



CURRICULUM valid from the 2025–2026 academic year

UNIVERSITY OF CRAIOVA
FACULTY OF PHYSICAL EDUCATION AND SPORT
DEPARTMENT OF PHYSIOTHERAPY AND SPORTS MEDICINE

Field: Physiotherapy

Study programme: Kinesiotherapy and Special Motor Skills in English

Language of instruction: English

Duration of studies: 6 semesters

Mode of study: Full-time

I. LEARNING OUTCOMES:

- a. Knowledge – In accordance with *the European Qualifications Framework (EQF)*, the learning outcomes for **Level 6**, corresponding to undergraduate studies, involve *advanced knowledge in a field of work or study, which entails a critical understanding of theories and principles*
- ✓ The student/graduate explains and interprets general concepts, principles and basic methods in the field of human motor skills, and the organisation and management of field-specific activities, in training, educational, competitive, therapeutic and organisational contexts; to know and understand the basic principles and mechanisms of the functioning of the human body; to be familiar with the theoretical and practical concepts of somato-functional assessment methods; to be familiar with the basic elements and terminology associated with the interpretation of medical investigations used in the assessment of the patient/client; to be familiar with the effects of physiotherapy; be familiar with the risks inherent in the application of methods and techniques specific to physiotherapy/kinesiotherapy; be familiar with specific assessment methods; be familiar with the general principles of physiotherapy in the pathologies studied
 - ✓ The student/graduate explains and creatively applies theoretical and practical knowledge in the fields of physical education and sport, and physiotherapy/kinesiotherapy, by adapting and tailoring interventions.
- b. Skills – According to *the European Qualifications Framework (EQF)*, the learning outcomes associated with **Level 6 qualifications**, corresponding to undergraduate degree programmes, involve *advanced skills demonstrating control and innovation, necessary to solve complex and unpredictable problems in a specialised field of work or study:*
- ✓ Interprets the main meanings of the basic concepts of the theory, methodology and practice of physical education, sport, physiotherapy and management.
 - ✓ Collects, selects and processes data used to interpret theoretical and experimental results; applies the latest validated scientific findings in the field;
 - ✓ Designs, plans and evaluates training, educational and rehabilitation programmes, as well as organisational development strategies, where appropriate; promote the patient's well-being, health and safety; inform the patient/client about the assessment and intervention process they will undergo, as well as the management of their personal data; select the assessment methods and optimal timing for analysing the progression of the response to the applied therapy/prevention method; to adjust interventions based on reassessments; to develop an individualised rehabilitation programme; to integrate various techniques and methods into the intervention programme to optimise the therapeutic/preventive process;

Year 1	13	2	13		11	2	15	
Year 2	13	2	13		12	2	14	
Year 3	13	0	15		14	0	14	

$C/(S + L + Lp)$

V. NUMBER OF HOURS OF ORGANISED ACTIVITIES INCLUDED IN THE CURRICULUM FOR THE ENTIRE COURSE OF STUDY

Type of activity	No. of hours	Proportion
Lecture	1064	47%
Seminar	112	5%
Laboratory + Practical work	1064	48%
Total number of hours	2240	100

VI. PROPORTION OF SUBJECTS BY EDUCATIONAL CATEGORY

	Educational category		
	DF	DS	DC
First semester	34, 29%	40%	25.71%
Second semester	37.5	56.25%	6.25%
Third quarter	21.88%	71.88%	6.25%
Fourth half	0%	96.88%	3.13%
Fifth semester	0%	94.29%	5.71%
Semester VI	3.13%	96.88%	0
ENTIRE COURSE OF STUDY	16.16%	75.76%	8.08%

FD - Core subjects / SS - Specialised subjects / CS - Complementary subjects

VII. PROPORTION OF TEACHING HOURS BY SUBJECT OPTIONALITY

	Subject status		
	Compulsory	Optional	Optional
First semester	80%	0%	20%
Second semester	68.75%	18.75%	12.50%
Third term	87.50%	0	12.50%
Fourth term	71.88%	15.73%	12.50%
Fifth term	75%	12.50%	12.50%
Semester VI	62.86%	17.14%	20%
ENTIRE COURSE OF STUDY	87.50%	12.50%	17.86%

The proportion is based on the number of compulsory and optional hours

VIII. NUMBER OF HOURS OVER THE ENTIRE COURSE OF STUDY FOR SUBJECTS WITH REGULATED STATUS

Activity equivalent to	Number of hours
Physical	0
Education ICT	0
Academic Ethics and Integrity	28
Specialist Practice	112
Project	0
Final dissertation	28

IX. NUMBER OF ASSESSMENTS THROUGHOUT THE STUDY PROGRAMME – TYPE OF ASSESSMENT

	Exam	Seminar	Assessment
First semester	4	3	1
Second semester	5	3	1
Semester III	5	4	1
Term 4	6	4	1
Semester V	4	5	1
Semester VI	6	4	1
THE ENTIRE COURSE OF STUDY	30	23	6

X. FINAL EXAMINATION – July/September period

Number of credits allocated for passing the final examination (in addition to the 180 compulsory credits): 10.

XI. METHOD OF SELECTING OPTIONAL SUBJECTS

In accordance with the methodology for selecting optional subjects, for each package individually, depending on the number of subjects in the optional package.

RECTOR,
Prof. Cezar Ionuț Spînu, PhD

DEAN,
Prof. Mircea Dănoiu, PhD

HEAD OF DEPARTMENT,
Prof. Ligia Rusu, PhD

1. Physiotherapy - DF

LEARNING OUTCOMES			
No.	Knowledge	Skills	Responsibility and autonomy
1.	The student/graduate explains the general principles of the field, relating to the concepts of motor skills and motor activity, the structure and functions of human motor activities, and their effects on development and education, so that they can be applied in the rehabilitation process.	The student/graduate: Applies the fundamental concepts of human motor skills in various contexts. Uses terminology appropriate to motor activities. Distinguishes the role and place of the physiotherapist in different professional contexts.	The student/graduate: Gives examples of motor acts, actions and activities. Justifies the use of specialist terminology in debates within the field. Identifies the responsibilities of the physiotherapist within interdisciplinary teams.
2.	The student/graduate defines the structural (anatomical) and functional concepts of the human body, with a view to developing rehabilitation programmes.	The student/graduate: Identifies the structures and functions of the human body and the methods for assessing biological functions. Describes the actions of different muscle groups and movement parameters.	The student/graduate: Integrates fundamental concepts regarding the structures and functions of the human body into the rehabilitation process. Recognises the characteristics of movement and their parameters.
3.	The student/graduate defines the concepts covered and describes the biochemical and pathophysiological mechanisms of diseases, as well as the anatomopathological basis of changes induced by pathology, with a view to implementing rehabilitation programmes.	The student/graduate: Presents fundamental concepts regarding the general mechanisms of disease development. Describes biochemical changes depending on health status and level of physical exertion.	The student/graduate: Recognises changes induced by pathology and their causes. Determines the parameters of physical exertion according to the intervention objectives.
4.	The student/graduate identifies general and age-specific behavioural aspects, as well as those related to pathology and population groups, before, during and after intervention, with a view to maximising the effects of the rehabilitation process.	The student/graduate: Explains the role of the human psyche in the rehabilitation process. Demonstrates methods and techniques for influencing the subject's behaviour.	The student/graduate: Identifies the relationship between the functioning of the psychological system and the presence of certain pathologies. Uses professional communication techniques before, during and after intervention.
5.	The student/graduate identifies elements of national and EU legislation and policies relevant to the practice of the profession.	The student/graduate: Applies international and national legislation governing the relationships between rehabilitation service providers and service users. Distinguishes the specific features of practising	The student/graduate: Complies with legal and professional standards in their relationship with service users. Provides high-quality functional rehabilitation services in accordance

No.	LEARNING OUTCOMES		
No.	Knowledge	Skills	Responsibility and autonomy
		the profession within the legislative context.	with professional standards.

2. Physiotherapy – DS

No.	LEARNING OUTCOMES		
No.	Knowledge	Skills	Responsibility and autonomy
1.	<p>The student/graduate explains the fundamental concepts of kinesiotherapy, its aims and principles in the prevention of musculoskeletal disorders.</p> <p>The student/graduate explains the methods of testing and functional assessment used in physiotherapy, including specific tests for various conditions.</p> <p>The student/graduate explains the basic concepts of medical semiology, including the assessment of clinical symptoms and signs.</p> <p>The student/graduate explains the principles and correct techniques for handling patients, including safety and comfort considerations.</p>	<p>The student/graduate:</p> <p>Develops and implements exercise programmes for the prevention of specific conditions.</p> <p>Performs correct patient transfer and mobilisation manoeuvres, ensuring their safety.</p> <p>Performs accurate assessments and functional tests, interpreting the results to guide therapeutic interventions.</p> <p>Identifies and analyses patients' clinical signs and symptoms, formulating observations relevant to treatment.</p>	<p>The student/graduate:</p> <p>Assesses the effectiveness of exercise therapy programmes and makes adjustments based on feedback and results obtained for each individual.</p> <p>Assesses patients' needs and applies handling techniques independently and responsibly, taking their safety into account.</p> <p>Has the ability to develop an intervention plan based on functional assessments, taking responsibility for therapeutic decisions.</p> <p>Conducts semiological assessments independently, taking responsibility for the conclusions and recommendations made.</p>
2.	<p>The student/graduate explains the structure and functioning of social care centres, as well as the types of services and interventions offered.</p> <p>The student/graduate explains various kinesiological methods and techniques used in functional rehabilitation, including the benefits of each technique.</p> <p>The student/graduate explains and is familiar with the physiotherapy and functional rehabilitation protocols used in orthopaedic pathology, including aspects of complication prevention.</p>	<p>The student/graduate:</p> <p>Demonstrates communication and interpersonal skills in interactions with clients and colleagues within the centre.</p> <p>Selects and applies appropriate kinesiological techniques for patient rehabilitation based on diagnosis and individual needs.</p> <p>Assesses the functional status of patients with orthopaedic and trauma conditions and develops personalised treatment plans.</p> <p>Applies communication and collaboration skills when</p>	<p>The student/graduate:</p> <p>Has the ability to work in a team and collaborate with other professionals to provide quality services to clients.</p> <p>Develops a functional rehabilitation plan, taking responsibility for the techniques applied and the results achieved.</p> <p>Manages physiotherapy and functional rehabilitation interventions, monitoring patients' progress and adapting treatments to suit individual needs.</p>

No.	LEARNING OUTCOMES		
No.	Knowledge	Skills	Responsibility and autonomy
	The student/graduate explains the structure and functioning of rehabilitation centres, including the types of services offered and patients' needs.	interacting with patients and other specialists involved in the rehabilitation process.	Has the ability to work as part of a team and to take on responsibilities within the rehabilitation centre.
3.	<p>The student/graduate explains the fundamental concepts and principles of physiotherapy, including its role in the functional recovery of patients.</p> <p>The student/graduate explains the basic principles and imaging techniques used in patient assessment, including X-ray, MRI, CT and ultrasound.</p> <p>The student/graduate explains the fundamental principles of electrotherapy, including the types of currents used, physiological effects and indications for treatment.</p> <p>The student/graduate understands and explains the principles of hydrokinesitherapy, including the properties of water and its effects on the human body during therapeutic exercises.</p>	<p>The student/graduate:</p> <p>Applies theoretical knowledge in the assessment and planning of physiotherapy interventions.</p> <p>Understands images obtained through various imaging techniques and correlates these results with clinical assessments.</p> <p>Selects and applies electrotherapy techniques tailored to patients' needs, ensuring they are applied correctly.</p> <p>Develops and implements personalised hydrokinesitherapy programmes, tailored to patients' needs.</p>	<p>The student/graduate:</p> <p>Develops a treatment plan for patients, taking responsibility for therapeutic decisions.</p> <p>Has the ability to manage the imaging assessment process, adhering to safety and ethical standards.</p> <p>Manages electrotherapy sessions, adhering to protocols and safety regulations.</p> <p>Ensures a safe and accessible environment for patients during hydrotherapy.</p>
4.	<p>The student/graduate understands and explains the characteristics of motor development in children and specific paediatric conditions that may require physiotherapy and functional rehabilitation interventions.</p> <p>The student/graduate defines the types of physical and sensory impairments (e.g. motor, psychomotor, hearing, visual impairments, etc.) and their impact on daily activities.</p> <p>The student/graduate understands and explains what cardio-respiratory conditions are and their</p>	<p>The student/graduate:</p> <p>Assess children's motor skills and develop individualised treatment plans to stimulate their development.</p> <p>Develops and implements personalised physiotherapy and functional rehabilitation programmes that meet the individual needs of people with physical and sensory impairments.</p> <p>Assesses the functional status of people with cardio-respiratory conditions and develops functional rehabilitation plans tailored to their specific needs.</p>	

No.	LEARNING OUTCOMES		
No.	Knowledge	Skills	Responsibility and autonomy
	<p>effects on physical performance and quality of life.</p> <p>The student/graduate understands neurological and neuromotor conditions and their impact on motor function and quality of life.</p> <p>The student/graduate explains the physiological and pathological changes specific to older people and their impact on quality of life.</p> <p>The student/graduate understands and explains rheumatological conditions and their impact on functionality and daily activities.</p>	<p>Assesses the functional capacity of people with neurological and neuromotor impairments and develops personalised rehabilitation programmes.</p> <p>Assesses the functional status of older people and develops individualised treatment plans based on their needs.</p> <p>Implements personalised exercise programmes for people with rheumatological conditions, taking into account their limitations and the pain they experience.</p>	

3. Physiotherapy - DC

No.	LEARNING OUTCOMES		
No.	Knowledge	Skills	Responsibility and autonomy
1.	<p>The student/graduate defines the basic rules of basketball, the basic techniques and strategies used in the sport, as well as its benefits in functional rehabilitation.</p> <p>The student/graduate explains the fundamental rules of handball and basic techniques, as well as its therapeutic applications in functional rehabilitation.</p> <p>The student/graduate knows and explains the fundamental rules of the game of football and the basic techniques, as well as the therapeutic applications in functional rehabilitation. The student/graduate explains the fundamental rules of the game of volleyball and the basic techniques, as well as the therapeutic applications in functional rehabilitation.</p> <p>The student/graduate explains the basic</p>	<p>The student/graduate:</p> <p>Implements basketball-specific exercise programmes, tailored to the individual needs of patients within the context of physiotherapy.</p> <p>Has the ability to use elements of handball to promote coordination, strength and mobility within functional rehabilitation.</p> <p>Develops and implements exercise programmes specific to football, tailored to the individual needs of patients within the context of physiotherapy.</p> <p>Develops and implements exercise programmes specific to volleyball, tailored to the individual needs of patients within the context of physiotherapy.</p> <p>Develops physiotherapy sessions that incorporate tennis exercises tailored to the</p>	<p>The student/graduate:</p> <p>Has the ability to manage therapy sessions independently, taking responsibility for the interventions.</p> <p>Is familiar with how basketball exercises can be adapted for people with various conditions.</p> <p>Demonstrates exercise programmes based on elements of handball, depending on the results observed.</p> <p>Conducts therapy sessions independently, taking responsibility for the effectiveness of the interventions.</p> <p>Develops and implements exercise programmes specific to volleyball, adapted to the individual needs of patients within the context of physiotherapy.</p> <p>Conducts therapy sessions independently,</p>

LEARNING OUTCOMES			
No. No.	Knowledge	Skills	Responsibility and autonomy
	<p>technical rules and strategies used in tennis, as well as its benefits in functional recovery .</p> <p>The student/graduate explains the basic technical rules and strategies used in table tennis, as well as its benefits in functional recovery.</p>	<p>specific needs of each patient.</p> <p>Develops physiotherapy sessions that incorporate table tennis exercises tailored to the specific needs of each patient.</p>	<p>taking responsibility for the effectiveness of interventions.</p> <p>Conducts therapy sessions independently, taking responsibility for the effectiveness of interventions.</p>
2.	<p>The student/graduate explains the structure and how special education centres operate, the services they offer, and the relevant legislation.</p> <p>The student/graduate understands the academic requirements for writing a bachelor's thesis, including its structure, research methodology and the correct citation of sources.</p> <p>The student/graduate explains the psycho-pedagogical principles relevant to learning and personality development, including learning styles and teaching methods.</p> <p>The student/graduate presents the principles of effective communication in the context of physiotherapy, including verbal and non-verbal communication.</p>	<p>The student/graduate:</p> <p>Applies techniques and methods specific to physiotherapy and functional rehabilitation effectively to children and adolescents in these centres.</p> <p>Conducts independent research, writes up the information in a structured and clear manner, and presents the results in an academic format.</p> <p>Applies psycho-pedagogical methods in functional rehabilitation activities, adapting to different learning styles and levels of understanding.</p> <p>Has the ability to communicate clearly and effectively in various situations, including presentations, group discussions and meetings.</p>	<p>The student/graduate:</p> <p>Has the ability to assess children's progress and needs, adapting physiotherapy and functional rehabilitation interventions according to each patient's progress.</p> <p>Manages time and resources to complete the bachelor's thesis, taking responsibility for all stages of the research process.</p> <p>Collaborates with specialists from other fields, promoting open and constructive communication.</p> <p>Manages communication in a work environment, fostering a positive atmosphere.</p>
3.	<p>The student/graduate explains the basic principles orthoses and prostheses, their types and indications for use in various conditions.</p> <p>The student/graduate defines the fundamental concepts of occupational therapy and its role in improving the quality of life of beneficiaries with various health problems.</p> <p>The student/graduate understands the basic principles of physiotherapy and specific to home-based interventions, including the assessment of patients' needs within their own environment.</p> <p>The student/graduate explains the principles and techniques of physiotherapy applied to athletes, including rehabilitation processes and injury prevention.</p>	<p>The student/graduate:</p> <p>Identifies beneficiaries' needs for orthotics and prosthetics and collaborates with interdisciplinary teams in selecting the most appropriate devices.</p> <p>Identifies patients' functional abilities and develops occupational therapy programmes tailored to individual needs.</p> <p>Develops personalised physiotherapy and functional rehabilitation programmes that can be carried out in the home environment, ensuring the safety and comfort of the beneficiaries.</p> <p>Assesses the functional status of athletes and develops specific recovery programmes tailored to their needs.</p> <p>Has the ability to collaborate effectively with teachers, parents and other educational staff to ensure an integrated and unified approach to</p>	<p>The student/graduate:</p> <p>Justifies the use of orthoses and prostheses within rehabilitation therapy, ensuring they are used correctly to enhance the effectiveness of the rehabilitation programme and improve the quality of life of the beneficiaries.</p> <p>Collaborates with multidisciplinary teams, contributing to the planning and coordination of personalised treatments.</p> <p>Communicates effectively with patients and their families, explaining the exercises and their importance for functional rehabilitation.</p> <p>Manages rehabilitation interventions independently, taking responsibility for the functional rehabilitation programmes implemented.</p> <p>Independently manages physical therapy and</p>

No.	LEARNING OUTCOMES		
No.	Knowledge	Skills	Responsibility and autonomy
	The student/graduate explains the techniques and adapted physiotherapy interventions to support the motor, social and emotional development of children with special needs.	interventions for pupils with special needs.	kinesiology sessions, ensuring that interventions are relevant and adapted to the progress of the students.
4.	<p>The student/graduate is familiar with relevant health legislation, including regulations covering aspects such as patients' rights, personal data protection and public health policy.</p> <p>The student/graduate understands the principles of academic ethics, standards of integrity and their importance in academic and professional contexts.</p> <p>The student/graduate is familiar with the vocabulary, grammar and structure of the foreign language studied, using terms and expressions relevant to the field.</p> <p>The student/graduate presents the legal and ethical aspects of running a physiotherapy practice, including regulations and professional standards.</p>	<p>The student/graduate:</p> <p>Interprets and applies legislation in practical scenarios within the healthcare sector.</p> <p>Applies ethical principles in academic and professional activities, making informed and ethical decisions in various situations.</p> <p>Communicates effectively in a foreign language, both orally and in writing, in academic, professional and social contexts.</p> <p>Develops a business plan for a rehabilitation clinic, including marketing strategies, market assessment and revenue forecasting.</p>	<p>The student/graduate:</p> <p>Works independently in accordance with the law, taking responsibility for compliance with legal regulations in their professional practice.</p> <p>Has the opportunity to promote a high standard of ethics and integrity amongst colleagues and students, taking responsibility for their own actions.</p> <p>Manages their own foreign language learning process, using appropriate resources to improve field-specific communication skills.</p> <p>They assess the financial performance of the clinic/practice and make strategic decisions to improve services and grow the business.</p>

GENERAL ANALYSIS OF THE CURRICULUM

No.	Indicator	Status
1.	No issues identified	

ANALYSIS OF THE SEMESTER CURRICULUM

No.	Indicator	Status
1.	Semester I – no issues identified	
2.	Second term – no problems were identified	
3.	Third term – no problems were identified	
4.	Fourth term – no problems detected	
5.	Fifth term – no problems detected	
6.	Semester VI – no issues identified	

VALUES FOR ANALYSIS OF COMPLIANCE WITH ARACIS STANDARDS

No.	Criterion name	Min	Max	Value	Criterion met	
					YES	
1.	Minimum number of teaching hours per week	22	28	26.67	YES	
2.	No. of credits (compulsory + optional) per programme	180	180	180	YES	
3.	No. of credits (compulsory + optional) per semester (physical education)	30	30	30	YES	
4.	Proportion of hours allocated to compulsory subjects (%)	-	-	87.5	YES	
5.	Proportion of hours allocated to optional subjects (%)	-	-	12.50	YES	
6.	Proportion of hours allocated to optional subjects (%)	-	-	19.05	YES	
7.	The ratio of practical hours to lecture hours	-	-	1.53	YES	
8.	Minimum number of credits allocated to a subject	-	-	2	YES	
9.	Maximum number of credits allocated to a module	-	-	5	YES	
10.	Minimum number of modules (compulsory + optional) per semester			8	YES	
11.	Maximum number of modules (compulsory + optional) per semester			14	YES	
12.	Number of specialist practical hours	112		112	YES	
13.	No. of credits for specialised practical training	2		4	YES	
14.	No. of hours allocated to the bachelor's thesis	-	-	56	YES	
15.	Number of credits allocated to the bachelor's thesis	-	-	3	YES	

No.	Criterion name	Min	Max	Value	Criterion met		
16.	Number of credits allocated for the defence of the bachelor's thesis	10	10	10		YES	
17.	No. of hours on ethics and integrity	-	-	28		YES	
19.	Semester no. foreign language	28	28	98		YES	
20.	Proportion of core subjects (%)			11.27%		YES	
21.	Proportion of specialist subjects (%)			72.18%		YES	
22.	Proportion of complementary subjects (%)			15.85%		YES	
23.	Proportion of subjects chosen by the university (%)			24.21%		YES	