a discussion outline.	6
Physiology of the nervous system. Functional organisation of the NS. The neuron. Functions of the CNS. The medulla, pons and midbrain. The diencephalon, cerebellum and basal ganglia. The cerebral cortex.	Interactive courses based on debates on the course notes provided to students and a discussion outline.	8
Physiology of the analysers. Exteroceptive sensitivity. Interoceptive sensitivity. Analysers: kinesthetic, visual, auditory, vestibular, gustatory, olfactory.	Interactive courses based on debates on the course notes provided to students and a discussion outline.	4
Physiology of digestion. Digestion in the oral cavity. Gastric digestion. Intestinal digestion. Absorption.	Interactive courses based on debates on the course notes	4

Motility. The liver. Hunger and satiety.	provided to students and a discussion outline.	
Intermediate and energy metabolism. Basal metabolism. Carbohydrate, lipid and protein metabolism.	Interactive courses based on debates on the course notes provided to students and a discussion outline.	2
Physiology of the endocrine glands. Hormones. Hypothalamus and pituitary gland. Thyroid gland. Parathyroid glands. Adrenal glands. Endocrine pancreas. Gonads. Pineal gland. Thymus gland.	Interactive lectures based on debates on the lecture notes provided to students and a discussion outline.	4

Bibliography:
Baciu, I – Physiology, Didactic and Pedagogical Publishing House, Bucharest, 1997
Danoiu M – Physiology – course, University of Craiova reprographics, 1999
Danoiu M – Physiology, Ed. Universitaria, Craiova, 2001
Demeter A – Physiology and Biochemistry of Physical Education and Sport, Ed. Sport-Turism, Bucharest, 1979
Groza P – Human Physiology, 2nd edition, Medical Publishing House, Bucharest, 1980
Gusti A – Physiology, Ed. Universitaria Craiova, 2003
Haulica I – Human Physiology, Ed. Medicală, Bucharest, 1996
D. Enescu Bieru, M.L. Calina, A. Gusti, V. Dinu, G. Cosma, F. Romanescu, A.T. Balseanu, C. Fortan: "Study over mechanogram parameters at professional sportsmen", The 11th National Congress of the Romanian Society of Physiological Sciences, 2012, Rev. Physiology, suppl. 2012, pp. 42-43, ISSN 1223-2076.
Cristina Vasilescu, Simona Gusti, Alice Gusti: "Cardiovascular changes in job-related tiredness in workers in the field of transportation safety", Current Health Sciences Journal, vol. 40, suppl. 9, 2014, pp. 47-52, ISSN 2067-0656

9.2.Seminar/laboratory	Teaching methods	No. of hours
Mechanics of breathing. Respiratory volumes, capacities and flows. Spirometry and spirography – working technique, normal values, interpretation of results. Changes in breathing during physical exertion.		3
The nervous system – reflex action and reflex arc. The neuron – resting and action potentials. Types of synapses. Spinal reflexes. Memory. CNS investigations – electroencephalography. Conduction function – conduction pathways in the CNS.		4
Peripheral segment of the analysers – receptors. Visual analyser – image formation on the retina, accommodation, adaptation to darkness and light. Adaptation to stimulation of the sense organs.		2
Enzymatic and chemical processes in the digestive tract. Composition of gastric, hepatic, pancreatic and intestinal juices. Basal metabolism. Factors influencing basal energy expenditure.		3
Mechanisms of hormone secretion regulation – classification, examples. Hypofunction, hyperfunction.		2

Bibliography:
Baciu, I – Physiology, Didactic and Pedagogical Publishing House, Bucharest, 1997
Boron, W,: Medical Physiology, 3rd edition, 2016
Danoiu M – Physiology – course, University of Craiova reprographics, 1999
Danoiu M – Physiology, Ed. Universitaria, Craiova, 2001
Demeter A – Physiology and Biochemistry of Physical Education and Sport, Ed. Sport-Turism, Bucharest, 1979
Groza P – Human Physiology, 2nd edition, Ed Medicală, Bucharest, 1980
Gusti A – Physiology, Ed. Universitaria Craiova, 2003

Haulica I – Human Physiology, Ed. Medicală, Bucharest, 1996

10. Corroboration of the discipline's content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The content of the discipline responds to the need to understand the physiological basis, with reference to the gradual introduction of students to the scientific and practical-methodological foundations of the tools with which future specialists will work.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)
11.1. Course	Level of active participation in the course. Degree of assimilation of course content.	Quantitative and qualitative assessment of course participation. Written exam (multiple choice).	60
11.2. Seminar/laboratory	L: Degree of active participation in practical work. Degree of mastery of the execution of techniques and procedures specific to physiology.	Assessment of willingness to practise techniques and procedures. Assessment of the correctness of the execution of techniques and procedures specific to physiology – practical verification.	40
11.3. Minimum performance standard			
It is mandatory that, for the practical work and practical verification, the student obtains at least an average of 5 (five) in order to be admitted to the exam. Attendance at practical work is mandatory at a rate of 100%. Passing the practical assessments with a grade of 5 (five); if the practical assessments are not passed, the student cannot take the final exam. Obtaining a grade of 5 (five) in the final exam.			

Date of completion 01.09.2025

Signature of the course lecturer Associate Professor Dr. Gusti Alice

Signature of the seminar lecturer Associate Professor Dr. Gusti Alice

Assoc. Prof. Neamțu Oana

Date of approval by the department 15.09.2025

Signature of the head of department Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026 – 2027

1. PROGRAMME DETAILS

1.1 Higher education institution	University of Craiova
1.2 Faculty/department	Faculty of Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine

1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies[1]	Bachelor's degree - cycle 1
1.6 Study programme (name/code)[2] /Qualification	Kinetotherapy and special motor skills/Physiokinetotherapist - COR code 226401; Kinetotherapist - COR code 226405;

2. INFORMATION ABOUT THE DISCIPLINE

2.1 Name of the discipline				**Internship in social assistance centres**			
2.2 Course coordinator				-			
2.3 Seminar coordinator				**Associate Professor Ilinca Ilona**			
2.4 Year of study	**2**	2.5 Semester	**III**	2.6 Type of assessment	**V**	2.7 Course requirements (compulsory)	**DOB**

3. TOTAL ESTIMATED TIME (hours per semester of teaching activities)

3.1 Number of hours per week	**2**	of which: 3.2 course	-	3.3 seminar/laboratory/project	**2**
3.4 Total hours in the curriculum	**28**	of which: 3.5 course	-	3.6 seminar/laboratory/project	**28**

3.7 Distribution of time	hours
▪ Study using textbooks, course materials, bibliography and notes	6
▪ Additional documentation in the library, on specialised electronic platforms and in the field	6
▪ Preparation for seminars/laboratories, assignments, reports, portfolios and essays	6
▪ Tutoring	-
▪ Examinations	2
▪ Other activities: consultations, student clubs	2

Total hours of individual activities	**2**
3.8 Total hours per semester	**2**
3.9 Number of credits	**2**

4. PREREQUISITES (where applicable)

4.1 Curriculum	-
4.2 Competency	-

5. CONDITIONS (where applicable)

5.1. for conducting the course	-
5.2. for conducting the seminar/laboratory/project	Physical attendance

6. SKILLS

6.1. Key competences	**CC2, CC4**
6.2. Professional competences	**CP3, CP5, CP6, CP39**
6.3. Transversal competences	**CT1, CT2, CT9, CT16, CT18**

7. Learning outcomes

7.1. Knowledge	- Students define the general, structural (anatomical) and functional concepts of the human body in order to develop rehabilitation programmes. - Students identify general and age-specific behavioural aspects, pathology and population categories before, during and after intervention in order to maximise the effects of the rehabilitation process.
7.2.Skills	- The student presents the actions of different muscle groups and movement parameters. - The student demonstrates methods and techniques for influencing the subject's behaviour.
7.3. Responsibility and autonomy	- The student integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process.

	- The student recognises the characteristics of movement and their parameters. - The student uses professional communication techniques before, during and after the intervention.

8. Course objectives (based on the competency grid)

7.1 General objective of the discipline	Future physiotherapists should learn about the different fundamental aspects of practical work in social care centres.
7.2 Specific objectives	Familiarisation and acquisition by students of terminology specific to social work understanding the classification of social work as a profession; understanding the fundamental concepts and philosophy of social work; Knowledge of the legal framework for the delivery of social services and social work interventions; Knowledge of the various methods of investigation and intervention offered within the practice institution

9. Content

8.2 Applied activities (subjects/topics)	No. of hours	Teaching methods
1. Organisation of social assistance centres	**2**	**Interactive discussions, case studies and presentations.**
2. Practical aspects of social work	**2**	
3. Organisation of circuits in social assistance centres	**2**	
4. Social assistance centres for the elderly	**6**	
5. Social assistance centres for persons with disabilities	**8**	
6. Social assistance centres for children	**8**	

Bibliography

1. The Psychology of Cognitive Mechanisms, Zlate M, Polirom Publishing House, 1999
2. Treatise on Social Assistance, Neamţu G., Polirom Publishing House, 2003
3. Elements of Social Assistance, Neamţu G., Polirom Publishing House, 1999

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The content corresponds to the needs of the labour market and the requirements of the scientific community.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weighting in the final mark
11.1 Practical activities	Reading the recommended bibliography Additional documentation Active participation	Presentation of practical workbook Attendance assessment form	90 10
11.3 Minimum performance standard -acquisition of key concepts, ideas, theories -knowledge of basic issues in the field of psychotherapy and social work -clear and well-argued knowledge and skills -analysed and commented examples, setting therapy objectives -personal approach and interpretation,			

Completion date: 01.09.2025
Head of applied activities: Associate Professor Ilinca Ilona
Date of approval in the department: 15.09.025

Head of department: Prof. Ligia Rusu
UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINETHERAPY AND SPORTS MEDICINE (D06)

SUBJECT DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinesitherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	**PATHOLOGICAL PSYCHOLOGY**						
2.2 Course coordinator				Lecturer Dr. Schenker Ramona			
2.3 Seminar coordinator(s)				Lecturer Dr. Schenker Ramona			
2.4 Year	2	2.5 Semester	III	2.6 Type of assessment	C	2.7 Course requirements	DOB

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	3	of which: 3.2 lectures	2	3.3 seminar/laboratory	1
3.4 Total hours in the curriculum	42	of which: 3.5 course	28	3.6 seminar/laboratory	14
Time allocation					
Study using textbooks, course materials, bibliography and notes					10
Additional documentation in the library, on specialised electronic platforms and in the field					10
Preparation for seminars/laboratories, assignments, reports, portfolios and essays					10
Tutoring					-
Examinations					3
Other activities.....					-

3.7 Total hours of individual study	33
3.8 Total hours per semester	42
3.9. Number of credits	3

4. Prerequisites (where applicable)

4.1 Curriculum	-
4.2 Skills	• Ability to observe, analyse, empathise and understand cognitive and affective processes

5. Conditions (where applicable)

5.1 Course delivery	• room with technical equipment - PC, video projector, screen
5.2 for conducting the seminar/laboratory	room with technical equipment - PC, video projector, screen

6. Skills

6.1. Key skills	**CC1, CC2, CC4, CC5**
6.2. Professional skills	**CP1. CP5. CP6, CP8, CP9, CP10, CP12**
6.3. Transversal	**CT2, CT6, CT9, CT10, CT11, CT12, CT16**

7. Learning outcomes

7.1. Knowledge	The student identifies general and age-specific

	behavioural aspects, pathology and population categories before, during and after the intervention, in order to maximise the effects of the rehabilitation process.
7.2. Skills/abilities	The student: 4.1.Explain the role of the human psyche in the rehabilitation process. 4.2.Demonstrate methods and techniques for influencing the subject's behaviour.
7.3. Responsibility and autonomy	The student/graduate: 4.1.1.Identify the relationship between the functioning of the psychological system and the presence of pathologies. 4.2.1. Uses professional communication techniques before, during and after intervention.

8. Course objectives (based on the competency grid)

8.1.General objective of the discipline	Identify general and age-specific behavioural aspects, pathologies and population categories before, during and after intervention, in order to maximise the effects of the rehabilitation process.
8.2. Specific objectives	Explaining the role of the human psychic system in the rehabilitation process. Demonstrate methods and techniques for influencing the subject's behaviour. Identifying the relationship between the functioning of the psychic system and the presence of pathologies. Use professional communication techniques before, during and after the intervention.

9. Content

9.1. Course	Teaching methods	No. of hours
Introduction to pathological psychology and its relevance in kinesitherapy – Interactive presentation	Interactive presentation, lecture, discussions, case studies, video presentation, discussions	2
Psychological reactions to illness, trauma and disability – Lecture with practical examples		2
Anxiety disorders and the impact of anxiety on motor skills – Interactive presentation		2
Depressive disorders and their influence on recovery – Lecture with data and discussion		2
Psychosomatic and somatoform disorders – Presentation with examples		2
Stress and trauma-related disorders (PTSD, adaptation) – Video presentation and discussion		2
Psychotic disorders (schizophrenia, psychoses) – Presentation with clinical vignettes		2
Personality disorders and difficult behaviours – Interactive lecture		2
Neurodevelopmental disorders: autism, ADHD, tics – Presentation with video support		2
Neurocognitive disorders in old age – Presentation with short case studies		2
Eating disorders and implications – Lecture with clinical data		2
Substance use disorders – Presentation and		2

interactive discussion		
Chronic pain and psychological factors – Applied lecture		2
Psychological support techniques and interdisciplinary collaboration – Summary presentation		2

Bibliography:

American Psychiatric Association. **DSM-5 Diagnostic and Statistical Manual of Mental Disorders**. Callisto Publishing House, Bucharest, 2016. (Official classification of mental disorders, 5th edition)
Enăchescu, C. **Treatise on Psychopathology**. Polirom Publishing House, Iași, 2005. (Comprehensive university textbook on pathological psychology)
Cosman, D. **Medical Psychology**. Polirom Publishing House, Iași, 2010. (Chapters on reactions to illness and psychological aspects in medical practice)
World Health Organization. **Rehabilitation** – Fact Sheet, 2024physio-pedia.com. (WHO document emphasising a holistic approach to rehabilitation, including psychological components)

9.2.Seminar/laboratory	Teaching methods	No. of hours
Reflection: the role of psychological factors in recovery – Group discussion on essays	Group discussion based on reflective essays	1
Case study: adapting to disability – Team case analysis	Team case analysis and plenary discussion	1
Practical application: managing anxiety – Role play and demonstration	Role play and practical demonstration	1
Case study: motivating patients with depression – Group intervention plan	Intervention plan developed in groups	1
Case study: conversion disorder with motor deficit – Analysis and observation sheet	Case analysis and completion of the observation sheet	1
Role play: communicating with a patient with PTSD – Situational simulation	Role play (PTSD simulation) and debate	1
Role play: approaching a psychotic patient – Behavioural simulation	Role play with psychotic patient and reflection	1
Debate: managing difficult patients – Group brainstorming	Moderated debate and collective brainstorming	1
Project: adapted motor plan for a child with SEN – Group project	Group project and presentation	1
Case study: patient with early-stage Alzheimer's – Individual file and discussion	Individual case analysis + group discussion	1
Reflective essay: the role of the physiotherapist in eating disorders – Essay + discussion	Individual essay + summary discussion	1
Case study: recovery of a patient with addiction – Presentation and adapted plan	Group case study + adapted plan	1
Practical application: assessment and intervention in chronic pain – Worksheet + exercise plan	Practical exercise (assessment sheet + exercise plan)	1
Practical workshop: psychological techniques in therapy – Practical exercises and role-play	Practical workshop (relaxation exercises + role-play)	1

Bibliography:

Physiopedia. Psychological Support in Rehabilitation (2023)physio-pedia.comphysio-pedia.com. (Online guide for professionals on psychological support for patients during recovery)
Shaw, K. & Bonder, B. Psychological Aspects of Physical Rehabilitation. Slack Incorporated, 2002. (Reference text on the integration of psychological interventions in physical therapies)
Vlaeyen, J.W. & Linton, S.J. Fear-avoidance model in chronic pain – Journal of Behavioral Medicine, 2012.

(Article describing the fear-avoidance model in chronic pain, useful for the topic of pain and kinesiophobia)pmc.ncbi.nlm.nih.gov Guide to good practice in clinical psychology – Romanian College of Psychologists, 2022. (Relevant chapters on assessment and intervention in anxiety, depression, pain management – resource for the practical approach to clinical cases)

10. Corroboration of the discipline's content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The discipline is aligned with the professional needs of future physiotherapists, providing them with a solid understanding of mental disorders with an impact on motor function, in accordance with international standards and requirements in the field of medical rehabilitation.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)
11.1. Course	Final assessment	Written exam	60
11.2. Seminar/laboratory		Case study with practical application	40
11.3. Minimum performance standard			
Obtaining a grade of 5			

Date of completion 01.09.2025

Signature of course coordinator Lecturer Dr. Schenker

Signature of the seminar holder Lecturer Dr. Schenker Ramona

Date of approval by the department 15.09.2025

Signature of the head of department Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026 - 2027

1. Programme details

1.1 Higher education institution	**University of Craiova**
1.2 Faculty	**Physical Education and Sport/Department 6**
1.3 Department	**Kinesiotherapy and Sports Medicine**
1.4 Field of study	**Sports Science and Physical Education**
1.5 Cycle of studies	**Bachelor's degree - cycle I**
1.6 Study programme/Qualification	**Kinetotherapy and special motor skills/Physiokinetotherapist - *COR code 226401; Kinetotherapist - COR code 226405***

2. Information about the discipline

2.1 Name of the discipline				**GENERAL BASICS OF PHYSIOTHERAPY**					
2.2 Course coordinator				Associate Professor Dragomir Mihai Marian					
2.3 Lecturer				Associate Professor Dragomir Mihai Marian Assistant Professor Dr. Rosca Andreea Assistant Professor Dr. Chivaran Alexandru					
2.4 Year of study	2	2.5 Semester	III	2.6 Type of assessment	E	2.7 Course requirements	DOB	2.4 Year of study	2

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	4	of which: 3.2 lectures	2	3.3 seminar/laboratory/project	2
3.4 Total hours in the curriculum	**56**	of which: 3.5 course	**28**	3.6 seminar/laboratory/project	**28**

3.7 Distribution of time	hours
▪ Study using textbooks, course materials, bibliography and notes	**19**
▪ Additional research in the library, on specialised electronic platforms and in the field	**12**
▪ Preparation for seminars/laboratories, assignments, reports, portfolios and essays	**5**
▪ Tutoring	**4**
▪ Examinations	**4**
▪ Other activities: consultations, student clubs	**-**

Total hours of individual activities	**4**
3.8 Total hours per semester[5]	**56**
3.9 Number of credits[6]	**4**

4. Prerequisites (where applicable)

4.1 Curriculum	NO
4.2 Competency	NO

5. Conditions (where applicable)

5.1. for conducting the course	NO
5.2. for conducting the seminar/laboratory	NO

6. Competences

6.1. Key competences	**CC4, CC5**
6.2. Professional competences	**CP4, CP7, CP11, CP44**
6.3. Transversal skills	**CT1, CT4, CT13**

7. Learning outcomes

7.1. Knowledge	The student/graduate explains the general concepts of the field, referring to the forms of organisation of physical education and sports activities, the principles, methods and fundamental means applicable in different forms of organisation, the concepts of motor skills and motor activity, so that they can be used in a formative and performance context.
7.2. Skills/abilities	The student/graduate: 1.1. Uses the fundamental concepts of human motor skills in various contexts. 1.2. Classify the forms of organisation and practice of physical education and sports activities. Uses terminology according to motor activities.
7.3.Responsibility and autonomy	The student/graduate: 1.1.1. Identifies motor acts, actions and activities. Provides advice on choosing forms of organisation and practice of activities, depending on the specific context and purposes. 1.3.1. Argues for the use of specialised terminology in debates in the field.

8. Course objectives (based on the specific skills acquired)

8.1 General objective of the discipline	Identifying and explaining concepts, theories and laws specific to human movement, as well as using fundamental and specialist knowledge to interpret and apply them in practice
8.2 Specific objectives	Identifying and explaining specific concepts, theories and models Describing and appropriately using concepts and theories related to human movement in professional communication. Making a correct assessment of the qualities of specialised programmes by using theoretical knowledge

9. Contents

9.1 Course (content units)	No. of hours	Teaching methods
INTRODUCTORY COURSE	**2**	**Lectures are interactive, mainly in the form of verbal presentations, accompanied by PowerPoint presentations. Conversation and dialogue are used.**
BASIC OBJECTIVES IN KINETHERAPY	**2**	
RELAXATION	**2**	
CORRECTION OF POSTURE AND BODY ALIGNMENT	**2**	
INCREASED JOINT MOBILITY	**4**	
INCREASING MUSCLE STRENGTH	**4**	
INCREASED MUSCLE ENDURANCE	**2**	
IMPROVED COORDINATION, CONTROL AND BALANCE	**2**	
CORRECTING RESPIRATORY DEFICITS	**4**	
EXERCISE TRAINING	**2**	
SENSITIVITY RE-EDUCATION	**2**	
	28	

Bibliography

Sbenghe T. - Kinetology - Therapeutic and Recovery Prophylaxis, 1987
Sbenghe T. - Kinesiology - The Science of Movement, Bucharest 2002
Rusu L. - Kinetics Intervention in Neuromyoartrokinetic System Disorders, Craiova, 2007

9.2 Applied activities (subjects/topics)	No. of hours	Teaching methods
INTRODUCTORY COURSE	**2**	**Conversation, dialogue and demonstration are used**
BASIC OBJECTIVES IN KINETHERAPY	**2**	
RELAXATION	**2**	
CORRECTION OF POSTURE AND BODY ALIGNMENT	**2**	
INCREASED JOINT MOBILITY	**4**	
INCREASING MUSCLE STRENGTH	**4**	
INCREASED MUSCLE ENDURANCE	**2**	
IMPROVED COORDINATION, CONTROL AND BALANCE	**2**	
CORRECTING RESPIRATORY DEFICITS	**4**	
EXERCISE TRAINING	**2**	
SENSITIVITY RE-EDUCATION	**2**	
	28	

Bibliography [8]

Sbenghe T. - Kinetology - Therapeutic and Recovery Prophylaxis, 1987
Sbenghe T. - Kinesiology - The Science of Movement, Bucharest 2002
Rusu L. - Kinetics Intervention in Neuromyoartrokinetic System Disorders, Craiova, 2007

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The content of the discipline is in line with the programmes of other universities in the country and abroad, while also aiming to facilitate the future graduate's entry into the labour market through good practical training.

11. Assessment

Type of activity	Assessment criteria	Assessment methods	10.3 Weight in the final mark
Course	Accuracy and thoroughness of knowledge	Written assessment at the end of the semester	50
Applied activities	Ability to apply acquired knowledge	Oral assessment during the semester	30
	L: criteria targeting attitudinal aspects: – Interest in individual study – Conscientiousness	Active participation in seminars	20%
Minimum performance standard (minimum knowledge required to pass the course and how it is assessed)			
MEET THE MINIMUM ATTENDANCE REQUIREMENTS IN ACCORDANCE WITH THE REQUIREMENTS – ASSESSMENTS MUST INCLUDE THE APPROPRIATE ANSWERS AT THE MINIMUM LEVEL – GRADE 5 – OBTAIN A GRADE OF 5 IN THE FINAL KNOWLEDGE TEST IN ACCORDANCE WITH THE SCALE			

Date of completion: 01.09.2025

Course holder

Assoc. Prof. Dragomir Mihai Marian

Applied activities holder

ASSOC. PROF. DRAGOMIR MIHAI MARIAN

ASSISTANT PROFESSOR ROSCA ANDREEA

ASSISTANT PROFESSOR CHIVARAN ALEXANDRU

Date of approval by the department: 15.09.2025

Head of department
Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINETHERAPY AND SPORTS MEDICINE (D06)

SUBJECT DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinetotherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	**Foreign Language III**						
2.2 Course coordinator	-						
2.3 Seminar coordinator(s)	Assistant Professor Rusu Mihai Robert						
2.4 Year of study	I	2.5 Semester	3	2.6 Type of assessment	C	2.7 Course requirements	DOB

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	2	of which: 3.2 lectures	-	3.3 seminar/laboratory	2
3.4 Total hours in the curriculum	28	of which: 3.5 course	-	3.6 seminar/laboratory	28
Time allocation					
Study using textbooks, course materials, bibliography and notes					8
Additional documentation in the library, on specialised electronic platforms and in the field					8
Preparation for seminars/laboratories, assignments, reports, portfolios and essays					2
Tutoring					-
Examinations					2
Other activities consultations, student circles					2

3.7 Total hours of individual study	2
3.8 Total hours per semester	2
3.9. Number of credits	2

4. Prerequisites (where applicable)

4.1 Curriculum	
4.2 Competency	

5. Conditions (where applicable)

5.1 Course delivery	• technically equipped room - PC, video projector, screen
5.2 for conducting the seminar/laboratory	

6. Skills

6.1. Key skills	CC3. CC4. CC6.
6.2. Professional skills	CP2.,CP3.,CP9.
6.3. Transversal competences	CT2.CT3. CT4. CT5. CT6. CT7.

7. Learning outcomes

7.1. Knowledge	1. The student/graduate explains the general notions of the field, referring to the concepts of motor skills and motor activity, the structure and functions of human motor activities, their effects on development and education, so that they can be used in the rehabilitation process. 2. The student/graduate defines the general, structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes. 3. The student/graduate identifies general and age-specific behavioural aspects, pathology and population categories before, during and after intervention, in order to maximise the effects of the rehabilitation process.
7.2. Skills/abilities	The student/graduate: 1.7. Uses the fundamental concepts of human motor skills in various contexts. 1.8. Uses terminology according to motor activities. 1.9. Distinguishes the role and place of the physiotherapist in different professional contexts. The student/graduate: 2.1. Identifies the structures and functions of the human body and methods for assessing biological functions. 2.2. Presents the actions of different muscle groups and movement parameters. The student/graduate: 4.1. Explains the role of the human psyche in the rehabilitation process. 4.2. Demonstrates methods and techniques for influencing the subject's behaviour
7.3. Responsibility and autonomy	The student/graduate: 1.1.3. Gives examples of acts, actions and motor activities. 1.2.1. Argues for the use of specialised terminology in debates in the field. 1.3.1. Identifies the duties of the physiotherapist within interdisciplinary teams Provides quality functional rehabilitation services in accordance with professional standards. The student/graduate: 2.1.1. Integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. 2.2.1. Recognises the characteristics of movement and their parameters The student/graduate: 4.1.1. Identifies the relationship between the functioning of the mental system and the presence of pathologies. 4.2.1. Uses professional communication techniques before, during and after intervention.

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8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	- providing and requesting various information during a conversation - extracting essential information from a text and using it in various activities - using as many grammatical and language structures correctly as possible - acquiring basic specialised language and using it in writing various materials or in various conversational situations
8.2. Specific objectives	- acquiring basic specialised language and using it in writing various materials or in various conversational situations

9. Content

9.2.Seminar/laboratory	Teaching methods	No. of hours
1. Respiratory terminology	Lectures, interactive dialogue	6
2. Circulatory system terminology		6
3. Digestive system terminology		5
4. Biomechanic terminology		5
5. Physical therapy terminology		6

Bibliography
1.Basturkmen, H. 2010. *Developing Courses in English for Specific Purposes*. London: Palgrave MacMillan.
2. Biber, D., Johansson, S., Leech, G., Conrad, S., Finegan, E. 2007. *Longman Grammar of Spoken and Written English.* London: Longman.
3. Day, J., Krzanowski, M. 2011. *Teaching English for Specific Purposes. An Introduction*. Cambridge: Cambridge University Press.
4. Glendinning, E., Howard, R. 2007. *Professional English in Use*. *Medicine*. Cambridge: Cambridge University Press.
5. Plag, I. 2003. *Word-Formation in English*. Cambridge: Cambridge University Press.

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The course content meets the need for knowledge of specific terminology.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)
11.1. Course			
11.2. Seminar/laboratory	Correct use of specialised language; - Application of basic concepts; - Analytical and synthesis skills; - Self-assessment skills; - Identification of new bibliographic sources, in addition to those recommended; Utilising bibliography in reports	Presentation of translation material	- Final assessment answers – 70%; - Testing throughout the semester – 20%; - Completion of reports and essays – 10%.
11.3. Minimum performance standard grade 5 specific terminology			

Date of completion
1.09.2025 Signature of course coordinator Signature of the laboratory coordinator

Assist. Rusu Mihai Robert

Date of approval by the department
15.09.2025

Signature of the head of department
Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinesitherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	**Assessment methods in physiotherapy**						
2.2 Course coordinator	Lecturer Dr. Ionescu Gheorghe						
2.3 Seminar coordinator(s)	Lecturer Dr. Ionescu Gheorghe Assistant Professor Mihail Miki, PhD Assistant Professor Dr. Roșca Andreea Assistant Lecturer Dr. Chivăran Alexandru						
2.4 Year of study	**2**	2.5 Semester	**IV**	2.6 Type of assessment	**E**	2.7 Course requirements	**DOB**

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	4	of which: 3.2 lectures	2	3.3 seminar/laboratory	2
3.4 Total hours in the curriculum	56	of which: 3.5 course	28	3.6 seminar/laboratory	28

Distribution of time	hours
Study using textbooks, course materials, bibliography and notes	15
Additional research in the library, on specialised electronic platforms and in the field	15
Preparation for seminars/laboratories, assignments, reports, portfolios and essays	10
Tutoring	-
Examinations	4
Other activities.....	-

3.7 Total hours of individual study	44
3.8 Total hours per semester	56
3.9. Number of credits	4

4. Prerequisites (where applicable)

4.1 Curriculum	Anatomy and biomechanics
4.2 Skills	Not applicable

5. Conditions (where applicable)

5.1 Course delivery	Room with technical equipment - PC, video projector, screen
5.2 for conducting the the seminar/laboratory	Room equipped with specific assessment tools, computer, video projector

6. Skills

6.1. Key competences	**CC2**. Competences in science, technology, engineering and mathematics; **CC3**. Digital skills; **CC4**. Personal, social and learning to learn competences; **CC5**. Civic competences; **CC7**. Cultural awareness and expression.
6.2. Professional competences	**CP9.** Integrating the results of medical investigations into the assessment of the patient/client in order to establish the optimal intervention programme **CP18**. Providing an assessment of the client's condition, working with the client to identify deficiencies and activity limitations resulting from illness, injury and/or ageing **CP19**. Adapting physiotherapy interventions based on reassessment of response to treatment **CP21.** Triaging clients/patients for physiotherapy, prioritising their assessment and indicating whether additional services are required. **CP24.** Performing and recording specific professional assessments of patients/clients, setting goals, determining the necessary intervention tailored to the patient/client's particularities using a clinical reasoning process, and monitoring its implementation
6.3. Cross-cutting	**CT2**. Taking responsibility; **CT9**. Goal/results orientation; **CT12**. Ability to analyse and make decisions responsibly; **CT14.** Ability to use technology and digital resources effectively.

7. Learning outcomes

7.1.Knowledge	The student/graduate defines the general, structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes.
7.2.Skills	The student/graduate: 2.1. Identify the structures and functions of the human body and methods for assessing biological functions. 2.2. Presents the actions of different muscle groups and movement parameters.
7.3. Responsibility and autonomy	The student/graduate: 2.1.1. Integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. 2.2.1. Recognises the characteristics of movement and their parameters.

8. Course objectives (based on the competency grid)

8.1.General objective of the discipline	To accumulate theoretical and practical knowledge for assessing functional status, which is essential for formulating a physiotherapy strategy and monitoring results.
8.2. Specific objectives	Overall assessment of physical development; Assessment of the musculoskeletal

	system: assessment of segmental physical development, assessment of joint mobility, assessment of muscle strength, grip and gait; Assessment of exercise capacity

9. Content

9.1. Course	Teaching methods	No. of hours
Definition and content of the discipline. Somatoscopic and somatometric methods for assessing physical growth and development.	Interactive course	4
Assessment of joint movement range		10
Assessment of muscle strength		10
Assessment of grip strength and gait		2
Assessment of exercise capacity		2
Bibliography Baciu Cl, 1981, The Locomotor System. Medical Publishing House, Bucharest; Sbenghe, T., 1999, Theoretical and Practical Foundations of Kinetotherapy. Medical Publishing House, Bucharest Cordun M., 2009, Kinanropometrie. CD Press Publishing House, Bucharest; Vasilescu M., Conea M 2007, Physiology of Physical Exercise, EdituraUniversitaria, Craiova;		
9.2.Seminar/laboratory	Teaching methods	No. of hours
General and segmental somatoscopy	Explanation, demonstration, repetition	2
Somatometry, indices of physical development harmony		2
Joint assessment of the trunk		2
Joint assessment of the upper limb		4
Joint assessment of the lower limb		4
Muscle assessment of the upper limb		4
Muscle assessment of the lower limb		4
Muscle balance of the trunk		2
Assessment of gait and grip strength		2
Assessment of exercise capacity		2
		Total 28 hours
Bibliography Baciu Cl, 1981, The Locomotor System. Edituramedicală, Bucharest; Cordun M., 2009, Kinanropometrie. CD Press Publishing House, Bucharest; Sbenghe, T., 1999, Theoretical and Practical Foundations of Kinetotherapy. Medical Publishing House, Bucharest Vasilescu M., Conea M 2007, Physiology of Physical Exercise, Universitaria Publishing House, Craiova;		

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The content of the discipline is corroborated with the expectations of representatives of the community, associations professionals and employers. The theoretical and practical knowledge acquired in this discipline is necessary for establishing a diagnosis of functional deficit, which is essential for setting stage objectives and choosing specific means of medical recovery.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)
11.1. Course	Active participation in lectures	Multiple-choice exam	70

11.2. Seminar/laboratory	Active participation in practical work	Practical exam	30
11.3. Minimum performance standard			
Knowledge and application of methods for assessing joint mobility and muscle strength used in physiotherapy. Attendance at practical work minimum 70%, prerequisite for taking the practical exam Passing the practical-methodological tests, a prerequisite for taking the written exam Passing the written exam to assess theoretical knowledge			

Date of completion 01.09.2025
Signature of course coordinator Lecturer Dr. Ionescu Gheorghe
Signature of the seminar lecturer: Lecturer Dr. Ionescu Gheorghe, Assistant Lecturer Dr. Geambesa Mihail Miki
Assistant Professor Dr. Roșca Andreea
Assistant Lecturer Dr. Chivăran Alexandru

Date of approval by the department 15.09.2025
Signature of the head of department: Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

SUBJECT DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty	Faculty of Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree cycle 1
1.6 Study programme (name/code) /Qualification	Kinetotherapy and special motor skills/Physiokinetotherapist - Code Cor 226401; Kinetotherapist - Code Cor 226405

2. Information about the discipline

2.1 Name of the discipline				**PHYSIOTHERAPY IN POSTURAL DISORDERS**			
2.2 Course coordinator				Associate Professor Dr. Călina Mirela Lucia			
2.3 Seminar lecturers				Assistant Professor Dr. Burileanu Alin, Assistant Professor Dr. Roșca Andreea			
2.4 Year of study	2	2.5 Semester	IV	2.6 Type of assessment	**E**	2.7 Course requirements	**DOB**

3. Estimated total time (hours per semester of teaching activities)

3.1 Number of hours per week	4	of which: 3.2 lectures	2	3.3 seminar/laboratory/project	2
3.4 Total hours in the curriculum	**56**	of which: 3.5 course	**28**	3.6 seminar/laboratory/project	**28**
3.7 Distribution of time					**69**
▪ Study using textbooks, course materials, bibliographies and notes					30
▪ Additional documentation in the library, on specialised electronic platforms and in the field					15
▪ Preparation for seminars/laboratories, assignments, reports, portfolios and essays					15
▪ Tutoring					-
▪ Examinations					4

▪ Other activities: consultations, student clubs	5
Total hours of individual activities	**69**
3.8 Total hours per semester	**56**
3.9 Number of credits	**5**

4. Prerequisites (where applicable)

4.1 Curriculum	Not applicable
4.2 Competency	Not applicable

5. Conditions (where applicable)

5.1. Course delivery	Classroom equipped with video projection equipment
5.2. for conducting the seminar/laboratory	Physiotherapy room

6. Skills

6.1. Key competences	CC2. Competences in science, technology, engineering and mathematics CC3. Digital skills CC4. Personal, social and learning to learn competences CC6. Entrepreneurial skills
6.2. Professional competences	CP3. Application and adaptation of theoretical and practical concepts according to pathology for the design of kinetic programmes CP5. Compliance with guidelines and protocols validated in physiotherapy practice by professional associations or authorities in the field, as well as by relevant scientific organisations. CP6. Empathising with the user of physiotherapy services, understanding the context of the symptoms and behaviour of clients/patients; concern for the well-being of patients/clients and treating them according to their personal limitations, sensitivities, cultural differences and preferences. CP9. Integrating the results of medical investigations into the assessment of the patient/client in order to establish the optimal intervention programme CP11. Recommendation of medical devices appropriate to the client/patient's needs, in accordance with evidence-based practice and validated protocols in the field. CP12. Correct selection of equipment, devices and facilities specific to physiotherapy for use in recovery programmes
6.3. Transversal competences	a) Personal competences CT2. Taking responsibility CT4. Creativity CT6. Ethics and integrity CT11. Solving complex problems CT12. Ability to analyse and make decisions responsibly CT13. Active learning CT14. Ability to use technology and digital resources effectively.

7. Learning outcomes

7.1. Knowledge	1. The student/graduate explains the general notions of the field, referring to the concepts of motor skills and motor activity, the structure and functions of human motor activities, their effects on development and education, so that they can be used in the rehabilitation process 2. The student/graduate defines the general, structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes. 4. The student/graduate identifies general and age-specific behavioural aspects, pathology and population categories before, during and after intervention, in order

	to maximise the effects of the rehabilitation process.
7.2. Skills/abilities	The student/graduate: 1.10. Uses the fundamental concepts of human motor skills in various contexts. 1.11. Uses terminology according to motor activities. 1.12. Distinguishes the role and place of the physiotherapist in different professional contexts The student/graduate: 2.1. Identifies the structures and functions of the human body and methods for assessing biological functions. 2.2. Presents the actions of different muscle groups and movement parameters. The student/graduate: 4.1. Explains the role of the human psyche in the rehabilitation process. 4.2. Demonstrates methods and techniques for influencing the subject's behaviour
7.3. Responsibility and autonomy	The student/graduate: 1.1.4. Exemplify acts, actions and motor activities. 1.2.1. Argues for the use of specialised terminology in debates within the field. 1.3.1. Identifies the duties of the physiotherapist within interdisciplinary teams Provides quality functional rehabilitation services in accordance with professional standards. The student/graduate: 2.1.1. Integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. 2.2.1. Recognises the characteristics of movement and their parameters The student/graduate: 4.1.1. Identifies the relationship between the functioning of the mental system and the presence of pathologies. 4.2.1. Uses professional communication techniques before, during and after intervention.

8. Course objectives (based on the specific skills grid)

8.1 General objective of the discipline	▪ Acquiring theoretical and practical knowledge in order to develop an appropriate kinesitherapy programme
8.2 Specific objectives	▪ Understanding the harmonious general physical development and normal motor skills of the human body at different age categories ▪ Introduction to physical and somatic assessment in order to detect deviations from the norm ▪ Developing the ability to understand the mechanism of formation and correction of physical and sensory impairments ▪ Developing the ability to create a methodical plan for physical therapy programmes to correct grade I and II physical impairments ▪ Developing the ability to use correct specialist language

9. Contents

9.1 Course (content units)	Teaching methods	No. of hours
General considerations regarding medical kinesiology: subject of study, brief history, characteristics and objectives, general principles for the application of corrective treatment for physical impairments	Interactive lecture, PowerPoint presentation	2
Physical impairments during the period of growth and development of the body: definition, classification criteria, causes, mechanisms of occurrence	Interactive lecture, PowerPoint presentation	2

Global physical deficiencies of the body. General notions regarding physical growth and development. Growth and development disorders: deficiencies due to insufficient growth and development; deficiencies due to excessive growth and development; deficiencies due to disharmonious growth and development; measures for preventing and correcting growth and development disorders.	Interactive lecture, PowerPoint presentation	4
Training and education for correct body posture. General notions regarding body posture. Factors influencing correct body posture. Assessment of orthostatic alignment in the sagittal and frontal planes	Interactive lecture, PowerPoint presentation	2
Poor segmental body posture: head and neck, shoulders, shoulder blades, upper limbs, back, chest, abdomen, pelvis, lower limbs. Etiopathogenesis, clinical signs, general principles of corrective treatment	Interactive lecture, PowerPoint presentation	6
Sagittal spine deviations (kyphosis, lordosis, kypholordosis): definition, classification, aetiopathogenesis, clinical signs, general principles of corrective treatment	Interactive lecture, PowerPoint presentation	4
Spinal deviations in the frontal plane (scoliosis): definition, classification, aetiopathogenesis, clinical signs, general principles of corrective treatment	Interactive lecture, PowerPoint presentation	4
Sensory impairments (visual and auditory): definition, classification, causes, psychomotor characteristics, general principles of kinetic intervention	Interactive lecture, PowerPoint presentation	4

Bibliography

Antonescu, N., Obrașcu, C., Ovezea, A., (1993), Spinal Correction, Medical Publishing House, Bucharest

Călina, M., L., (2015), Course notes

Fozza, C., (1995), Corrective gymnastics and massage, Romanian Athenaeum Society, Ecological University of Bucharest

Ionescu, N., A., (1994), Medical Gymnastics, Ed. All, Bucharest

Motet, D., (2011), Kinetotherapy for the benefit of children. Correcting physical deficiencies in children, Ed. Semne, Bucharest

Călina, M., L., Enescu Bieru, D., Stanomirescu, A., M., (2013), Somatoscopic and somatometric evaluation at a group of volleyball women athletes, Journal of Sport and Kinetic Movement, no. 21, vol. 1, 146-149, ISBN 1582-1943.

Călina, M., L., Enescu Bieru, D., Dinu, V., (2010), Aerobic capacity in children, Palestrica Mileniului III-Civilizatie si Sport, vol. 11(4), 340-345, ISBN 1582-1943.

Călina, M., L., Enescu Bieru, D., Dinu, V., (2010), Consideration over body composition at athletes, Medicina Sportiva - Journal of Romanian Sports Medicine Society, supplement 3, 440-442, ISSN 1841-0162.

Dinu, V., Călina, M., L., Enescu Bieru, D., Rusu, L., Avramescu, T., (2010), Correlations between cardiovascular anthropometric and morphofunctional parameters at junior athletes, Medicina Sportiva - Journal of Romanian Sports Medicine Society, supplement 3, 454-458,

9.2 Seminar/laboratory	Teaching methods	No. of hours
Therapeutic physical exercise: definition, objectives, fundamental and derived positions, structure, methods of application. Kinetological techniques.	Interactive explanation	4 hours
Somato-functional assessment. Assessment of physical growth and development: somatoscopy; somatometry; calculation of general physical development indices.	Demonstration. Practice	2 hours
Correction of posture and body alignment: alignment of the cervical spine; alignment of the thoracic spine and shoulder girdle; alignment of the lumbar spine and pelvis; alignment of the lower extremities	Interactive explanation	4 hours
Developing exercise programmes to correct poor head and neck posture	Demonstration. Practice	2 hours
Developing exercise programmes to correct poor upper limb posture	Interactive explanation	2 hours
Developing exercise programmes to correct deficiencies of the chest and abdominal wall	Demonstration. Practice	2 hours

Developing exercise programmes to correct pelvic and lower limb deficiencies	Interactive explanation	4 hours
Developing physical exercise programmes to correct sagittal plane spinal deviations (kyphosis, lordosis, kypholordosis)	Demonstration. Practice	4 hours
Developing exercise programmes to correct frontal plane spinal deviations (scoliosis)	Interactive explanation	4 hours

Bibliography

Antonescu, N., Obrașcu, C., Ovezea, A., (1993), Spinal Correction, Medical Publishing House, Bucharest
Călina, M., L., (2015), Course notes
Cordun, M., (1999), Medical Kinetology, Ed. AXA, Bucharest
Drăgan, I., (2002), Sports Medicine, Medical Publishing House, Bucharest
Fozza, C., (1995), Corrective Gymnastics and Massage, Romanian Athenaeum Society, Ecological University of Bucharest
Fozza, C., Antonescu, A., (1995), Guide for Correcting Physical Deficiencies in Schoolchildren, Romanian Athenaeum Society, Ecological University of Bucharest
Ionescu, N., A., (1994), Medical Gymnastics, Ed. All, Bucharest
Motet, D., (2009), Encyclopedia of Kinetotherapy, vols. 1 and 2, Ed. Semne/Artemis, Bucharest
Motet, D., (2011), Kinetotherapy for the benefit of children. Correcting physical disabilities in children, Ed. Semne, Bucharest
Sbenghe, T., (1987), Prophylactic, Therapeutic and Recovery Kinetology, Ed. Medicală, Bucharest

10. Corroboration of the discipline's content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The course content is corroborated with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark
11.1 Course	Written exam **Compulsory assignment**	Assessment of knowledge based on the information presented in the course and in the bibliography presented in the course description.	50
11.2 Seminar/laboratory	Assessment of the ability to develop a kinetic programme for correcting physical deficiencies and to be a subject. Assessment of the correct execution of the kinetic programme developed. **Mandatory task**	Practical assessment. Assessment of active participation in practical classes	50
11.3 Minimum performance standard:			
Ability to assess and develop a kinetic intervention programme for physical and sensory impairments. In order to calculate the final grade, it is necessary to obtain **a passing grade of 5 (five)** for each form of assessment (multiple-choice test and practical exam).			

Date of completion 1.09.2025 | Signature of course instructor | Signature of the laboratory coordinator

Assoc. Prof. Dr. Călina Mirela Lucia Assistant Prof. Dr. Burileanu Alin

Assistant Professor Dr. Roșca Andreea

Date of approval by the department
15

Signature of the head of department

Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026 – 2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/department	Faculty of Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies[1]	Bachelor's degree - cycle 1
1.6 Study programme (name/code)[2] /Qualification	Kinetotherapy and special motor skills/Physiokinetotherapist - COR code 226401; Kinetotherapist - COR code 226405;

2. Information about the discipline

2.1 Name of the discipline				**METHODS AND TECHNIQUES OF FUNCTIONAL REHABILITATION**			
2.2 Course coordinator				**Associate Professor Ilinca Ilona**			
2.3 Seminar coordinator				**Associate Professor Ilinca Ilona, Associate Professor Ilie Eva**			
2.4 Year of study	**2**	2.5 Semester	**IV**	2.6 Type of assessment	**E**	2.7 Course requirements (compulsory)	**DOB**

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	**4**	of which: 3.2 course	2	3.3 seminar/laboratory/project	**2**

3.4 Total hours in the curriculum	**56**	of which: 3.5 course	**28**	3.6 seminar/laboratory/project	**28**
3.7 Distribution of time					hours
▪ Study using textbooks, course materials, bibliography and notes					5
▪ Additional documentation in the library, on specialised electronic platforms and in the field					5
▪ Preparation for seminars/laboratories, assignments, reports, portfolios and essays					5
▪ Tutoring					-
▪ Examinations					4
▪ Other activities: consultations, student clubs					-

Total hours of individual activities	**19**
3.8 Total hours per semester	**56**
3.9 Number of credits	**3**

4. Prerequisites (where applicable)

4.1 Curriculum	Anatomy, Physiology, Neurophysiology, General principles of kinesitherapy
4.2 Skills	Ability to apply neuromotor recovery methods, procedures and techniques

5. Conditions (where applicable)

5.1 Course delivery	Room equipped with projector, laptop/computer, internet access and online platforms, electronic materials (ppt, .doc, .pdf, video, films, images)
5.2. for conducting the seminar/laboratory/project	Physiotherapy room equipped with the necessary equipment and facilities for practical work

6. Skills

6.1. Key skills	**CC2, CC4**
6.2. Professional skills	**CP3, CP9, CP12, CP19**
6.3. Transversal skills	**CT1, CT2, CT9, CT16, CT18**

7. Learning outcomes

7.1. Knowledge	- Students define the general, structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes.
7.2. Skills	- Students identify the structures and functions of the human body and methods for assessing biological functions. - Students present the actions of different muscle groups and movement parameters.
7.3. Responsibility and autonomy	- Students integrate fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. - Students recognise the characteristics of movement and their parameters.

8. Course objectives (based on the competency grid)

7.1 General objective of the discipline	- Identifying the techniques and methods of kinesitherapy intervention appropriate to specific contexts
7.2 Specific objectives	- Acquiring the theoretical knowledge necessary to understand neurophysiological mechanisms and developing the ability to justify therapeutic conduct - Knowing and applying specific assessments for patients with neurological disorders - Developing the practical skills necessary for selecting and applying specific means, techniques, procedures and methods for the recovery of neurological patients.

9. Content

9.1. Course	Teaching methods	No. of hours
- Neuroanatomical basis of kinetic techniques and methods	▪ Presentation of theoretical concepts using PowerPoint ▪ Interactive courses based on debates on course notes or previously acquired knowledge	2
- Introduction to the concepts of proprioceptive neuromuscular facilitation techniques		2
- Basic facilitation procedures and principles		2
- Movement patterns for the scapula and pelvis, upper extremities, lower extremities, head and neck, trunk (theoretical basis, therapeutic indications)		12
- Proprioceptive neuromuscular facilitation techniques – definitions, classification, procedures, objectives		2
- The Bobath concept – theoretical aspects, treatment principles, therapeutic strategies		2
- Brunnstron method – theoretical aspects, treatment principles, therapeutic strategies		2
- Margaret Rood method – theoretical aspects, treatment principles, therapeutic strategies		2
- Frenkel method - theoretical aspects, treatment principles, therapeutic strategies		2

Bibliography

1. T. Sbenghe, Prophylactic, Therapeutic and Recovery Kinetology, Medical Publishing House, Bucharest, 1987.
2. T. Sbenghe, Kinesiology – The Science of Movement, Medical Publishing House, Bucharest, 2002.
3. Ligia Rusu. Kinetic Intervention in Neuromyartrokinetic System Disorders, Universitaria Publishing House, Craiova, 2007.
4. S. Raine, L. Meadows, M.L.Ellerington, Bobath Concept- theory and clinical practice in neurological rehabilitation, Wiley-Blackwell Publishing, 2010.
5. S. Adler, D. Beckers, M Buck, PNF in Practice, Springer Publishing House, 2008.

9.2.Seminar/laboratory	Teaching methods	No. of hours
Basic facilitation techniques – methodological features, examples, indications and contraindications	Lecture + discussion Assessment + studies - Presentations Case + Demonstration	2
Movement patterns for symmetrical and asymmetrical scapula and pelvis - positioning, grips, directions of movement, resistance		2
Movement patterns for the upper extremities – positioning, grips, directions of movement, resistance		4
Movement patterns for the lower extremities – positioning, grips, directions of movement, resistance		4
Movement patterns for the trunk – positioning, grips, directions of movement, resistance		4
Movement patterns for the neck – positioning, grips, directions of movement, resistance		2
Practical aspects of the Bobath Method		4
Practical aspects of the Brunnstron Method		2
Practical aspects of the Margaret Rood Method		2
Practical aspects of the Frenkel Method		2

Bibliography

1. T. Sbenghe, Prophylactic, Therapeutic and Recovery Kinetology, Medical Publishing House, Bucharest, 1987.
2. T. Sbenghe, Kinesiology – The Science of Movement, Medical Publishing House, Bucharest, 2002.
3. Ligia Rusu. Kinetic Intervention in Neuromyartrokinetic System Disorders, Universitaria Publishing House, Craiova, 2007.
4. S. Raine, L. Meadows, M.L.Ellerington, Bobath Concept- theory and clinical practice in neurological rehabilitation, Wiley-Blackwell Publishing, 2010.
5. S. Adler, D. Beckers, M Buck, PNF in Practice, Springer Publishing House, 2008.

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The content corresponds to the needs of the labour market and the requirements of the scientific community.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weighting in the final mark
11.1 Course	Level of active participation in classes Level of mastery of course content	Written exam consisting of a multiple-choice test	60
11.2 Practical activities	Degree of active participation in practical activities	Assessment - presentation of functional rehabilitation techniques and methods	40
11.3 Minimum performance standard ▪ At least 2 interventions during interactive courses ▪ Obtaining a grade of 5 in the written exam assessing theoretical knowledge ▪ Demonstration of willingness to apply functional rehabilitation techniques and methods ▪ Obtaining a grade of 5 in the assessment of practical activities			

Date of completion — Signature of the course holder — Signature of the seminar holder

01.09.2025 — Associate Professor Ilinca Ilona — Associate Professor Ilinca Ilona

Assoc. Prof. Ilie Eva

Date of approval by the department — Signature of the head of department

15.09.2025 — Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

SUBJECT DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;*

	Kinetotherapist - COR code 226405;

2. Information about the discipline

2.1 Name of the discipline		**PSYCHOMATICS**					
2.2 Course coordinator		Lecturer Dr. Schenker Ramona					
2.3 Seminar coordinator(s)		Lecturer Dr. Schenker Ramona					
2.4 Year of study	2	2.5 Semester	IV	2.6 Type of assessment	C	2.7 Course requirements	DOB

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	2	of which: 3.2 lectures	1	3.3 seminar/laboratory	1
3.4 Total hours in the curriculum	28	of which: 3.5 course	14	3.6 seminar/laboratory	14
Time allocation					
Study using textbooks, course materials, bibliography and notes					10
Additional research in the library, on specialised electronic platforms and in the field					5
Preparation for seminars/laboratories, assignments, reports, portfolios and essays					5
Tutoring					-
Examinations					2
Other activities.....					-

3.7 Total hours of individual study	2
3.8 Total hours per semester	28
3.9. Number of credits	2

4. Prerequisites (where applicable)

4.1 Curriculum	-
4.2 Skills	• Ability to analyse and reflect on the mind-body relationship

5. Conditions (where applicable)

5.1 Course delivery	• room with technical equipment - PC, video projector, screen
5.2 for conducting the seminar/laboratory	room with technical equipment - PC, video projector, screen

6. Skills

6.1. Key skills	**CC1, CC2, CC4, CC5**
6.2. Professional skills	**CP1. CP5. CP6, CP8, CP9, CP10, CP12**
6.3. Transversal	**CT2, CT6, CT9, CT10, CT11, CT12, CT16**

7. Learning outcomes

7.1. Knowledge	The student identifies general and age-specific behavioural aspects, pathology and population categories before, during and after the intervention, in order to maximise the effects of the rehabilitation process.
7.2. Skills/abilities	The student: 4.1. Explain the role of the human psychic system in the rehabilitation process. 4.2.Demonstrate methods and techniques for influencing the subject's behaviour.
7.3. Responsibility and autonomy	The student/graduate: 4.1.1.Identify the relationship between the functioning of the

	psychological system and the presence of pathologies. 4.2.1. Uses professional communication techniques before, during and after intervention.

8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	Identifying general and age-specific behavioural aspects, pathology and population categories before, during and after intervention, in order to maximise the effects of the rehabilitation process.
8.2. Specific objectives	Explaining the role of the human psyche in the rehabilitation process. Demonstrate methods and techniques for influencing the subject's behaviour. Identifying the relationship between the functioning of the psychic system and the presence of pathologies. Use professional communication techniques before, during and after the intervention.

9. Content

9.1. Course	Teaching methods	No. of hours
Introduction to Psychosomatics – Definitions, history, importance of mind-body	Interactive lecture, open discussions	1
Theoretical models of the mind-body relationship (biomedical vs. biopsychosocial)	Theoretical presentation, case studies, discussion	1
Stress and physical health – psychophysiological mechanisms and effects	PPT lecture, demonstration, discussions	1
Emotions and somatic manifestations – anxiety, anger, sadness	Interactive lecture, video/scenarios, discussions	1
Psychosomatic and somatoform disorders – criteria and recognition	Lecture, case studies, Q&A	1
The psychology of pain and chronic pain – perception, catastrophising, kinesiophobia	Lecture, interactive discussion, case study	1
Relaxation techniques in rehabilitation – Jacobson, Schultz, controlled breathing	Lecture, practical demonstration, discussions	1
Mindfulness and body awareness – attention to breathing, body scan	Interactive lecture, short video, discussion	1
Biofeedback and self-regulation of bodily functions – applications in physiotherapy	Lecture, demonstration video, discussions	1
The placebo and nocebo effect in recovery – the role of patient expectations	Interactive lecture, examples, ethical debate	1
The therapeutic relationship and psychological support in physiotherapy	Lecture and discussions, demonstrations	1
Body image and psychosocial adaptation to disability	Lecture, case studies, discussion	1
Complementary mind-body approaches – yoga, tai chi, therapeutic dance	Lecture, demonstration video, discussions	1
Psychosomatic synthesis and integration – recap and holistic approach	Synthesis lecture, applied discussions, recap quiz	1

Bibliography:

Alexander, F. (2008). Psychosomatic medicine: its principles and applicability. Bucharest: Treiedituratrei.ro Publishing House.

Shoenberg, P. (2017). Psychosomatics. Uses of psychotherapy. Bucharest: Treibooks.google.com Publishing House.

Dahlke, R. (2008). Illness as an opportunity. How to decipher the hidden message of illness. Bucharest: Treiupit.ro Publishing House.

Avram, E. (coord.) (2010). Health Psychology. Bucharest: Universitarăupit.ro Publishing House.

Sapolsky, R. M. (2018). Why don't zebras get ulcers? What is stress, how does it make us sick, and how can we fight it? Bucharest: Publicalibris.ro Publishing House. (+ other current sources on medical psychology, psychoneuroendocrinology, specialist articles on the mind-body connection)		
9.2.Seminar/laboratory	Teaching methods	No. of hours
Reflective essay: personal mind-body experiences	Individual essay, group discussion	1
Case study: psychosomatic analysis	Case analysis in teams, interactive discussions	1
Stress management – questionnaire + relaxation techniques	Self-assessment questionnaire, practical exercise, discussions	1
Observation sheet: bodily reactions to emotions	Imagination exercise, observation sheet, discussions	1
Case study: psychosomatic intervention plan	Group work, presentation of plans, debate	1
Mind-body recovery programme for chronic pain	Group workshop, discussion and feedback	1
Practical workshop: progressive muscle relaxation	Demonstration, guided exercise, reflection	1
Practical exercise: guided mindfulness session	Practical mindfulness exercise, discussions	1
Practical demonstration: biofeedback techniques	Demonstration (equipment/video), practical exercise, debate	1
Role play: suggestive communication (placebo vs nocebo)	Role play in pairs, discussion with feedback	1
Therapeutic communication exercises (role-play)	Role-play, applied discussions, feedback	1
Group discussion: adapting to disability	Group discussion, brainstorming, individual reflection	1
Mini practical session: exploring complementary techniques	Demonstration and practice, teamwork, presentation of ideas	1
Final presentations: applied psychosomatic project	Oral presentations, discussions and collective feedback	1
Bibliography: Pásztai, Z. (2011). Relaxation and stress relief techniques in kinesitherapy and complementary techniques. Galați: Logosold.upsc.md Publishing House. Davidji (2016). Relaxation techniques – A practical guide to personal growth, lasting fulfilment and peace of mind. Bucharest: Niculescubooks.google.com Publishing House. Kabat-Zinn, J. (2020). Mindfulness Day by Day. Wherever You Want to Go, You Are Already There. Bucharest: Heraldlibrariaeminescu.ro Publishing House. Physiopedia (2023). Relaxation Techniques – online article describing types of relaxation techniques and their benefits. physio-pedia.comphysio-pedia.com. Mayo Clinic (2020). Relaxation techniques: Try these steps to lower stress – online resource presenting different methods of relaxation and stress reduction in a way that is easy for everyone to understand. Guide to good practice in clinical psychology – Romanian College of Psychologists, 2022. (Relevant chapters on assessment and intervention in anxiety, depression, pain management – resource for the practical approach to clinical cases)		

10. Corroboration of the discipline's content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The discipline is aligned with the current needs of the field of medical and psychological recovery, contributing to the training of specialists capable of understanding and integrating psychological factors into a holistic approach to the patient.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)
11.1. Course	Knowledge of theoretical concepts	Written exam	60
11.2. Seminar/laboratory	Practical applications and participation	Practical assessment	40
11.3. Minimum performance standard			
Obtaining a grade of 5			

Date of completion 01.09.2025 Signature of course coordinator Lecturer Dr. Schenker Ramona Signature of the seminar holder Lecturer Dr. Schenker Ramona

Date of approval by the department 15.09.2025 Signature of the head of department Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

SUBJECT DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinesitherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	**Radiology and Medical Imaging**						
2.2 Course coordinator	Prof. Ligia Rusu						
2.3 Seminar coordinator(s)	Assistant Professor Piele Denisa						
2.4 Year of study	II	2.5 Semester	4	2.6 Type of assessment	C	2.7 Course requirements	DOB

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	2	of which: 3.2 lectures	1	3.3 seminar/laboratory	1
3.4 Total hours in the curriculum	28	of which: 3.5 course	14	3.6 seminar/laboratory	14

Distribution of time	hours
Study using textbooks, course materials, bibliography and notes	10
Additional research in the library, on specialised electronic platforms and in the field	5
Preparation for seminars/laboratories, assignments, reports, portfolios and essays	5
Tutoring	
Examinations	2
Other activities.....	

3.7 Total hours of individual study	22
3.8 Total hours per semester	28
3.9. Number of credits	2

4. Prerequisites (where applicable)

4.1 Curriculum	Basic knowledge of anatomy and physiology
4.2 Skills	Not applicable

5. Conditions (where applicable)

5.1 Course delivery	• Classroom with technical equipment - PC, video projector, screen
5.2 for conducting the seminar/laboratory	room for practical activities equipped with PC, video projector, and specific materials (X-rays, MRI results, CT results)

6. Skills

6.1. Key skills	CC1. Multilingual skills CC3. Digital skills
6.2. Professional skills	CP1. Compliance with and application of the main aspects of policies and procedures relating to patient wellbeing, health and safety, in accordance with employer policies CP3. Applying and adapting theoretical and practical concepts according to pathology for the design of kinetic programmes CP5. Compliance with guidelines and protocols validated in physiotherapy practice by professional associations or authorities in the field, as well as by relevant scientific

	organisations. CP6. Empathising with the user of physiotherapy services, understanding the context of the symptoms and behaviour of clients/patients; concern for the well-being of patients/clients and treating them according to their personal limitations, sensitivities, cultural differences and preferences CP8. Informing the patient/client and caregivers about the progress of patients/clients while protecting confidentiality. CP9. Integrating the results of medical investigations into the assessment of the patient/client in order to establish the optimal intervention programme CP10. Collecting information on the effectiveness of physiotherapy services in order to improve the quality of professional practice CP12. Correctly selecting equipment, devices and facilities specific to physiotherapy for use in recovery programmes. CP17. Providing information on the effects of physiotherapy, therapeutic outcomes and inherent risks, acting in accordance with ethical principles and local/national policies
6.3. Cross-cutting	CT2. Taking responsibility CT6. Ethics and integrity CT9. Goal/results orientation; CT10. Strategic planning; CT11. Complex problem solving; CT12. Ability to analyse and make decisions responsibly CT16. Teamwork

7. Learning outcomes

7.1. Knowledge	-The student/graduate defines the general, structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes - The student/graduate defines the general concepts and describes the biochemical and pathophysiological mechanisms of diseases, the anatomical and pathological bases of changes induced by pathology, with a view to implementing rehabilitation programmes.
7.2.Skills/abilities	1.1. Uses the fundamental concepts of human motor skills in various contexts. 1.2. Uses terminology according to motor activities. 1.3. Distinguishes the role and place of the physiotherapist in different professional contexts. 2.1. Identifies the structures and functions of the human body and methods for assessing biological functions. 2.2. Presents the actions of different muscle groups and movement parameters. 3.2. Characterises biochemical changes according to health status and level of physical effort. 4.1.Explain the role of the human psyche in the rehabilitation process.
7.3. Responsibility and autonomy	1.1.1. Give examples of motor acts, actions and activities. 1.2.1.Justify the use of specialised terminology in debates in the field. 1.3.1. Identify the duties of the physiotherapist within interdisciplinary teams. 2.1.1. Integrate fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. 2.2.1. Recognise the characteristics of movement and their parameters. 3.1.1. Recognise changes induced by pathology and their causes. 3.2.1. Establishes the parameters of physical effort according to the intervention objectives. 5.1.1. Complies with legal and professional standards in relation to beneficiaries.

8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	Acquire the basic theoretical knowledge necessary to correlate kinetic intervention with imaging aspects.
8.2. Specific objectives	At the end of the discipline, the student will be able to: 1. Identify the imaging techniques used in investigation (X-ray, CT, MRI).

	2. Identify basic lesions investigated using techniques such as X-ray, CT and MRI: - recognise the main radiological signs of lung conditions (pneumonia, pulmonary oedema, pleurisy, etc.). - recognise the types of fractures and their radiological characteristics. - identify basic lesions in neurological pathology (ischaemic/haemorrhagic stroke, tumours, disc-vertebral pathology). 3. Integrate imaging information into the functional assessment of the patient and the planning of physiotherapy interventions. 4. Collaborate with the radiologist and other members of the multidisciplinary team for the correct interpretation of investigations.

9. Content

9.1. Course	Teaching methods	No. of hours
1. Introduction to radiology and medical imaging	Interactive lecture	1
2. Patient safety in imaging assessment	Interactive lecture	1
3. Imaging aspects in cardio-respiratory pathology – inflammatory and infectious pathology	Interactive lecture	2
4. Imaging aspects in cardio-respiratory pathology – tumour pathology	Interactive lecture	1
5. Imaging aspects in cardio-respiratory pathology – occupational diseases	Interactive lecture	1
6. Imaging aspects in musculoskeletal pathology – bone system traumatology	Interactive lecture	1
7. Imaging aspects in musculoskeletal pathology – bone tumours	Interactive lecture	1
8. Imaging aspects in musculoskeletal pathology – inflammatory and degenerative pathology	Interactive lecture	1
9. Neuroimaging aspects – cerebrospinal tumour pathology	Interactive lecture	1
10. Neuroimaging aspects – inflammatory pathology	Interactive lecture	1
11. Neuroimaging aspects – vascular pathology	Interactive lecture	1
12. Neuroimaging aspects – disc-vertebral pathology	Interactive lecture	2

Bibliography

1. Brant WE, Helms CA. *Fundamentals of Diagnostic Radiology*. 5th Edition, Lippincott Williams & Wilkins, 2012.
2. Armstrong P, Zeman R. *Introduction to Radiologic Technology.* Elsevier, 2016.
3. Moore KL, Dalley AF, Agur AMR. *Clinically Oriented Anatomy.* 8th Edition, Wolters Kluwer, 2020.
4. Felson B. *Textbook of Radiology and Imaging.* 7th Edition, Elsevier, 2019.
5. Daffner RH, Weissman BN. *Radiology of Bone and Joint Disorders.* Springer, 2013.
6. Grainger RG, Allison DJ. *Grainger & Allison's Diagnostic Radiology.* 6th Edition, Elsevier, 2015.
7. McInnes MDF, Siegelman ES. *Fundamentals of Body MRI.* 2nd Edition, Elsevier, 2018.
8.Greenspan A. – *Orthopaedic Imaging: A Practical Approach.* 6th Edition, Wolters Kluwer, 2015.
9.Müller B., Rühli F., Henneberg M. – *Imaging Anatomy: Human Musculoskeletal System.* Springer, 2012.
10.Hansell DM., Lynch DA., McAdams HP., Bankier AA. – *Imaging of Diseases of the Chest.* 5th Edition, Elsevier, 2010.
11.Swartz JD, Loevner LA. – *Imaging of the Spine and Spinal Cord.* Springer, 2003.

9.2.Seminar/laboratory	Teaching methods	No. of hours
1. Presentation of investigation techniques and principles	Explanation Demonstration Practice Practical applications	1
2. Normal radiological aspects of the cardiorespiratory system	Explanation Demonstration Practice Practical applications	1

3. Pathological radiological aspects of the cardio-respiratory system – pneumonia, abscess	Explanation Demonstration Practice Practical applications	1
4. Pathological radiological aspects of the cardio-respiratory system – tuberculosis	Explanation Demonstration Practice Practical applications	1
5. Pathological radiological aspects of the cardio-respiratory system – bronchopulmonary neoplasm	Explanation Demonstration Practice Practical applications	1
6. Pathological radiological aspects of the cardio-respiratory system – pulmonary oedema, pleurisy	Explanation Demonstration Practice Practical applications	1
7. Normal radiological aspects of the musculoskeletal system	Explanation Demonstration Practice Practical applications	1
8. Pathological aspects of the musculoskeletal system – bone fractures	Explanation Demonstration Practice Practical applications	1
9. Pathological aspects of the musculoskeletal system – bone tumours, degenerative and inflammatory diseases	Explanation Demonstration Practice Practical applications	1
10. Pathological aspects of neurological disorders - Haemorrhagic/ischaemic stroke	Explanation Demonstration Practice Practical applications	1
11. Pathological aspects of neurological disorders - brain tumours	Explanation Demonstration Practice Practical applications	1
12. RX/MRI aspects in discarthrosis pathology	Explanation Demonstration Practice Practical applications	1
13.Kinesiological intervention correlated with imaging investigation	Explanation Demonstration Practice Practical applications Methodical presentation of practical applications	2

Bibliography

1. Dudea SM, Botar Jid C, Băciuț G, Băciuț M, Ciurea A, Chiorean R, et al. *Radiology and medical imaging.* Vol. I-II. Bucharest: Medical Publishing House; 2015.
2. Pana I, Vlădăreanu V. *Radiology of the respiratory system*. Bucharest: Medical Publishing House; 2008.
3. Manaster BJ, Disler DG, May DA. *Musculoskeletal imaging: The requisites*. 4th ed. Philadelphia: Elsevier; 2013.
4. Nadgir RN, Yousem DM. *Neuroradiology: The requisites*. 4th ed. Philadelphia: Elsevier; 2016.
5. McKinnis LN. *Fundamentals of musculoskeletal imaging*. 5th ed. Philadelphia: F.A. Davis; 2020
6. Chawla, A. (Ed.). *Thoracic Imaging: Basic to Advanced*. Springer; 2019
7. Silverman, P. M. et al. *Oncologic Imaging: A Multidisciplinary Approach* (2nd ed.). Elsevier; 2022

8. Kang, H. S., Ahn, J. M., Kang, Y. *Oncologic Imaging: Bone Tumours*. Springer; 2017.

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The *Radiology and Medical Imaging* discipline is correlated with international and national scientific and professional recommendations and meets the requirements of employers, providing students with knowledge for the imaging interpretation of cardio-respiratory, musculoskeletal and neurological pathologies with the aim of correlating them with physiotherapy practice.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final grade (%)
11.1. Course	Acquisition, knowledge, presentation and explanation of imaging aspects related to cardio-respiratory, musculoskeletal and neurological pathologies	Theoretical assessment	50
11.2. Seminar/laboratory	Practical assessment – interpretation of RX, CT/MRI acquisitions related to the pathology relevant to physiotherapy practice.	Practical assessment	50
11.3. Minimum performance standard			
The score on the written/oral assessment must be a passing grade (minimum 5). The final score will be calculated by adding the results of the written/oral assessment and the practical assessment, and the minimum passing grade is 5.			

Date of completion 01.09.2025 — Signature of course coordinator Prof. Ligia Rusu — Signature of the seminar lecturer Assist. Prof. Denisa Piele

Date of approval by the department 15.09.2025 — Signature of the head of department Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

SUBJECT DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova

1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinetotherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	**Physiology of exercise**						
2.2 Course coordinator	Prof. Ligia Rusu						
2.3 Seminar coordinator(s)	Assistant Professor Piele Denisa Assistant Professor Radu Roșulescu						
2.4 Year of study	2	2.5 Semester	IV	2.6 Type of assessment	E	2.7 Course requirements	DOB

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	4	of which: 3.2 lectures	2	3.3 seminar/laboratory	2
3.4 Total hours in the curriculum	56	of which: 3.5 course	28	3.6 seminar/laboratory	28
Time allocation					
Study using textbooks, course materials, bibliography and notes					20
Additional research in the library, on specialised electronic platforms and in the field					20
Preparation for seminars/laboratories, assignments, reports, portfolios and essays					10
Tutoring					-
Examinations					4
Other activities consultations, student circles					2

3.7 Total hours of individual study	44
3.8 Total hours per semester	5
3.9. Number of credits	4

4. Prerequisites (where applicable)

4.1 Curriculum	Anatomy and physiology
4.2 Skills	

5. Conditions (where applicable)

5.1 Course delivery	• technically equipped room - PC, video projector, screen
5.2 for conducting the seminar/laboratory	Equipment for the exercise physiology room

6. Skills

6.1. Key skills	CC3. CC4. CC6.
6.2. Professional skills	CP2.,CP3.,CP9.
6.3. Transversal competences	CT2.CT3. CT4. CT5. CT6. CT7.

7. Learning outcomes

7.1. Knowledge	1. The student/graduate explains the general notions of the field, referring to the concepts of motor skills and motor activity, the structure and functions of human motor activities, their effects on development and education, so that they can be used in the rehabilitation process.

	2. The student/graduate defines the general, structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes. 3. The student/graduate identifies general and age-specific behavioural aspects, pathology and population categories before, during and after intervention, in order to maximise the effects of the rehabilitation process.
7.2. Skills/abilities	The student/graduate: 1.13. Uses the fundamental concepts of human motor skills in various contexts. 1.14. Uses terminology according to motor activities. 1.15. Distinguishes the role and place of the physiotherapist in different professional contexts. The student/graduate: 2.1. Identifies the structures and functions of the human body and methods for assessing biological functions. 2.2. Presents the actions of different muscle groups and movement parameters. The student/graduate: 4.1. Explains the role of the human psyche in the rehabilitation process. 4.2. Demonstrates methods and techniques for influencing the subject's behaviour.
7.3. Responsibility and autonomy	The student/graduate: 1.1.5. Gives examples of acts, actions and motor activities. 1.2.1. Argues for the use of specialised terminology in debates in the field. 1.3.1. Identifies the duties of the physiotherapist within interdisciplinary teams Provides quality functional rehabilitation services in accordance with professional standards. The student/graduate: 2.1.1. Integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. 2.2.1. Recognises the characteristics of movement and their parameters The student/graduate: 4.1.1. Identifies the relationship between the functioning of the mental system and the presence of pathologies. 4.2.1. Uses professional communication techniques before, during and after intervention.

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8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	The discipline contributes to the development of general and specific competences of the physiotherapy graduate. By completing the discipline, the student will be able to use the terminology correctly and establish connections, from a physiological point of view, with the functioning of various organs and systems of the body applicable in physiotherapy practice. Identification, quantification and evaluation of various physiological parameters of the body through the perspective of adaptive responses to physical effort.
8.2. Specific objectives	To equip students with theoretical knowledge regarding the definition and content of general and specific operational concepts used in the discipline in order to develop the general competence to use the terminology of the field. Building a rich body of theoretical, clinical and practical knowledge on aspects of physiology specific to physical exertion, with the main aim of developing the skills necessary for the correct and effective design and application of physical exercise in kinesitherapy and kinesioprophylaxis programmes.

9. Content

9.1. Course	Teaching methods	No. of hours
Physical exertion – energy bases, metabolic classification	Interactive course	6
Adaptation of the cardio-respiratory system to physical effort		4

Adaptation of the cardio-circulatory and blood systems to physical exertion		4
Aerobic capacity - definition, physiological basis, testing		6
Anaerobic capacity - definition, physiological basis, testing		4
Functional monitoring during physical exercise		4

Bibliography:

1. Vasilescu M. (2006). *Physiological bases of striated skeletal muscle contraction*, Ed. Universitaria, Craiova
2. Vasilescu M., Conea M. (2007). *Physiology of athletic effort*, Editura Universitaria, Craiova
3. Vasilescu M. (2017). *Introduction to Ergophysiology*, Editura Universitaria, Craiova.
4. William J. Kraemer, Steven J. Fleck, Michael R. Deschenes (2011). *Exercise Physiology: Integrating Theory and Applications*. Lippincott Williams & Wilkins.
5. Wasserman K. et al (2005). *Principles of Exercise Testing and Interpretation*. 4th Edition. Lippincott Williams & Wilkins.

9.2.Seminar/laboratory	Teaching methods	No. of hours
Energy sources for physical exertion		4
Investigation of respiratory and cardiovascular adaptation to physical effort		4
Testing aerobic exercise capacity		2
Testing anaerobic exercise capacity		2
Functional monitoring during physical exercise		2

Bibliography

1.Vasilescu M. (2006). *Physiological bases of striated skeletal muscle contraction*, Ed.Universitaria, Craiova
2. Vasilescu M., Conea M. (2007). *Physiology of athletic effort*, Editura Universitaria, Craiova
3. Vasilescu M. (2017). *Introduction to ergophysiology*, EdituraUniversitaria, Craiova.
4. William J. Kraemer, Steven J. Fleck, Michael R. Deschenes (2011). *Exercise Physiology: Integrating Theory and Applications*. Lippincott Williams & Wilkins.
5. Wasserman K. et al (2005). *Principles of Exercise Testing and Interpretation*. 4th Edition. Lippincott Williams & Wilkins.

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The course content responds to the need to understand the physiological basis of physical exercise with reference to the gradual introduction of students to the scientific and practical-methodological foundations of the tools with which future specialists will work.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)
11.1. Course	Assimilation of concepts and notions specific to physical effort	Written test	60
11.2. Seminar/laboratory	Assimilation of concepts and notions specific to physical effort	Practical test	40
11.3. Minimum performance standard Knowledge of exercise testing methods.			

Date of completion
1.09.2025 Signature of course holder Signature of the laboratory coordinator

Prof. Ligia Rusu, PhD Assistant Denisa Piele
Assist. Dr. Roșulescu Radu

Date of approval by the department
15.09.2025

Signature of the head of department
Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINETHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova

1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinetotherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	Foreign Language IV						
2.2 Course coordinator	-						
2.3 Seminar coordinator(s)	Assistant Professor Rusu Mihai Robert						
2.4 Year of study	2	2.5 Semester	IV	2.6 Type of assessment	C	2.7 Course requirements	DOB

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	1	of which: 3.2 lectures	-	3.3 seminar/laboratory	1
3.4 Total hours in the curriculum	14	of which: 3.5 lecture		3.6 seminar/laboratory	14
Distribution of time					
Study using textbooks, course materials, bibliography and notes					10
Additional research in the library, on specialised electronic platforms and in the field					10
Preparation for seminars/laboratories, assignments, reports, portfolios and essays					10
Tutoring					-
Examinations					2
Other activities consultations, student circles					4

3.7 Total hours of individual study	36
3.8 Total hours per semester	14
3.9. Number of credits	2

4. Prerequisites (where applicable)

4.1 Curriculum	-
4.2 Competency	-

5. Conditions (where applicable)

5.1 Course delivery	• room with technical equipment - PC, video projector, screen
5.2 for conducting the seminar/laboratory	

6. Skills

6.1. Key skills	CC3. CC4. CC6.
6.2. Professional skills	CP2.,CP3.,CP9.
6.3. Transversal competences	CT2.CT3. CT4. CT5. CT6. CT7.

7. Learning outcomes

7.1. Knowledge	1. The student/graduate explains the general notions of the field, referring to the concepts of motor skills and motor activity, the structure and functions of human motor activities, their effects on development and education, so that they can be used in the rehabilitation process. 2. The student/graduate defines the general, structural (anatomical) and

	functional concepts of the human body, with a view to developing rehabilitation programmes. 3. The student/graduate identifies general and age-specific behavioural aspects, pathology and population categories before, during and after intervention, in order to maximise the effects of the rehabilitation process.
7.2. Skills/abilities	The student/graduate: 1.16. Uses the fundamental concepts of human motor skills in various contexts. 1.17. Uses terminology according to motor activities. 1.18. Distinguishes the role and place of the physiotherapist in different professional contexts The student/graduate: 2.1. Identifies the structures and functions of the human body and methods for assessing biological functions. 2.2. Presents the actions of different muscle groups and movement parameters. The student/graduate: 4.1. Explains the role of the human psyche in the rehabilitation process. 4.2. Demonstrates methods and techniques for influencing the subject's behaviour
7.3. Responsibility and autonomy	The student/graduate: 1.1.6. Gives examples of motor acts, actions and activities. 1.2.1. Justifies the use of specialised terminology in debates within the field. 1.3.1. Identifies the duties of the physiotherapist within interdisciplinary teams Provides quality functional rehabilitation services in accordance with professional standards. The student/graduate: 2.1.1. Integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. 2.2.1. Recognises the characteristics of movement and their parameters The student/graduate: 4.1.1. Identifies the relationship between the functioning of the mental system and the presence of pathologies. 4.2.1. Uses professional communication techniques before, during and after intervention.

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8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	- providing and requesting various information during a conversation - extracting essential information from a text and using it in various activities - using as many grammatical and language structures correctly as possible - acquiring basic specialised language and using it in writing various materials or in various conversational situations
8.2. Specific objectives	- acquiring basic specialised language and using it in writing various materials or in various conversational situations

9. Content

9.2.Seminar/laboratory	Teaching methods	No. of hours
1. Specific translation on physical therapy	Lectures, interactive dialogue	6
2. Text analysis		6
3. Knowledge translation—putting practice into evidence-based practice		5
4. The contribution of conceptual frameworks to knowledge translation interventions in physical therapy		5
5. Framework for Optimising Physical Therapy		6
Bibliography 1.Basturkmen, H. 2010. *Developing Courses in English for Specific Purposes*. London: Palgrave MacMillan. 2. Biber, D., Johansson, S., Leech, G., Conrad, S., Finegan, E. 2007. *Longman Grammar of Spoken and*		

Written English. London: Longman.
3. Day, J., Krzanowski, M. 2011. *Teaching English for Specific Purposes. An Introduction*. Cambridge: Cambridge University Press.
4. Glendinning, E., Howard, R. 2007. *Professional English in Use*. *Medicine*. Cambridge: Cambridge University Press.
5. Plag, I. 2003. *Word-Formation in English*. Cambridge: Cambridge University Press.

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The course content meets the need for knowledge of specific terminology.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)
11.2. Seminar/laboratory	Correct use of specialised language; - Working with basic concepts; - Analytical and synthesis skills; - Self-assessment skills; - Identification of new bibliographic sources, in addition to those recommended; Utilising bibliography in reports	Presentation of translation material	- Final assessment answers – 70%; - Testing throughout the semester – 20%; - Completion of reports and essays – 10%.
11.3. Minimum performance standard grade 5 specific terminology			

Date of completion
1.09.2025 Signature of course coordinator Signature of the laboratory coordinator

Assist. Rusu Mihai Robert

Date of approval by the department
15.09.2025 Signature of the head of department
Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026 – 2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/department	Faculty of Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine

1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies[1]	Bachelor's degree - cycle 1
1.6 Study programme (name/code)[2] /Qualification	Kinetotherapy and special motor skills/Physiokinetotherapist - COR code 226401; Kinetotherapist - COR code 226405;

2. Information about the discipline

2.1 Name of the discipline				**Internship in balneotherapy units**			
2.2 Course coordinator				-			
2.3 Seminar coordinator				**Associate Professor Ilinca Ilona Associate Professor Roșulescu Eugenia**			
2.4 Year of study	**2**	2.5 Semester	**IV**	2.6 Type of assessment	**V**	2.7 Course requirements (compulsory)	**DOB**

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	**2**	of which: 3.2 lectures	-	3.3 seminar/laboratory/project	**2**
3.4 Total hours in the curriculum	**28**	of which: 3.5 course	-	3.6 seminar/laboratory/project	**28**
3.7 Distribution of time					hours
▪ Study using textbooks, course materials, bibliography and notes					6
▪ Additional documentation in the library, on specialised electronic platforms and in the field					6
▪ Preparation for seminars/laboratories, assignments, reports, portfolios and essays					6
▪ Tutoring					-
▪ Examinations					2
▪ Other activities: consultations, student clubs					2

Total hours of individual activities	**2**
3.8 Total hours per semester	**2**
3.9 Number of credits	**2**

4. Prerequisites (where applicable)

4.1 Curriculum	-
4.2 Competency	-

5. Conditions (where applicable)

5.1. for conducting the course	-
5.2. Conducting the seminar/laboratory/project	Physical participation

6. Skills

6.1. Key competences	**CC2, CC4**
6.2. Professional skills	**CP3, CP5, CP6, CP39**
6.3. Transversal skills	**CT1, CT2, CT9, CT16, CT18**

7. Learning outcomes

7.1. Knowledge	- The student defines the general, structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes. - Students identify general and age-specific behavioural aspects, pathology and population categories before, during and after intervention, in order to maximise the effects of the rehabilitation process.
7.2.Skills/abilities	- Students present the actions of different muscle groups and movement parameters - The student demonstrates methods and techniques for influencing the

	subject's behaviour.
7.3. Responsibility and autonomy	- The student integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. - The student recognises the characteristics of movement and their parameters. - The student uses professional communication techniques before, during and after the intervention.

8. Course objectives (based on the competency grid)

7.1 General objective of the discipline	- To develop practical skills specific to the kinetic recovery of patients in balneoclimatic resorts
7.2 Specific objectives	- Knowledge of the indications and contraindications of kinetic recovery programmes, treatment methods and procedures applied in resorts. - Correctly learning the methodology of kinetic recovery in any recovery sector, in any type of resort

9. Content

8.2 Applied activities (subjects/topics)	No. of hours	Teaching methods
1. Climate and bioclimate of Romania	**2**	**Interactive discussions, case studies and presentations.**
2. Treatment methods in spa therapy at various resorts.	**4**	
3 Indications for balneoclimatic treatment by disease group.	**2**	
4. Kinetotherapy.	**4**	
5. Massage – main techniques, mechanisms of action and effects.	**4**	
6. Hydrothermotherapy.	**4**	
7. Electrotherapy.	**4**	
8. Hydrokinesitherapy	**4**	
Total hours	**28**	

Bibliography

1. Marza, D., Kinetotherapy in cardiovascular disorders, Practical workbook, University of Bacău, 1996
2. Rusu, L., Kinetics Intervention in Neuromyartrokinetic System Disorders, Universitaria Craiova Publishing House, 2007
3. Kiss, I., (2002), Physiokinetotherapy and medical recovery, Bucharest, Medical Publishing House
4. Sbenghe, T., (2002), Prophylactic, Therapeutic and Recovery Kinetology, Bucharest, Medical Publishing House
5. Sidenco, E.-L., (2002), Massage in Kinetotherapy, Bucharest, Romania of Tomorrow Publishing House
6. Sidenco, E.-L., (2006), Electrotherapy, Bucharest, Romania of Tomorrow Publishing House

10. Corroboration of the discipline's content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The content corresponds to the needs of the labour market and the requirements of the scientific community.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weighting in the final mark
11.1 Practical activities	Reading the recommended bibliography Additional documentation Active participation	Presentation of practical workbook Attendance assessment form	90 10
11.3 Minimum performance standard - acquisition of key concepts, ideas and theories - acquisition of key concepts, ideas, theories - knowledge of basic issues specific to balneophysiotherapy - skills certain and well-argued knowledge,			

- analysed and commented examples, setting therapy objectives

Date of completion: 01.09.2025

Head of applied activities: Associate Professor Ilinca Ilona, PhD Associate Professor Roșulescu Eugenia, PhD

Date of approval by the department: 15.09.2025

Head of department: Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026 – 2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinetotherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline		**EQUIPMENT AND FACILITIES IN PHYSIOTHERAPY**					
2.2 Course coordinator		Associate Professor Dragomir Mihai Marian					
2.3 Seminar coordinator(s)		Assistant Professor Dr. Burileanu Alin					
2.4 Year of study	2	2.5 Semester	IV	2.6 Type of assessment	E	2.7 Course requirements	DOP

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	2	of which: 3.2 lectures	1	3.3 seminar/laboratory/project	1
3.4 Total hours in the curriculum	**28**	of which: 3.5 course	**14**	3.6 seminar/laboratory/project	**14**
3.7 Distribution of time					hours
▪ Study using textbooks, course materials, bibliography and notes					**8**
▪ Additional documentation in the library, on specialised electronic platforms and in the field					**8**
▪ Preparation for seminars/laboratories, assignments, reports, portfolios and essays					**2**
▪ Tutoring					**2**
▪ Examinations					**2**
▪ Other activities: consultations, student clubs					**-**

Total hours of individual activities	**2**
3.8 Total hours per semester	**28**
3.9 Number of credits	**2**

4. Prerequisites (where applicable)

4.1 Curriculum	NO
4.2 Competency	NO

5. Conditions (where applicable)

5.1. for conducting the course	NO
5.2. for conducting the seminar/laboratory	NO

6. Competences

6.1. Key competences	**CC4, CC5**
6.2. Professional competences	**CP4, CP7, CP11, CP44**

6.3. Transversal skills	**CT1, CT4, CT13**

7. Learning outcomes

7.1. Knowledge	The student/graduate explains the general concepts of the field, referring to the forms of organisation of physical education and sport activities, the principles, methods and fundamental means applicable in different forms of organisation, the concepts of motor skills and motor activity, so that they be used in a formative and performance context.
7.2.Skills/abilities	The student/graduate: 1.3. Uses the fundamental concepts of human motor skills in various contexts. 1.4. Classify the forms of organisation and practice of physical education and sports activities. Uses terminology according to motor activities.
7.3.Responsibility and autonomy	The student/graduate: 1.1.2. Identifies motor acts, actions and activities. Provides advice on choosing the forms of organisation and practice of activities, depending on the specific context and purposes. 1.3.1. Argues for the use of specialised terminology in debates in the field.

8. Course objectives (based on the specific skills acquired)

8.1 General objective of the discipline	Identify and explain concepts, theories and laws specific to human movement, as well as use fundamental and specialised knowledge to interpret and apply them in practice.
8.2 Specific objectives	Identifying and explaining specific concepts, theories and models Describing and appropriately using concepts and theories related to human movement in professional communication. Making a correct assessment of the qualities of specialised programmes by using theoretical knowledge

9. Contents

9.1 Course	Teaching methods	**No. of hours**
Equipment, devices, installations used for positioning and transfer	Lectures are interactive, mainly in the form of verbal presentations, accompanied by PowerPoint presentations. Conversation and dialogue are used.	2
Equipment, devices and installations used for passive mobilisation and increasing range of motion		2
Equipment, devices and installations used for re-education of balance and stability		2
Equipment, devices and installations used for gait re-education		2
Equipment, devices and installations used for hand function rehabilitation		2
Equipment, devices and installations used for increasing muscle strength and general resistance		2
Other equipment, devices and installations used in testing physiotherapy		2
Bibliography [8] Sbenghe T. - Kinetology - Therapeutic and Recovery Prophylaxis, 1987 Sbenghe T. - Kinesiology - The Science of Movement, Bucharest 2002 Rusu L. - Kinetics Intervention in Neuromyoartrokinetic System Disorders, Craiova, 2007		
9.2 Seminar/laboratory	Teaching methods	No. of hours
Equipment, devices, installations used for posture and transfer	Conversation, dialogue and demonstration are used	2
Equipment, devices and installations used for passive mobilisation and increasing range of motion		2
Equipment, devices and installations used for re-education of balance and stability		2
Equipment, devices and installations used for gait re-education		2

Equipment, devices and installations used for hand function rehabilitation		2
Equipment, devices and installations used for increasing muscle strength and general resistance		2
Other equipment, devices and installations used in testing physiotherapy		2

Bibliography [8]

Sbenghe T. - Kinetology - Therapeutic and Recovery Prophylaxis, 1987
Sbenghe T. - Kinesiology - The Science of Movement, Bucharest 2002
Rusu L. - Kinetics Intervention in Neuromyoartrokinetic System Disorders, Craiova, 2007

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The content of the discipline is in line with the programmes of other universities in the country and abroad, while also aiming to facilitate the future graduate's entry into the labour market through good practical training.

11. Assessment

Type of activity	Assessment criteria	Assessment methods	Weight in the final grade
Course	Accuracy and thoroughness of knowledge	Written assessment at the end of the semester	50
Applied activities	S: ability to apply acquired knowledge	Oral assessment during the semester	30
	L: criteria targeting attitudinal aspects: – Interest in individual study – Conscientiousness	Active participation in seminars	20.00
Minimum performance standard (minimum knowledge required to pass the course and how it is assessed)			
– Meet the minimum attendance requirements – Assessment papers must contain answers corresponding to the minimum level – grade 5 – Obtain a grade of 5 on the final knowledge test according to the grading scale			

Date of completion: 01.09.2025

Course holder
Assoc. Prof. Dragomir Mihai Marian

Applied activities holder
Assist. Prof. Burileanu Alin

Date of approval by the department: 15.09.2025

Head of department Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

SUBJECT DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401; Kinetotherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	**Occupational Therapy**						
2.2 Course coordinator	Assoc. Prof. Dr. Zăvăleanu Mihaela						
2.3 Seminar coordinator(s)	Associate Professor Mihaela Zăvăleanu, PhD/ Assistant Professor Popa Cătălin						
2.4 Year of study	2	2.5 Semester	IV	2.6 Type of assessment	E	2.7 Course requirements	DOP

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	2	of which: 3.2 lectures	1	3.3 seminar/laboratory	1
3.4 Total hours in the curriculum	28	of which: 3.5 course	14	3.6 seminar/laboratory	14

Distribution of time	hours
Study using textbooks, course materials, bibliography and notes	6
Additional documentation in the library, on specialised electronic platforms and in the field	8
Preparation for seminars/laboratories, assignments, reports, portfolios and essays	6
Tutoring	-
Examinations	2
Other activities:	-

3.7 Total hours of individual study	22
3.8 Total hours per semester	28
3.9. Number of credits	2

4. Prerequisites (where applicable)

4.1 Curriculum	Anatomy, Semiology, Kinesiology, Physiology, Kinetoprophylaxis, Pathological Psychology, Psychosomatics
4.2 Skills	Not applicable

5. Conditions (where applicable)

5.1 Course delivery	Classroom equipped with video projector, computer/laptop, internet
5.2 for conducting the seminar/laboratory	Room equipped with demonstration materials, consumables, tables, chairs, video projector, computer/laptop, internet

6. Skills

6.1. Key skills	CC3, CC4, CC5, CC7
6.2. Professional skills	CP2, CP5, CP7, CP9, CP12, CP 18, CP 37, CP 28, CP 50, CP57
6.3. Transversal competences	CT4, CT5, CT6, CT7, CT8, CT9, CT 10, CT 13, CT 14, CT 17

7. Learning outcomes

7.1. Knowledge	The student/graduate identifies general and age-specific behavioural aspects, pathology and population categories before, during and after occupational therapy intervention, in order to maximise the effects of the rehabilitation process.
7.2. Skills/ Skills	The student/graduate: 2.1.Identify the structures and functions of the human body and methods for assessing biological functions. 2.2. Presents the actions of different muscle groups and movement parameters. 4.1. Explains the role of the human psyche in the rehabilitation process. 4.2. Demonstrate methods and techniques for influencing the subject's behaviour.
7.3. Responsibility and autonomy	The student/graduate: 2.1.1. Integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. 2.2.1. Recognises the characteristics of movement and their parameters. 4.1.1. Identifies the relationship between the functioning of the psychic system and the presence of pathologies. 4.1. Explains the role of the human psychic system in the rehabilitation process. 4.2. Demonstrate methods and techniques for influencing the subject's behaviour. 4.2.1. Uses professional communication techniques before, during and after occupational therapy intervention

8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	- Acquisition of theoretical and practical knowledge of occupational therapy - Developing the ability to perform an accurate clinical and functional assessment of patients, which is essential for establishing an occupational therapy treatment plan, - Application of occupational therapy management, with an emphasis on the use of specific methods and means, adapted to the stage of development of the pathology, with the aim of prevention, therapy and recovery.
8.2. Specific objectives	- Acquiring the specialist terminology necessary to study relevant materials and practise in the field - classification of the main activities specific to occupational therapy (crafts, lucrative, recreational, sports) - Learning the correct way to select and integrate the various specific manoeuvres and activities into an occupational therapy programme - familiarisation with the process of adapting the patient's home environment - adapting the living and working environment in relation to the patient's age and functional abilities

9. Content

9.1. Course	**Teaching methods**	**No. of hours**
Introduction to occupational therapy. The profession of occupational therapist. History of occupational therapy	Course Interactive	**1**
The ICF model – International Classification of Functioning, Disability and Health	Interactive interactive	**1**
Principles of occupational therapy. Occupation: definition, characterisation, conceptual delimitations. Cognitive abilities and functions.	Interactive interactive	**2**
Functional assessment in occupational therapy. The role of the occupational	Interactive	**1**

therapist in the recovery and integration of people with disabilities.	interactive	
Assistive devices and modifications used by occupational therapists. ADLs and IADLs.	Interactive interactive	**1**
Occupational therapy in respiratory and cardiovascular disorders – general information	Interactive interactive	**1**
Occupational therapy in neurological disorders – general information	Interactive interactive	**1**
Occupational therapy in rheumatological and geriatric disorders – general information	Interactive interactive	**1**
Occupational therapy in paediatric conditions – general information	Interactive interactive	**1**
Occupational therapy for patients with amputations – general information	Interactive interactive	**1**
Occupational therapy for patients with sensory deficits – general information	Interactive interactive	**1**
Occupational therapy for patients with cognitive impairment – general information	Interactive interactive	**1**
Occupational therapy for patients with chronic pain. Principles and methods specific to occupational therapy.	Interactive interactive	**1**
Bibliography 1. Mihaela Zăvăleanu, Occupational Therapy, Universitaria Craiova Publishing House, 2016, ISBN 978-606-14-1130-6 2. Popovici D.-V., Matei R. (2005), Occupational Therapy for People with Disabilities, Ed. MUNTENIA, Constanta 3. Daiana Popa, V. Popa, Occupational Therapy for People with Physical Disabilities, University of Oradea Publishing House, 2003 4. Sbenghe T. Medical recovery at home, Ed Medicală, Bucharest 1996 5. Ligia Rusu, Denisa Piele, Mihaela Zavaleanu, Chapter 19 Rehabilitation for People with Mild Cognitive Impairments P337: 370, from the volume Understanding of Disability Perspectives from Physiotherapy and Rehabilitation, Editor Uğur Cavlak, 2023 Understanding of Disability, ISBN: 978-625-6429-16-1		

9.2.Seminar/laboratory	**Teaching methods**	**No. of hours**
Developing occupational therapy programmes. Stages and particularities of setting goals according to age and stage of the condition	Explanation, demonstration	2
ADL/IADL scale for functional assessment of patients to set occupational therapy goals. Stages of developing an occupational therapy programme	Explanation, demonstration	2
Assistive devices and digital technology used in the rehabilitation of people with functional disabilities.	Explanation, demonstration	1
Occupational therapy in neurological disorders – practical demonstrations	Explanation, demonstration	2
Occupational therapy in rheumatic diseases – practical demonstrations	Explanation, demonstration	1
Occupational therapy in geriatric conditions – practical demonstrations	Explanation, demonstration	1
Occupational therapy in paediatric conditions – practical demonstrations	Explanation, demonstration	1
Occupational therapy for patients with chronic pain – practical demonstrations	Explanation, demonstration	2
Case studies – practical methods for developing occupational therapy intervention programmes for the integration of people with disabilities.	Individual and/or small group work	2
Bibliography 1. Mihaela Zăvăleanu, Occupational Therapy, Universitaria Craiova Publishing House, 2016, ISBN 978-606-14-1130-6		

2. Popovici D.-V., Matei R. (2005), Occupational Therapy for People with Disabilities, Ed. MUNTENIA, Constanta
3. Daiana Popa, V. Popa, Occupational Therapy for People with Physical Disabilities, University of Oradea Publishing House, 2003
4. Sbenghe T. Medical recovery at home, Ed Medicală, Bucharest 1996
5. Ligia Rusu, Denisa Piele, Mihaela Zavaleanu, Chapter 19 Rehabilitation for People with Mild Cognitive Impairments P337: 370, from the volume Understanding of Disability Perspectives from Physiotherapy and Rehabilitation, Editor Uğur Cavlak, 2023 Understanding of Disability, ISBN: 978-625-6429-16-1

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The content of the discipline (course and practical work) aims to train future therapists in strategic management thinking and an analytical approach to patients with dysfunctions. The content of the discipline is in line with what is done in other university centres in the country and abroad.
It contains theoretical landmarks, methodologies and procedures that can be useful to students in the process and approach of social and professional integration of subjects with various functional deficits.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)
11.1. Course	Assimilation of subject-specific knowledge demonstrated through correct explanation of specific concepts and notions	Written assessment	70
	In order to pass the discipline, the grade obtained in the written exam must be at least 5.		
11.2. Seminar/laboratory	Preparation of a topic and presentation in practical work showing the preparation and demonstration of a treatment plan based on a chosen topic	Practical/oral assessment	30
	Acquisition of knowledge, active participation		
11.3. Minimum performance standard			
The score from the written assessment must represent the pass mark (minimum 5) regardless of the other marks obtained			

Date of completion 01.09.2025

Signature of course lecturer

Assoc. Prof. Mihaela Zăvăleanu, PhD

Signature of the seminar lecturer

Assoc. Prof. Mihaela Zăvăleanu, PhD

Assistant Professor Popa Cătălin

Date of approval by the department 15

Signature of the head of department

Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinesitherapist - COR code 226405;*

2. Course details

2.1 Name of the discipline	**Physiotherapy in sports medicine**						
2.2 Course coordinator	Prof. Ligia Rusu						
2.3 Seminar coordinator(s)	Assistant Professor Horia Alin Burileanu						
2.4 Year of study	II	2.5 Semester	IV	2.6 Type of assessment	E	2.7 Course status	DOP

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	2	of which: 3.2 lectures	1	3.3 seminar/laboratory	1
3.4 Total hours in the curriculum	28	of which: 3.5 course	14	3.6 seminar/laboratory	14
Time allocation					
Study using textbooks, course materials, bibliography and notes					5
Additional documentation in the library, on specialised electronic platforms and in the field					5
Preparation for seminars/laboratories, assignments, reports, portfolios and essays					8
Tutoring					-
Examinations					2
Other activities.....					2

3.7 Total hours of individual study	22
3.8 Total hours per semester	28
3.9. Number of credits	2

4. Prerequisites (where applicable)

4.1 Curriculum	Anatomy, physiology, biomechanics, semiology

4.2 Skills	

5. Conditions (where applicable)

5.1 Course delivery	• technically equipped room - PC, video projector, screen
5.2 for conducting the seminar/laboratory	

6. Skills

6.1. Key skills	CC3. CC4. CC6.
6.2. Professional skills	CP2.,CP3.,CP9.
6.3. Transversal competences	CT2.CT3. CT4. CT5. CT6. CT7.

7. Learning outcomes

7.1. Knowledge	1. The student/graduate explains the general notions of the field, referring to the concepts of motor skills and motor activity, the structure and functions of human motor activities, their effects on development and education, so that they can be used in the rehabilitation process. 2. The student/graduate defines the general, structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes. 3. The student/graduate identifies general and age-specific behavioural aspects, pathology and population categories before, during and after intervention, in order to maximise the effects of the rehabilitation process.
7.2. Skills/abilities	The student/graduate: 1.19. Uses the fundamental concepts of human motor skills in various contexts. 1.20. Uses terminology according to motor activities. 1.21. Distinguishes the role and place of the physiotherapist in different professional contexts. The student/graduate: 2.1. Identifies the structures and functions of the human body and methods for assessing biological functions. 2.2. Presents the actions of different muscle groups and movement parameters. The student/graduate: 4.1. Explains the role of the human psyche in the rehabilitation process. 4.2. Demonstrates methods and techniques for influencing the subject's behaviour.
7.3. Responsibility and autonomy	The student/graduate: 1.1.7. Give examples of acts, actions and motor activities. 1.2.1. Argues for the use of specialised terminology in debates within the field. 1.3.1. Identifies the duties of the physiotherapist within

	interdisciplinary teams Provides quality functional rehabilitation services in accordance with professional standards. The student/graduate: 2.1.1. Integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. 2.2.1. Recognises the characteristics of movement and their parameters The student/graduate: 4.1.1. Identifies the relationship between the functioning of the mental system and the presence of pathologies. 4.2.1. Uses professional communication techniques before, during and after intervention.

8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	Knowledge of the main physiological and pathological aspects related to the practice of sport
8.2. Specific objectives	-acquiring basic knowledge about practising sport and improving sporting performance while maintaining good health - familiarisation with the main types of sports-specific pathologies, as well as treatment and recovery methods for resuming sports under optimal conditions

9. Content

9.1. Course	Teaching methods	No. of hours
1. Definition and roles of sports medicine. Medical examination for sports aptitude. Medical-biological selection in sports	Oral presentations, presentations PowerPoint presentations, films	1
2. Physical condition. Training – warm-up, technique, equipment, recovery after exercise. Fatigue, overtraining		1
3. Healthy lifestyle and nutrition for athletes. Medication for athletes. Doping		1
4. Sports injuries to the shoulder (dislocations, fractures, instability)		1
5. Sports injuries to the shoulder (tendinitis, tendon ruptures)		1
6. Sports injuries to the elbow and hand		1
7. Sports injuries to the spine		1
8. Sports injuries to the shoulder		1
9. Sports injuries to the knee (tendinitis, tendon and muscle tears)		1
10. Sports injuries to the knee (sprains, ligament reconstruction, meniscus injuries)		1
11. Sports injuries to the ankle (tendinitis, tendon ruptures)		1
12. Sports injuries to the ankle (sprains)		1
13. Sports injuries to the ankle (fractures)		1

14. Sports injuries to the foot		1

Bibliography

1. Dragan I – Sports Medicine. Medical Publishing House, Bucharest, 2002
2. Peterson L, Renstrom P – Sports injuries. Martin Dunitz Ltd, Basel, 1993
3. Chanussot JC, Danowski RG. Rehabilitation in sports traumatology Volume 1 – Lower limbs and Spine - 4th edition, Publisher: Elsevier / Masson, Paris, 2008
4. Chanussot JC, Danowski RG. Rehabilitation in Sports Traumatology Volume 1 - Upper Limb , Muscles and Tendons - 4th edition, Publisher: Elsevier / Masson, Paris, 2008

9.2.Seminar/laboratory	Teaching methods	No. of hours
1. Objectives and methods of recovery in sports medicine	Presentation of recovery programmes recovery programmes, adaptation to specific clinical cases.	2
2. Principles of recovery in sports injuries of the shoulder		2
3. Principles of recovery in sports injuries of the elbow and hand		2
4. Principles of recovery in sports injuries of the spine		2
5. Principles of recovery in sports injuries of the hip		2
6. Principles of recovery in sports injuries of the knee		2
7. Principles of recovery in sports injuries of the foot and ankle		2

Bibliography

1. Dragan I – Sports Medicine. Medical Publishing House, Bucharest, 2002
2. Peterson L, Renstrom P – Sports injuries. Martin Dunitz Ltd, Basel, 1993
3. Chanussot JC, Danowski RG. Rehabilitation in Sports Traumatology Volume 1 - Lower Limb and Spine - 4th edition, Publisher: Elsevier / Masson, Paris, 2008
4. Chanussot JC, Danowski RG. Rehabilitation in Sports Traumatology Volume 1 - Upper Limb , Muscles and Tendons - 4th edition, Publisher: Elsevier / Masson, Paris, 2008

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

11.

In order to outline the content and choose the teaching/learning methods, the course lecturers organised meetings with:

members of the Romanian Society of Sports Medicine, doctors specialising in neurology, rheumatology, orthopaedics, sports medicine, as well as family doctors. The issues were also discussed with other teaching staff in the field, lecturers in other medical faculties. The meeting aimed to identify the needs and expectations of employers in the field and to coordinate with other similar programmes in other medical faculties.

11. Evaluation

Type of activity	11.1 Evaluation criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)

11.1. Course	in line with educational objectives	Written exam	70
11.2. Seminar/laboratory	L: - in line with educational objectives of practical work	Practical exam – clinical case	30
11.3. Minimum performance standard grade 5			
Key messages at the end of each course: sports traumatology, specific assessment, prevention programme objectives, physiotherapy			

Date of completion
1.09.2025 Signature of course coordinator Signature of the laboratory coordinator

Prof. Ligia Rusu, PhD Assistant Horia Alin Burileanu

Date of approval by the department
15.09.2025

Signature of the head of department
Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINESIOTHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinesitherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	**Lymphatic drainage techniques**						
2.2 Course coordinator	Assistant Professor Dr. PIELE DENISA						
2.3 Seminar coordinator(s)	Assistant Professor Dr. PIELE DENISA						
2.4 Year of study	2	2.5 Semester	IV	2.6 Type of assessment	E	2.7 Course requirements	DOP

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	2	of which: 3.2 lectures	1	3.3 seminar/laboratory	1
3.4 Total hours in the curriculum	28	of which: 3.5 course	14	3.6 seminar/laboratory	14

Time allocation	hours
Study using textbooks, course materials, bibliography and notes	8
Additional documentation in the library, on specialised electronic platforms and in the field	6
Preparation for seminars/laboratories, assignments, reports, portfolios and essays	6
Tutoring	-
Examinations	2
Other activities.....	

3.7 Total hours of individual study	22
3.8 Total hours per semester	28
3.9. Number of credits	2

4. Prerequisites (where applicable)

4.1 Curriculum	Notions of anatomy and physiology
4.2 Skills	Not applicable

5. Conditions (where applicable)

5.1 Course delivery	• Classroom with technical equipment - PC, video projector, screen
5.2 for conducting the the seminar/laboratory	Sf Nectarie Recovery Centre - room for practical activities equipped with PC, video projector, computer and specific equipment (massage beds) necessary for practical applications

6. Skills

6.1. Key skills	CC3. Digital skills
6.2. Professional skills	CP1. Compliance with and application of the main aspects of policies and procedures regarding patient well-being, health and safety, in accordance with employer policies CP3. Applying and adapting theoretical and practical concepts according to pathology for the design of kinetic programmes CP5. Compliance with guidelines and protocols validated in physiotherapy practice by professional associations or authorities in the field, as well as by relevant scientific organisations. CP6. Empathising with the user of physiotherapy services, understanding the context of the symptoms and behaviour of clients/patients; concern for the well-being of patients/clients and treating them according to personal limitations, sensitivities, cultural differences and client/patient preferences CP8. Informing the patient/client and caregivers about the progress of patients/clients while protecting confidentiality. CP9. Integrating the results of medical investigations into the assessment of the patient/client in order to establish the optimal intervention programme CP10. Collecting information on the effectiveness of physiotherapy services in order to improve the quality of professional practice CP12. Correctly selecting equipment, devices and facilities specific to physiotherapy for use in recovery programmes. CP17. Providing information on the effects of physiotherapy, therapeutic outcomes and inherent risks, acting in accordance with ethical principles and local/national policies
6.3. Cross-cutting	CT2. Taking responsibility CT6. Ethics and integrity CT9. Goal/results orientation; CT10. Strategic planning; CT11. Complex problem solving; CT12. Ability to analyse and make decisions responsibly CT16. Teamwork

7. Learning outcomes

7.1. Knowledge	- The student/graduate defines the general, structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes - The student/graduate defines the general concepts and describes the biochemical and physiopathological mechanisms of diseases, the anatomopathological bases of changes induced by pathology, with a view to implementing rehabilitation programmes;
7.2.Skills/abilities	- 1.1. Uses the fundamental concepts of human motor skills in various contexts. 1.2. Uses terminology according to motor activities. 1.3. Distinguishes the role and place of the physiotherapist in different professional contexts. 2.1. Identifies the structures and functions of the human body and methods for assessing biological functions. 2.2. Presents the actions of different muscle groups and movement parameters.

	3.2. Characterises biochemical changes according to health status and level of physical effort. 4.1.Explain the role of the human psyche in the rehabilitation process.
7.3. Responsibility and autonomy	1.1.1. Give examples of motor acts, actions and activities. 1.2.1.Justify the use of specialised terminology in debates within the field. 1.3.1. Identify the duties of a physiotherapist within interdisciplinary teams. 2.1.1. Integrate fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. 2.2.1. Recognise the characteristics of movement and their parameters. 3.1.1. Recognise changes induced by pathology and their causes. 3.2.1. Establishes the parameters of physical effort according to the intervention objectives. 5.1.1. Complies with legal and professional standards in relation to beneficiaries**.**

8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	To develop the theoretical and practical skills necessary for the assessment and application of lymphatic drainage techniques, with the aim of optimising lymph circulation, preventing and treating oedema, reducing associated symptoms and improving the patient's quality of life, while respecting ethical principles and the safety of the procedures.
8.2.Specific objectives	At the end of the course, students will be able to: 1. **Explain** the anatomy and physiology of the lymphatic system, as well as the pathophysiological principles of oedema. 2. **Identify** the indications and contraindications of manual and mechanical lymphatic drainage, including in an oncological or postoperative context. 3. Assess oedema and determine its type and severity using specific methods (circumferential measurements, functional tests). 4. **Apply** manual and mechanical lymphatic drainage techniques according to validated therapeutic principles and protocols. 5. **Develop** individualised treatment programmes that integrate lymphatic drainage with exercises and other physiotherapy modalities. 6. **Monitor and adjust** therapy according to the patient's response, respecting safety and professional ethics. 7. **Collaborate** within the multidisciplinary team and communicate effectively with the patient to increase adherence to treatment.

9. Content

9.1. Course	Teaching methods	No. of hours
1. Anatomy and physiology of the lymphatic circulatory system	Interactive lecture	1
2. Introduction to the lymphatic system and lymphatic drainage techniques	Interactive lecture	1
3. Physiopathology of oedema and lymphoedema	Interactive lecture	1
4. Principles and mechanisms of manual lymphatic drainage	Interactive lecture	1
5. Lymphatic drainage techniques	Interactive lecture	1
6. Indications and contraindications of lymphatic drainage	Interactive lecture	1
7. Assessment of oedema	Interactive lecture	1
8. Lymphatic drainage in oncology	Interactive lecture	1
9. Multilayer compression bandaging		
10. Post-traumatic and post-surgical lymphatic drainage	Interactive lecture	1
11. Kinesiotaping and compression garments in the context of lymphedema		
12. Integration of lymphatic drainage into physiotherapy programmes	Interactive lecture	1
13. Monitoring and adjusting therapy	Interactive lecture	1

14. Reintegration of patients with lymphedema into active life	Interactive lecture	1

Bibliography

1. Ciubotariu E. *How to defeat lymphedema? A guide for patients on the prevention and treatment of lymphedema*. Translated from Russian, 3rd edition. Târgu Mureș: Inovacert; 2022

2 Candea V. *The lymphatic system in shock*. Bucharest: Editura Militară; 1981.

2. Torres Lacomba M, Mayoral del Moral O. *Lymphedema Management: A Comprehensive Guide for Practitioners.* Springer, 2014.

3. Holland JC, Breitbart WS, Jacobsen PB, Lederberg MS, Loscalzo MJ, McCorkle R. Psycho-Oncology. 3rd Edition, Oxford University Press, 2015.

4. Wiener L, Pao M, Kazak AE, Kupst MJ, Patenaude AF, Arceci RJ. *Paediatric Psycho-Oncology.* Oxford University Press, 2015.

5.Holland JC, Breitbart WS, Jacobsen PB, Lederberg MS, Loscalzo MJ, McCorkle R. *Psycho-Oncology.* 3rd Edition, Oxford University Press, 2015.

9.2.Seminar/laboratory	Teaching methods	No. of hours
1. Initial assessment of oedema	Explanation Demonstration Practice Practical applications Methodical presentation of practical applications	1
2. Circumferential measurements and functional tests	Explanation Demonstration Practice Practical applications Methodical presentation of practical applications	1
3. Manual lymphatic drainage techniques in oncological pathology – upper limbs	Explanation Demonstration Practice Practical applications Methodical presentation of practical applications	1
4. Manual lymphatic drainage techniques in oncological pathology – lower limbs	Explanation Demonstration Practice Practical applications Methodical presentation of practical applications	1
5. Abdominal lymphatic drainage techniques	Explanation Demonstration Practice Practical applications Methodical presentation of practical applications	1
6. Practical applications of multi-layer bandaging and kinesiotaping	Explanation Demonstration Practice Practical applications Methodical presentation of practical applications	2
7. Post-surgical and post-traumatic lymphatic drainage	Explanation Demonstration Practice Practical applications Methodical presentation of practical applications	1

8. Monitoring the response to drainage	Explanation Demonstration Practice Practical applications Methodical presentation of practical applications	1
9. The importance of physical exercise in lymphatic drainage	Explanation Demonstration Practice Practical applications Methodical presentation of practical applications	1
10. Clinical simulations – complex case studies	Explanation Demonstration Practice Practical applications Methodical presentation of practical applications	4

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The content *of the Lymphatic Drainage Techniques* course is aligned with international and national scientific standards and recommendations, complies with the guidelines of professional physiotherapy organisations, and meets the practical requirements of employers, preparing students to effectively apply lymphatic drainage techniques in various clinical contexts.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final mark (%)
11.1. Course	Acquisition, knowledge, presentation and correct explanation of the concept and measures taken to combat the onset/management of lymphoedema.	Theoretical assessment	50
11.2. Seminar/laboratory	Practical assessment – practical demonstrations related to drainage techniques applied according to the staging of lymphedema. Methodical presentation of the manoeuvres applied.	Practical assessment	50
11.3. Minimum performance standard			
The score for the written/oral assessment must be a passing grade (minimum 5). **The final score will be calculated by adding the results of the written/oral assessment and the practical assessment, and the minimum passing grade is 5.**			

Date of completion 01.09.2025 Signature of course coordinator Assistant Professor Denisa Piele, PhD Signature of the seminar lecturer Assistant Professor Denisa Piele, PhD

Date of approval by the department
15.09.2025

Signature of the head of department
Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINETHERAPY AND SPORTS MEDICINE (D06)

COURSE DESCRIPTION
ACADEMIC YEAR 2026 - 2027

1. Programme details

1.1 Higher education institution	*UNIVERSITY OF CRAIOVA*
1.2 Faculty	PHYSICAL EDUCATION AND SPORT
1.3 Department	KINETHERAPY AND SPORTS MEDICINE
1.4 Field of study	PHYSIOTHERAPY
1.5 Cycle of studies[1]	BACHELOR
1.6 Study programme (name/code)[2] /Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinetotherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	**HYDROTHERAPY**						
2.2 Course coordinator		Associate Professor Dragomir Mihai Marian					
2.3 Seminar coordinator(s)		Associate Professor Dragomir Mihai Marian					
2.4 Year of study	2	2.5 Semester	IV	2.6 Type of assessment	C	2.7 Course requirements	DOP

3. Estimated total time (hours per semester of teaching activities)

3.1 Number of hours per week	1	of which: 3.2 lectures		3.3 seminar/laboratory/project	1
3.4 Total hours in the curriculum	**14**	of which: 3.5 course		3.6 seminar/laboratory/project	**14**
3.7 Distribution of time					hours
▪ Study using textbooks, course materials, bibliography and notes					**19**
▪ Additional documentation in the library, on specialised electronic platforms and in the field					**12**
▪ Preparation of seminars/laboratories, assignments, reports, portfolios and essays					**5**
▪ Tutoring					**4**
▪ Examinations					**4**

▪ Other activities: consultations, student clubs	-
Total hours of individual activities	**3**
3.8 Total hours per semester[5]	**14**
3.9 Number of credits[6]	**2**

4. Prerequisites (where applicable)

4.1 Curriculum	NO
4.2 Competency	NO

5. Conditions (where applicable)

5.1. for conducting the course	NO
5.2. for conducting the seminar/laboratory/project	NO

6. Skills

6.1. Key competences	**CC4, CC5.**
6.2. Professional competences	**CP13, CP 17, CP 20.**
6.3. Transversal skills	**CT1, CT2, CT7.**

7. Learning outcomes

7.1. Knowledge	The student/graduate explains the general concepts of the field, referring to the forms of organisation of physical education and sports activities, the principles, methods and fundamental means applicable in different forms of organisation, the concepts of motor skills and motor activity, so that they be used in a formative and performance context.
7.2.Skills/abilities	The student/graduate: 1.1. Uses the fundamental concepts of human motor skills in various contexts. 1.2. Classify the forms of organisation and practice of physical education and sports activities. Uses terminology according to motor activities.
7.3.Responsibility and autonomy	The student/graduate: 1.1.1. Identifies acts, actions and motor activities. Provides advice on choosing the forms of organisation and practice of activities, depending on the specific context and purposes. 1.3.1. Argues for the use of specialised terminology in debates in the field.

8. Course objectives (based on the specific skills acquired)

8.1 General objective of the discipline	Identify and explain concepts, theories and laws specific to human movement, as well as use fundamental and specialised knowledge to interpret and apply them in practice.
8.2 Specific objectives	Identifying and explaining specific concepts, theories and models Describing and appropriately using concepts and theories related to human movement in professional communication. Making a correct assessment of the qualities of specialised programmes by using theoretical knowledge

9. Contents

9.1 Course (content units)	No. of hours	Teaching methods
9.2 Applied activities (topics/themes)	No. of hours	Teaching methods
INTRODUCTORY COURSE	**1**	**Conversation,**

BASIC OBJECTIVES IN KINETHERAPY	**1**	**dialogue and demonstration are used**
RELAXATION	**1**	
CORRECTION OF POSTURE AND BODY ALIGNMENT	**1**	
INCREASED JOINT MOBILITY	**2**	
INCREASING MUSCLE STRENGTH	**2**	
INCREASED MUSCLE ENDURANCE	**1**	
IMPROVED COORDINATION, CONTROL AND BALANCE	**1**	
CORRECTING RESPIRATORY DEFICITS	**2**	
EXERCISE TRAINING	**1**	
SENSITIVITY RE-EDUCATION	**1**	
	14	

Bibliography [8]

Sbenghe T. - Kinetology - Therapeutic and Recovery Prophylaxis, 1987
Sbenghe T. - Kinesiology - The Science of Movement, Bucharest 2002
Rusu L. - Kinetics Intervention in Neuromyoartrokinetic System Disorders, Craiova, 2007

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme

The content of the discipline is in line with the programmes of other universities in the country and abroad, while also aiming to facilitate the future graduate's entry into the labour market through good practical training.

11. Assessment

Type of activity	Assessment criteria	Assessment methods	Weighting in the final mark
Course	Accuracy and thoroughness of knowledge	Written assessment at the end of the semester	50
Applied activities	Ability to apply acquired knowledge	Oral assessment during the semester	30
	L: criteria targeting attitudinal aspects: – Interest in individual study – Conscientiousness	Active participation in seminars	20
Minimum performance standard (minimum knowledge required to pass the course and how it is assessed)			
MEET THE MINIMUM ATTENDANCE REQUIREMENTS IN ACCORDANCE WITH THE REQUIREMENTS – ASSESSMENTS MUST INCLUDE THE APPROPRIATE ANSWERS AT THE MINIMUM LEVEL – GRADE 5 – OBTAIN A GRADE OF 5 IN THE FINAL KNOWLEDGE TEST IN ACCORDANCE WITH THE SCALE			

Date of completion: 01.09.2025

Course holder
Assoc. Prof. Dragomir Mihai Marian

Applied activities lecturer
Assoc. Prof. Dragomir Mihai Marian

Date of approval by the department: 15.09.2025

Head of department
Prof. Ligia Rusu

UNIVERSITY OF CRAIOVA-FEFS
DEPARTMENT - KINETOTHERAPY AND SPORTS MEDICINE (D06)

SUBJECT DESCRIPTION
ACADEMIC YEAR 2026-2027

1. Programme details

1.1 Higher education institution	University of Craiova
1.2 Faculty/Department	Physical Education and Sport/Department 6
1.3 Department	Kinesiotherapy and Sports Medicine
1.4 Field of study	Sports Science and Physical Education
1.5 Cycle of studies	Bachelor's degree - cycle I
1.6 Study programme/Qualification	Kinetotherapy and special motor *skills/Physiokinetotherapist - COR code 226401;* *Kinetotherapist - COR code 226405;*

2. Information about the discipline

2.1 Name of the discipline	**Nutrition concepts in physiotherapy practice**						
2.2 Course coordinator	-						
2.3 Seminar coordinator(s)	**Prof. Avramescu Taina Elena**						
2.4 Year of study	2	2.5 Semester	IV	2.6 Type of assessment	C	2.7 Course requirements	DOP

3. Total estimated time (hours per semester of teaching activities)

3.1 Number of hours per week	1	of which: 3.2 lectures	0	3.3 seminar/laboratory	1
3.4 Total hours in the curriculum	14	of which: 3.5 course	0	3.6 seminar/laboratory	14
Time allocation					

Study using textbooks, course materials, bibliography and notes	12
Additional documentation in the library, on specialised electronic platforms and in the field	12
Preparation for seminars/laboratories, assignments, reports, portfolios and essays	12
Tutoring	-
Examinations	-
Other activities.....	-

3.7 Total hours of individual study	36
3.8 Total hours per semester	14
3.9 Number of credits	2

4. Prerequisites (where applicable)

4.1 Curriculum	NO
4.2 Competency	NO

5. Conditions (where applicable)

5.1 Course delivery	-
5.2 for conducting the the seminar/laboratory	room with technical equipment - PC, video projector, screen

6. Skills

6.1. Key skills	**Knowledge and understanding**: learning the fundamentals of nutrition and their role in health and recovery. **Analysis and application**: ability to correlate nutrition principles with physiotherapy practice. **Evaluation**: identifying nutritional risk factors and integrating them into the rehabilitation plan. **Autonomy and responsibility**: applying general nutritional recommendations within the limits of the physiotherapy profession. **Continuous learning**: developing the ability to update knowledge through scientific resources.
6.2. Professional competencies	Understanding the principles of nutrition and their role in recovery. Identifying nutritional factors that influence musculoskeletal health and functionality. Applying simple nutritional assessment methods (BMI, questionnaires). Integrating general nutritional recommendations into rehabilitation programmes.
6.3.Transversal	Effective and tailored communication with patients regarding health education. Interdisciplinary collaboration (with doctor, dietitian, psychologist). Promotion of a healthy and sustainable lifestyle. Respecting professional boundaries and assuming ethical responsibility.

7. Learning outcomes

7.1. Knowledge	The student explains the basic principles of nutrition and the role of macronutrients and micronutrients. Describe the relationship between nutrition, tissue healing and functional recovery. Identify nutritional needs in various musculoskeletal, neurological and cardiovascular conditions.
7.2. Skills	Perform a basic nutritional assessment (BMI, simple food questionnaires). Correlate general nutritional recommendations with the recovery plan. Educate patients on hydration, balanced nutrition and weight control.
7.3. Responsibility and autonomy	Demonstrate responsibility in nutritional recommendations, respecting the limits of the physiotherapy profession. Promotes a healthy and sustainable lifestyle in relation to patients.

	Demonstrate empathy and professionalism when communicating about nutrition.

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8. Course objectives (based on the competency grid)

8.1. General objective of the discipline	To develop a knowledge base and practical skills in nutrition, necessary for physiotherapists to integrate general nutritional recommendations into recovery programmes and to promote a healthy lifestyle.
8.2. Specific objectives	Explain the fundamental principles of nutrition and their impact on health and the recovery process. Identify the role of macronutrients and micronutrients in maintaining the functionality of the musculoskeletal and cardiovascular systems. Apply simple nutritional assessment methods (BMI, food questionnaires). Correlate nutrition concepts with rehabilitation plans for various pathologies. Provide patients with general recommendations on hydration, balanced nutrition and weight control. Develop communication and education skills in counselling patients on nutrition. Demonstrate professional responsibility and respect for the limits of competence in nutritional approaches.

9. Content

9.1. Course	Teaching methods	No. of hours
	-	-

9.2.Seminar/laboratory	Teaching methods	No. of hours
Introduction to nutrition for physiotherapists – the role of nutrition in recovery, functional performance and health.	Practical work	2 hours
General principles of healthy eating – macronutrients (proteins, carbohydrates, lipids) and micronutrients.	Practical work	2 hours
Hydration – the importance of water and electrolytes in recovery and physical exertion.	Practical work	2 hours
Nutrition and tissue healing processes – the role of proteins, vitamin C, zinc and collagen.	Practical work	2 hours
Nutrition and the musculoskeletal system – calcium, vitamin D, omega-3, their role in osteoporosis and post-fracture recovery.	Practical work	2 hours
Weight control and its impact on rehabilitation – obesity, sarcopenia, weight management in physiotherapy.	Practical work	2 hours
Supplements and sports nutrition – proteins, creatine, vitamins, anti-inflammatory supplements (e.g. omega-3).	Practical work	2 hours
Nutrition in rheumatic diseases – arthritis, gout, effects of anti-inflammatory diets	Practical work	2 hours
Nutrition in neurological disorders – the importance of B vitamins, omega-3, the Mediterranean diet	Practical work	2 hours
Nutrition in cardiovascular recovery – dietary principles in hypertension, dyslipidaemia, post-infarction.	Practical work	2 hours
Nutrition and prevention of sarcopenia in the elderly – protein, vitamin D, physical activity.	Practical work	2 hours
Practical aspects of nutritional assessment – food questionnaires, BMI, circumferences, muscle mass.	Practical work	2 hours
Interdisciplinary case studies – clinical examples where nutrition supports rehabilitation.	Practical work	2 hours
Review and practical test – applying concepts to the rehabilitation plan	Practical work	2 hours

Bibliography

- Țuculină, M.J., Ioniță, E. (2019). *Fundamentals of nutrition and dietetics*. Medical University Publishing House.
- Dinu, I.R., & Popescu, D. (2018). *Nutrition and health*. Carol Davila University Publishing House,

Bucharest.
 Mureșan, V. (2017). *Principles of Nutrition and Healthy Eating*. Risoprint Publishing House, Cluj-Napoca.
 Costache, A., & Cârmaciu, D. (2015). *Nutrition applied in medical recovery*. University Publishing House, Bucharest.
 Hâncu, N., Veresiu, I.A. (2016). *Nutrition Guide for Health*. Brumar Publishing House, Timișoara.

10. Corroboration of the course content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field relevant to the programme

•In order to efficiently and effectively perform the tasks involved in organising and carrying out specific physiotherapy interventions, in-depth knowledge of nutrition is required.
Cooperation with recovery services in hospitals and recovery centres in order to achieve these goals

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weighting in the final mark (%)
11.1. Course	-		
11.2. Seminar/laboratory	Attendance Level of understanding of the fundamental principles of nutrition. Ability to explain the role of nutrition in functional recovery. Correlation between nutrition and specific conditions (musculoskeletal, cardiovascular, neurological).	Periodic assessments Oral exam	50 50
11.3. Minimum performance standard			
- perception and acquisition of knowledge acquired during practical training in proportion of 70% - clear and well-founded skills/knowledge			

Date of completion coordinator
01.09.2025

Signature of course coordinator

Signature of the seminar

Prof. Avramescu Taina Elena

Date of approval by the department
15.09.2025

Signature of the head of department

Prof. Ligia Rusu