

CURRICULUM

Valid from the academic year 2026-2027

Faculty:	Physical Education and Sports
Cycle of university studies:	Bachelor
Name of the bachelor's degree program:	Physical therapy and special motor skills
Name of the qualification acquired upon graduation of the degree program:	Physiotherapy and special motor skills
Level of qualification (according to NQF/EQF):	Level 6
Awarded title:	Bachelor in Physical Therapy
Duration of studies (in years):	3
Number of credits (ECTS):	180
Form of education:	Full-time education
Teaching language:	Romanian
Geographical location of studies:	Timisoara
Framing the study program in fields of science	
Fundamental field:	The Science of Sports and Physical Education
Science branch:	The Science of Sports and Physical Education
Undergraduate field of study:	Physiotherapy
Name of the <u>broad</u> field of study (according to DL-ISCED F-2013):	Health and Social Care
Name of the <u>finite</u> field of study (according to DR-ISCED F-2013):	Health
Name of the <u>detailed</u> field of study (according to DDS-ISCED F-2013):	Therapy and Recovery

OVERVIEW OF THE UNDERGRADUATE STUDY PROGRAM

1. Mission of the study program¹

The main mission of the Bachelor's degree program in Physical Therapy and Special Motor Skills is to prepare and train specialists of great value, who will contribute to the development of this study program. In this regard, we have proposed that the students' training process combines theoretical notions with practical activity, thus moving from informative to formative education. The faculty aims to ensure the theoretical and practical training of students through the human resource, the material base and the collaboration contracts/agreements it has; in this regard, it is beneficial to collaborate with specialized institutions, both in Timisoara and in other cities. Another mission of the study program is to deliver specialists who provide the presently much-needed workforce in the field of recovery, either as individual entities or as part of multidisciplinary teams of specialists, and also to develop skills specific to scientific research in the field. The Physical Therapy and Special Motor Skills Bachelor's Program is part of the development strategy of the Faculty of Physical Education and Sports, of qualitative and quantitative growth of the forms of higher education.

¹ *The mission and objectives of the study program must be consistent with the mission of the West University of Timisoara and with the requirements identified on the labor market.*

According to [the University Charter](#) (Article 5), **the general mission of The West University of Timisoara is advanced education and research, generating, transferring and certifying knowledge to society** through:

- a) initial and continuous university and postgraduate training, for the purpose of professional and personal development of students, doctoral students and trainees, as well as for the insertion of graduates on the labor market and to satisfy the need for competence of the socio-economic environment;
- b) scientific research, development, innovation and technology transfer, through individual and collective creation, relevant to the progress of knowledge and the socio-economic environment;
- c) involvement in the community, by carrying out joint activities for the benefit of the university and the social, economic and cultural environment.

The West University of Timisoara assumes its own mission as a catalyst for the development of the Romanian society by creating an innovative and participatory environment for scientific research, learning, cultural-artistic creation and sports performance, transferring skills and knowledge to the community through the education, research and consultancy services it offers to partners in the economic and socio-cultural environment, as well as by forming and promoting democratic values, the rule of law and fundamental rights and freedoms, preparing active and socially engaged citizens.

The achievement of West University's mission is embodied in (*Article 6 of the UVT Charter*):

- promoting scientific research, development and innovation, technology transfer, literary-artistic creation and sports performance;
- initial and continuous training of qualified and highly qualified human resources;
- developing critical thinking and creative potential of the members of the university community;
- creating, hoarding and spreading the values of human culture and civilization;
- promoting multicultural, multilingual and interfaith interference;
- affirmation of Romanian culture and science in the world circuit of values;
- the development of the Romanian society within a free and democratic state of law;
- affiliation to European university alliances.

2. Expected competencies and learning outcomes formed within the study program

A. COMPETENCIES²

Key competencies³:

- KC1. Multilingual competence;
- KC2. Digital competence;
- KC3. Personal, social and learning to learn competence;
- KC4. Citizenship competence;
- KC5. Entrepreneurship competence;
- KC6. Cultural awareness and expression competence;
- KC7. Mathematical competence and competence in science, technology and engineering;

Professional competencies⁴:

- PC1. Adheres to health and safety principles – Complies with and applies the main points of the health and safety policies and procedures, in accordance with the employer's regulations. Reports identified health and safety risks and follows the appropriate procedures in the event of an accident or injury;
- PC2. Complies with healthcare legislation – Ensures compliance with regional and national health legislation regulating the relationships between providers, payers, vendors in the healthcare sector, and patients, as well as the provision of healthcare services;
- PC3. Develops client discharge plans – Organizes discharge plans, where applicable, for a range of healthcare settings, communicating effectively and ensuring that the client and caregivers are involved in the decision-making process;
- PC4. Complies with clinical guidelines – Adheres to agreed protocols and guidelines supporting medical practice, as provided by healthcare institutions, professional associations, or scientific authorities and organizations;
- PC5. Demonstrates empathy towards healthcare users – Understands the background of clients' and patients' symptoms, their difficulties, and behavior. Empathizes with their

² *Competence* represents the proven ability to select, combine and appropriately use personal, social and/or methodological knowledge, skills and abilities and other acquisitions consisting of values and attitudes, for the successful resolution of a certain category of work or learning situations, as well as for professional or personal development in conditions of effectiveness and efficiency.

³ *Key competencies for lifelong learning* are those competencies that all citizens need for personal fulfilment and development, employment, social inclusion and active citizenship, being developed in the perspective of lifelong learning, starting from early childhood and throughout adult life, through formal, non-formal and informal learning.

⁴ *Professional skills* represent the ability to perform the activities required at work at the quality level specified in the occupational standard. These are acquired formally, respectively by going through a program organized by an accredited institution.

- problems; shows respect and reinforces their autonomy, self-esteem, and independence. Demonstrates concern for their well-being and management, taking into account personal limits, sensitivities, cultural differences, and clients' and patients' preferences;
- PC6. Applies cognitive behavioral therapy techniques – Uses cognitive behavioral therapy techniques for those whose treatment involves cognitive restructuring, addressing dysfunctional emotions, maladaptive behaviors, cognitive processes, and content through a variety of systematic procedures;
- PC7. Interacts with healthcare users – Communicates with clients and their caregivers, with the patient's permission, to inform them about the clients' and patients' progress, while ensuring confidentiality;
- PC8. Interprets medical results – Interprets, integrates, and applies the results of diagnostic imaging, laboratory tests, and other investigations in the client's assessment, in consultation with other healthcare practitioners;
- PC9. Prescribes medical products – Prescribes medical products, where indicated, to be therapeutically effective, adapted to the client's needs, and in accordance with evidence-based practice, national practice guidelines, and within the scope of practice;
- PC10. Provides information on the effects of physiotherapy – Provides information regarding therapeutic outcomes and any inherent risks for the client, ensuring their understanding, and acts in accordance with ethical principles and local/national policies when the client lacks decision-making capacity;
- PC11. Establishes a physiotherapy diagnosis – Establishes a physiotherapy diagnosis/clinical impression of the client's condition, working with the client to identify impairments, activity limitations, and participation restrictions resulting from disease, injury, and/or the aging process, adopting a holistic approach;
- PC12. Adjusts physiotherapy interventions – Modifies physiotherapy interventions based on reassessment of the client's response to treatment;
- PC13. Responds to changing situations in healthcare – Copes with pressure and responds appropriately and promptly to unforeseen and rapidly changing situations in the healthcare environment;
- PC14. Triage clients for physiotherapy – Triage clients for physiotherapy, prioritizing their assessment and indicating where additional services are required;
- PC15. Provides counseling for informed consent of healthcare users – Ensures that patients/clients are fully informed about the risks and benefits of the proposed treatments, so that they can give their informed consent, actively engaging patients/clients in the care and treatment process;
- PC16. Promotes health – Promotes health, well-being, and the prevention of disease or injury on behalf of clients and the profession, in order to strengthen community health, public health, and population health;

- PC17. Formulates treatment plans – Develops a treatment plan and an assessment (analysis) based on the data collected during the consultation, using a process of clinical reasoning;
- PC18. Collects general data on healthcare users – Uses different types of communication channels, such as verbal, handwritten, digital, and telephone communication, in order to build and exchange ideas or information;
- PC19. Communicates in healthcare – Communicates effectively with patients, families, and other caregivers, with healthcare professionals, and with community partners;
- PC20. Complies with healthcare quality standards – Applies quality standards regarding risk management, safety procedures, patient feedback, and the control and use of medical devices in daily practice, as recognized by national professional associations and authorities;
- PC21. Contributes to the continuity of healthcare – Contributes to the provision of coordinated and continuous healthcare;
- PC22. Contributes to the quality of physiotherapy services – Participates in activities that promote quality, particularly with regard to the procurement and evaluation of equipment, resources, safe storage, and stock management;
- PC23. Develops physiotherapy services – Develops safe, effective, and efficient physiotherapy services;
- PC24. Makes referrals for healthcare users – Refers clients to other professionals, based on the requirements and needs of healthcare users, especially when additional diagnoses or medical interventions are required;
- PC25. Works in multidisciplinary healthcare teams – Participates in the provision of multidisciplinary healthcare services and understands the rules and competences of other health professions;
- PC26. Informs decision-makers on health challenges – Provides relevant information regarding healthcare professions to ensure that policy decisions are made in the interest of communities;
- PC27. Promotes health and safety policies in healthcare services – Promotes adherence to local, regional, national, and EU legislation, policies, instructions, and protocols on health and safety;
- PC28. Provides treatment strategies for human health challenges – Identifies possible treatment protocols for human health challenges within a specific community, in cases such as infectious diseases with serious global consequences;
- PC29. Applies organizational techniques – Uses a set of organizational techniques and procedures that facilitate the achievement of established objectives, such as the detailed planning of staff work schedules. Uses these resources efficiently and sustainably and demonstrates flexibility when required;
- PC30. Finds solutions to problems – Solves problems related to planning, prioritizing, organizing, directing/facilitating action, and evaluating performance. Uses systematic

- processes of collecting, analyzing, and synthesizing information to assess current practice and generate new insights into practice;
- PC31. Adheres to enterprise organization guidelines – Complies with standards and guidelines specific to the organization or departments. Understands the organization's rationale and common agreements and acts accordingly;
- PC32. Manages the budget of a healthcare unit – Manages the budget of a healthcare unit. Collaborates in budget planning processes, including the costs of supplies needed for healthcare services and appropriate healthcare management;
- PC33. Manages healthcare user data – Keeps accurate records of clients that also comply with legal and professional standards and ethical obligations, to facilitate client management, ensuring that all client information (including verbal, written, and electronic) is treated confidentially;
- PC34. Uses different communication channels – Uses different types of communication channels, such as verbal, handwritten, digital, and telephone communication, in order to build and exchange ideas or information;
- PC35. Uses e-health and mobile health technologies – Uses mobile health and e-health technologies (apps and online services) to improve healthcare delivery;
- PC36. Accepts personal responsibility – Takes responsibility for own professional activities and recognizes the limits of the scope and competences associated with own practice;
- PC37. Develops strategic plans for physiotherapy services – Contributes to the development of systems, policies, and procedures for the delivery of physiotherapy services, sharing knowledge and contributing to internal and external learning opportunities;
- PC38. Manages physiotherapy staff – Recruits, trains, manages, develops, and supervises physiotherapy staff, where applicable, ensuring the provision of an efficient clinical service for clients, while recognizing the need for continuing education both for oneself and for other members of the physiotherapy staff;
- PC39. Supervises physiotherapy students – Supervises, educates, and provides learning opportunities for physiotherapy students;
- PC40. Supervises physiotherapy assistants – Supervises and provides learning opportunities for physiotherapy assistants;
- PC41. Conducts health research – Carries out research on health-related topics and communicates conclusions verbally, through public presentations, or in written reports and other publications;
- PC42. Performs physiotherapy assessments – Conducts physiotherapy assessments, integrating data collected from subjective and physical examinations and information obtained from other relevant sources, while maintaining clients' safety, comfort, and dignity during the assessment;
- PC43. Develops therapeutic relationships – Maintains the individual therapeutic relationship to activate the person's innate healing capacity, to achieve active collaboration in the

- process of health education and healing, and to maximize the potential for healthy change;
- PC44. Promotes inclusion – Promotes inclusion in healthcare and social services and respects the diversity of beliefs, cultures, values, and preferences, taking into account the importance of issues related to equality and diversity.
- PC45. Works in a multicultural healthcare environment – Interacts, relates, and communicates with individuals from a variety of different cultures when working in a healthcare environment.
- PC46. Applies medical sciences – Applies a wide range of biomedical, psychosocial, organizational, educational, and social aspects of health, diseases, and healthcare to improve medical services and quality of life;
- PC47. Provides instruction on disease prevention – Offers evidence-based counseling on how to avoid diseases, educates and advises individuals and their caregivers on how to prevent diseases and/or improve environmental and health conditions. Provides guidance on identifying risks that lead to diseases and helps increase patient resilience by targeting prevention and early intervention strategies;
- PC48. Provides health education – Delivers evidence-based strategies to promote a healthy lifestyle, disease prevention, and disease management;
- PC49. Records healthcare users' treatment progress – Records the healthcare user's progress in response to treatment through observation, listening, and measuring outcomes;
- PC50. Selects and correctly uses equipment, devices, and installations specific to kinesitherapy, electrotherapy, hydrothermotherapy, massage, and other complementary techniques and methods within prevention and rehabilitation programs;
- PC51. Plans, implements, and monitors specific recovery, prevention, and rehabilitation programs;
- PC52. Understands and interprets the mechanisms governing the biological and psychological structures of the human body in motor activities;
- PC53. Observes, analyzes, and interprets motor activities in the context of prevention and rehabilitation;
- PC54. Uses and justifies physical exercise in the design of kinetoprofilaxy and kinesitherapy programs;
- PC55. Interacts professionally in research and professional settings – Demonstrates consideration for others as well as collegiality. Listens, provides feedback, and responds perceptively to others, which also involves supervising and leading staff in a professional environment;
- PC56. Communicates scientific findings – Shares recent findings and enthusiasm in the field of science with the general public, enhances the public's knowledge, appreciation, and understanding of science, and promotes the use of scientific results in opinion formation;

- PC57. Conducts interdisciplinary research – Carries out research activities beyond disciplinary and functional boundaries;
- PC58. Develops professional networks with researchers – Builds alliances, contacts, or partnerships and exchanges information with others. Promotes integrated and open collaborations in which different stakeholders co-create innovations and research of shared value. Builds a personal profile or brand and becomes visible and accessible in both face-to-face and online networking environments;
- PC59. Disseminates results within the scientific community – Makes scientific results public through any appropriate means, including conferences, workshops, colloquia, and scientific publications;
- PC60. Assesses clients' physical condition – Checks the health status of new clients to evaluate whether their participation is advisable;
- PC61. Manages personal professional development – Takes responsibility for lifelong learning and continuous professional development. Engages in learning activities to support and update professional competences. Identifies priority areas for professional development based on reflection on one's own practice and through contact with peers and stakeholders;
- PC62. Thinks abstractly – Demonstrates the ability to use concepts to create and understand generalizations and to correlate or connect them to other elements, events, or experiences;
- PC63. Publishes academic research papers – Undertakes academic research activities at a university, college, or independently, in their field of expertise, and publishes the results in books or academic journals, with the aim of contributing to the field and obtaining personal academic accreditation;
- PC64. Designs physical exercise programs to combat health risks – Develops exercise programs for individuals at risk or individuals with health problems;
- PC65. Provides support for clinical studies – Collaborates with other scientists on clinical studies to improve medical methods for prevention, detection, diagnosis, and treatment of diseases;
- PC66. Provides individualized training programs – Offers a range of training programs according to clients' needs, applying training programming principles, modifying and adjusting them as appropriate, to support effective and safe training;
- PC67. Teaches in academic or professional contexts – Trains students in the theory and practice of academic or professional disciplines, transferring content from personal and others' research activities;
- PC68. Prepares lesson content – Prepares the content to be taught in class, in accordance with curriculum objectives, by developing exercises, seeking updated examples, etc.;
- PC69. Delivers lectures – Gives lectures to various groups.

Transversal competencies⁵:

- TC1. Demonstrates initiative – Is proactive and takes the first step in an action without waiting to find out what others say or do;
- TC2. Manages financial and material resources – Makes effective financial plans, using credit, savings, investments and pensions, to achieve short and long-term goals, using financial advice and guidance services with a critical mindset, comparing transactions and offers when purchasing products or services and actively selecting appropriate insurance products;
- TC3. Respects diversity of values and cultural norms – Demonstrates intercultural competence and respect for cultural values and norms. Demonstrates tolerance and appreciation for the different values and norms held by different people and cultures and developed in different circumstances or at different times and places;
- TC4. Thinks critically – Makes and defends judgments based on internal evidence and external criteria. Critically evaluates the credibility and reliability of information before using it or transmitting it to others. Develops independent and critical thinking;
- TC5. Complies with regulations – Complies with the rules, regulations and guidelines relating to a particular field or sector and apply them in their daily work;
- TC6. Thinks innovatively – Develops ideas or draws conclusions that lead to the creation and implementation of innovations or changes;
- TC7. Respects confidentiality obligations – Respects the necessary discretion and restraint with regard to confidential, secret or sensitive information.

B. EXPECTED LEARNING OUTCOMES⁶

a) Knowledge⁷ - According to *the European Qualifications Framework– EQF*, the learning outcomes related **to the 6th level of qualification**, corresponding to the bachelor's degree studies, imply advanced **knowledge in a field of work or study, which involves the critical understanding of the theories and principles**:

- K1. Recognizes and understands policies and procedures regarding patient well-being, health, and safety, in accordance with employer policies;

⁵ *Transversal competencies* represent the value and attitudinal acquisitions that go beyond a certain field/study program and are expressed through the following descriptors: responsibility and autonomy, social interaction, personal and professional development.

⁶ *Learning outcomes* mean statements that refer to what a learner knows, understands and is able to do at the end of a learning process and that are defined in the form of knowledge, skills, responsibility and autonomy.

⁷ *Knowledge* means the result of assimilating information through learning. Knowledge is the set of facts, principles, theories and practices related to a specific field of work or study. Knowledge is described as theoretical and/or factual. Knowledge is expressed through the following descriptors: knowledge, understanding and use of specific language, explanation and interpretation.

- K2. Knows the national and EU legislation, guidelines, and protocols on patient/client health and safety;
- K3. Identifies health challenges across different population groups;
- K4. Selects the means by which decision-makers can be informed about the identified health challenges;
- K5. Recognizes categories of pathologies that may have major global consequences;
- K6. Selects specific organizational techniques and procedures;
- K7. Is familiar with the management of units providing physiotherapy services, about planning, organizing, directing, controlling, budgeting, leadership, and evaluation of services;
- K8. Understands the specific aspects of marketing and financing in physiotherapy, including the structure of the market and how it operates in the field of physiotherapy;
- K9. Possesses a system of theoretical knowledge regarding business planning, fundraising, and sponsorship;
- K10. Knows the legal and professional standards and ethical obligations concerning the management of physiotherapy service users' data;
- K11. Masters current validated systems for managing personal data of physiotherapy service users;
- K12. Knows, understands, and uses the types and mechanisms of e-health and mobile health technologies;
- K13. Knows the rights and obligations related to the physiotherapy profession;
- K14. Identifies the limits of professional activity;
- K15. Understands the norms and principles of professional ethics and deontology;
- K16. Identifies methods of continuous training, organization, and supervision of staff involved in providing physiotherapy services;
- K17. Identifies opportunities and methods for educating and developing physiotherapy students and assistants;
- K18. Uses effective methods for supervising physiotherapy students and assistants;
- K19. Possesses fundamental and applied knowledge necessary for conducting and disseminating scientific research;
- K20. Knows the fundamental elements of academic writing;
- K21. Understands the most recent validated scientific findings in the field;
- K22. Knows the specific professional criteria regarding discharge, transfer, and/or reintegration into specific activity of the patient/client who has benefited from physiotherapy services;
- K23. Identifies validated guidelines and protocols in physiotherapy practice, established by professional associations, relevant authorities, and scientific organizations in the field;
- K24. Identifies effective methods of communication and interaction (including cognitive-behavioural treatment techniques) with patients/clients and their families;

- K25. Recognizes the manifestation and management of patients'/clients' symptoms, taking into account personal limits, sensitivities, cultural differences, and client/patient preferences;
- K26. Identifies the manifestation of dysfunctional emotions, maladaptive behaviours, and cognitive processes and content;
- K27. Knows the theoretical and practical concepts of somato-functional assessment methods;
- K28. Recognizes the basic elements and terminology related to the interpretation of medical investigations used in patient/client evaluation;
- K29. Knows the types of medical devices, their indications, contraindications, modes of use, and acquisition;
- K30. Indicates the effects of physiotherapy;
- K31. Knows the inherent risks of applying methods and techniques specific to physiotherapy/kinesiotherapy;
- K32. Knows the specific methods of somato-functional assessment;
- K33. Interprets the results of specific somato-functional assessments;
- K34. Recognizes activity limitations resulting from illness, injury, and/or aging;
- K35. Understands the general principles of physiotherapy in the studied pathologies;
- K36. Knows the specific methods and techniques for applying physical therapy and its complementary methods;
- K37. Identifies the most recent validated intervention protocols and/or scientific findings in the field;
- K38. Recommends consultation with other specialists in order to find optimal therapeutic solutions;
- K39. Explains the risks and benefits of the proposed treatments/intervention programs;
- K40. Understands the basic principles and mechanisms of human body functioning;
- K41. Identifies the benefits and risks of physical exercise/physical activity on the body as a whole, as well as on specific organs and systems;
- K42. Knows and understands the general principles of therapy and rehabilitation;
- K43. Knows and understands physiotherapy-specific methods and techniques that can be used in medical recovery;
- K44. Knows the quality standards related to risk management, safety procedures, patient feedback, screening, and specific devices, as recognized by professional associations and national authorities;
- K45. Identifies the specific aspects related to equipping, arranging, and designing physiotherapy units;
- K46. Knows the quality standards regarding the use of material resources;
- K47. Formulates the necessary measures to restore patient/client safety in risky situations;
- K48. Understands the principles of planning, organizing, and prioritizing professional activities;

- K49. Specifies the principles of multidisciplinary collaboration;
- K50. Identifies the norms and competences of members of the multidisciplinary team;
- K51. Knows the legislation and policies regarding inclusion, respect for diversity, and combating discrimination;
- K52. Understands the policies regarding carrying out activities in a multicultural environment;
- K53. Identifies methods of effective communication and interaction with individuals from a variety of different cultures;
- K54. Explains the general concepts of the field, regarding motricity and motor activity, the structure and functions of human motor activities, and their effects on development and education, so that they can be used in the rehabilitation process;
- K55. Defines the general, structural (anatomical), and functional concepts of the human body for the development of rehabilitation programs;
- K56. Defines the general concepts and describes the biochemical and pathophysiological mechanisms of diseases, the anatomopathological basis of changes induced by pathology, for the implementation of rehabilitation programs;
- K57. Identifies general and age-, pathology-, and population-specific behavioural aspects before, during, and after intervention, in order to maximize the effects of the rehabilitation process;
- K58. Identifies elements of national and EU legislation and policies in exercising the profession;
- K59. Develops the ability to cooperate with other rescuers or specialized services in certain emergency situations;
- K60. Knows the principles that ensure effective, rapid, and correct first aid, as well as the methods of applying first aid in different emergency situations;
- K61. Understands the specific notions of motor activity theory;
- K62. Describes the stages of motor skill formation;
- K63. Distinguishes the differences between abilities and skills;
- K64. Recognizes the structure and characteristics of movement;
- K65. Establishes the characteristics of motricity at different age stages;
- K66. Knows the main data regarding pain and the means of assessing it;
- K67. Identifies the basic elements of the exercise stress test and it is used;
- K68. Knows the basic principles necessary for anamnesis and a general objective examination of patients presenting at the physiotherapy office;
- K69. Identifies the main physical deficiencies and the terminology specific to physiotherapy;
- K70. Specifies the principles of correction of the studied physical deficiencies;
- K71. Provides examples of exercise programs used to correct the studied physical deficiencies;
- K72. Understands the role of physical exercise in preventing various functional physical deficiencies;

- K73. Uses theoretical and practical knowledge to design and monitor a kinetic program for the studied deficiencies;
- K74. Knows the primary and secondary massage techniques, as well as the particularities of applying massage techniques to different segments and regions of the body;
- K75. Knows and understands complementary massage techniques;
- K76. Knows and understands electrotherapy procedures and their mechanisms of action.
- K77. States the indications and contraindications of electrotherapy methods;
- K78. Identifies the test batteries used for functional evaluation of beneficiaries of Social Assistance Centers;
- K79. Explains the principles of rehabilitation in cardiovascular, respiratory, pediatric, geriatric, rheumatologic, neurological, orthopedic-traumatic, and sports conditions;
- K80. Understands the methodology for developing a recovery program in cardiovascular, respiratory, pediatric, geriatric, rheumatologic, neurological, orthopedic-traumatic, and sports conditions;
- K81. Knows the methodology for implementing and monitoring a recovery program in cardiovascular, respiratory, pediatric, geriatric, rheumatologic, neurological, orthopedic-traumatic, and sports pathologies;
- K82. States the principles of healthy nutrition, the energy and nutritional needs of the body, trophic factors, as well as the basic elements related to foodborne infections;
- K83. Describes the basic principles of air, water, housing, and physiotherapy office hygiene, as well as body hardening (physiological conditioning);
- K84. Explains the methods of developing motor skills;
- K85. Identifies effective methods and techniques in the recovery of certain sports injuries;
- K86. Identifies methods for achieving primary and secondary prevention in sports pathology;
- K87. Argues the necessity of certain changes in sports activity to avoid the occurrence of overuse injuries;
- K88. Identifies the activities underlying hydro-kinesiotherapy and the target populations.
- K89. Argues the importance and advantages of hydro-kinesiotherapy;
- K90. Presents situations in which hydro-kinesiotherapy activities should be applied;
- K91. Describes the role of hydro-kinesiotherapy in the recovery of various conditions;
- K92. Identifies the conditions in which hydro-kinesiotherapy activities can be applied;
- K93. Knows the theoretical concepts used in the field of neurology;
- K94. Explains the main subjective and objective signs encountered in neurological practice;
- K95. Knows the methodology of functional evaluation of patients with neurological conditions;
- K96. Describes the clinical particularities of patients with neurological conditions, depending on pathology and clinical stage;
- K97. Explains the methodology of applying kinetic programs to patients with neurological disorders;

- K98. Identify the role of physiotherapy for the child and for society;
- K99. Identify the optimal, individualized, and personalized rehabilitation program;
- K100. Describes the main elements related to social policies and the promotion of sport;
- K101. Present the main techniques for patient handling;
- K102. Describes the main functions of the wheelchair, crutches, cane, and walking frame;
- K103. Demonstrate the main transfer methods;
- K104. Mentions the areas of application of occupational therapy and the basic principles of its implementation;
- K105. Exemplifies the specific methods and techniques of occupational therapy that form the basis of an efficient rehabilitation program;
- K106. Identifies the methods and techniques that can be used in certain stages of the evolution of the studied conditions;
- K107. Identifies those clinical manifestations that can be influenced by occupational therapy programs;
- K108. Identifies the most suitable methods/techniques that can be used for a specific individual or population group within kinetoprophylactic programs;
- K109. Recognizes anatomical elements on radiographic/ultrasound/computed tomography, or magnetic resonance imaging films;
- K110. Differentiates pathological elements on radiographic/ultrasound/computed tomography, or magnetic resonance imaging films;
- K111. Specifies the optimal tests/questionnaires for evaluating the level of physical activity performed by an individual/population group and their physical condition;
- K112. Identifies the most appropriate way to design and implement a kinetoprophylactic program for an individual or population group;
- K113. Justifies the necessity of a kinetoprophylactic intervention for a specific individual or population category.

b) Skills⁸ - According to *The European Qualifications Framework – EQF*, the learning outcomes related to the **6th level of qualification**, corresponding to the bachelor's degree studies, imply advanced **skills**, which denote control and innovation, necessary to solve complex and unpredictable problems in a specialized field of work or study:

- S1. Promotes the well-being, health, and safety of the patient;
- S2. Applies local, regional, national, and EU policies, procedures, and protocols regarding the well-being, health, and safety of the patient, in accordance with the employer's policies;
- S3. Applies legislative data to professional activity;

⁸ The skill represents the ability to apply and use knowledge to complete tasks and solve problems. Skills are described as cognitive (involving the use of logical, intuitive, and creative thinking) or practical (involving manual dexterity and the use of methods, materials, tools, and instruments). Skills are expressed through the following descriptors: application, transfer and problem solving, critical and constructive reflection, creativity and innovation.

- S4. Formulates proposals for regulations addressing health-related challenges when the solutions to these problems are connected to their professional expertise;
- S5. Promotes the importance of health and safety policies in healthcare services;
- S6. Identifies potential threats to human health within a given community in cases such as diseases with major global consequences;
- S7. Selects and applies treatment protocols for diseases that may have major global consequences;
- S8. Applies specific organizational techniques and procedures effectively, sustainably, and flexibly;
- S9. Plans and prioritizes professional activity efficiently;
- S10. Evaluates professional performance and, where applicable, that of employees;
- S11. Analyses the component elements of the organization of units providing physiotherapy services;
- S12. Selects the factors that influence the organization of rehabilitation centres in physiotherapy;
- S13. Applies marketing principles in physiotherapy;
- S14. Applies financial concepts, theories, methods, and tools in managing the budget of a unit offering physiotherapy services;
- S15. Documents the economic and financial activities of the organization;
- S16. Develops a SWOT analysis regarding the organization's economic and financial activity;
- S17. Ensures the confidentiality and security of patients'/clients' personal data;
- S18. Uses current validated systems for managing patients'/clients' personal data;
- S19. Informs the patient/client about the evaluation and intervention process to which they will be subjected, as well as about the management of their personal data;
- S20. Prepares and obtains the informed consent of the patient/client;
- S21. Uses different types of communication in the field with patients/clients and other healthcare professionals;
- S22. Uses terminology specific to the field of physiotherapy;
- S23. Prepares different marketing strategies for promoting the physiotherapy services offered;
- S24. Uses clear, coherent, individualized language adapted to the understanding of the target audience;
- S25. Uses e-health and mobile health technologies with patients/clients (in implementing specific interventions and in remotely monitoring their progress), as well as with other healthcare professionals;
- S26. Provides clear, individualized information to the patient/client regarding the use of e-health and mobile health technologies with patients/clients and with other healthcare professionals;
- S27. Uses e-health and mobile health technologies in educational strategies for disease prevention;

- S28. Applies own competences in professional activities;
- S29. Requests consultation and intervention from other specialists when they consider that their professional limits have been exceeded;
- S30. Transfers professional knowledge within physiotherapy services and beyond;
- S31. Selects internal or external learning opportunities in the professional field;
- S32. Develops a continuing education plan for the staff involved in providing physiotherapy services;
- S33. Applies valid, effective methods of organizing and supervising staff involved in providing physiotherapy services;
- S34. Adapts the activity of the staff involved in providing physiotherapy services according to the results of their periodic evaluations;
- S35. Applies valid, effective methods of supervising physiotherapy students and assistants;
- S36. Applies academic ethical concepts in action-research interventions;
- S37. Applies the most recent validated scientific results in the field;
- S38. Uses language appropriate from an academic and professional perspective;
- S39. Adapts communication skills during professional activities to ensure the safety, comfort, and dignity of the patient/client;
- S40. Communicates effectively, sincerely, and empathetically to gain the trust and cooperation of patients/clients;
- S41. Recommends, when necessary, the continuation of recovery at the patient's home or in another service if transferred;
- S42. Communicates appropriately with other healthcare professionals;
- S43. Communicates effectively with the patient and their caregivers about the recovery program;
- S44. Applies validated guidelines and protocols in physiotherapy services, individualized to the patient's/client's particularities;
- S45. Applies cognitive-behavioural treatment techniques for individuals whose treatment involves cognitive retraining, addressing dysfunctional emotions, maladaptive behaviours, and cognitive processes and contents through a variety of systematic procedures;
- S46. Monitors the patient's progress;
- S47. Objectively analyses the progress of patients/clients based on scientifically validated evaluation methods;
- S48. Ensures the confidentiality and security of personal data (including the results of periodic evaluations) of patients/clients;
- S49. Informs the patient/client about the results of the evaluation process and the analysis of their progress;
- S50. Integrates the interpretation of medical investigation results performed by specialists to develop an optimal intervention program;

- S51. Communicates effectively with medical specialists involved in performing and interpreting medical investigations, as well as with attending physicians;
- S52. Integrates effective methods to improve the quality of professional practice based on the results of conducted evaluations;
- S53. Recommends medical devices according to the needs and particularities of patients/clients;
- S54. Provides guidance regarding the use of medical devices recommended to patients/clients;
- S55. Communicates information regarding the therapeutic benefits and results and the inherent risks of implementing intervention programs;
- S56. Interprets the results of periodic evaluations performed;
- S57. Uses evaluation methods and optimal timing for analyzing the evolution of the response to the applied therapy/prevention method;
- S58. Adjusts interventions based on re-evaluations;
- S59. Applies the most recent intervention protocols and/or validated scientific results in the field;
- S60. Selects situations that require the interventions of other professionals, especially when additional diagnoses or medical interventions are necessary;
- S61. Triage patients/clients, indicating whether additional services are necessary;
- S62. Requests consultation and intervention from other specialists when they consider that their professional limits have been exceeded;
- S63. Explains to patients/clients the risks and benefits of the proposed treatments/intervention programs in a comprehensible manner;
- S64. Prepares an informed consent agreement for the patient/client or their legal guardian;
- S65. Explains in a comprehensible manner to patients/clients/legal guardians all the information contained in the informed consent agreement for the patient/client or their legal guardian;
- S66. Promotes the importance of practicing different forms of physical activity for maintaining/regaining physical, mental, and social health;
- S67. Applies specific kinesio-prophylaxis programs for different types of pathologies or population groups (occupational, age-related, etc.);
- S68. Capitalizes on the theoretical and practical knowledge acquired in professional activity;
- S69. Uses evidence-based reasoning in setting the objectives of a physiotherapeutic intervention;
- S70. Prepares an individualized recovery program;
- S71. Implements the physiotherapy programs designed;
- S72. Adapts creatively and innovatively the specific methods and means in professional activity;
- S73. Ensures the confidentiality and security of data collected from patients/clients;

- S74. Uses current validated systems for collecting the data necessary for carrying out the prevention/recovery process;
- S75. Informs the patient/client about the process of collecting the data necessary for carrying out the prevention/recovery process;
- S76. Applies quality standards regarding risk management, safety procedures, patient feedback, screening, and recognized specific devices used by professional associations and national authorities;
- S77. Integrates multiple techniques and methods in the intervention program to optimize the therapeutic/preventive process;
- S78. Explains the necessity of patients'/clients' adherence to the intervention program for the period recommended by specialty guidelines;
- S79. Manages the maintenance and use of material resources at the recommended standards;
- S80. Recognizes risky situations regarding the health and safety of the patient/client and applies the necessary measures;
- S81. Applies the necessary measures to ensure the safety of the patient/client in risky situations;
- S82. Prepares the patient/client physically and mentally for the intervention to be performed;
- S83. Uses communication skills during professional activities to ensure the safety, comfort, and dignity of the patient/client;
- S84. Organizes and promotes a quality physiotherapy service;
- S85. Recognizes situations that require the interventions of other professionals, especially when additional diagnoses or medical interventions are necessary;
- S86. Requests consultation and intervention from other specialists when they consider that their professional limits have been exceeded;
- S87. Collaborates with other professionals within the multidisciplinary team for the optimal approach to patients/clients;
- S88. Promotes equality and non-discrimination among employees and patients/clients of physiotherapy units;
- S89. Promotes interaction, relationships, and communication with people from diverse cultural backgrounds.
- S90. Uses the fundamental notions of human motricity in various contexts;
- S91. Uses terminology according to motor activities;
- S92. Distinguishes the role and place of the physiotherapist in different professional contexts;
- S93. Identifies the structures and functions of the human body and the methods of evaluating biological functions;
- S94. Presents the actions of different muscle groups and movement parameters;

- S95. Presents fundamental notions regarding the general mechanisms of disease production;
- S96. Characterizes biochemical changes according to health status and level of physical effort;
- S97. Explains the role of the human psychic system in the rehabilitation process;
- S98. Demonstrates methods and techniques of influencing the subject's behavior;
- S99. Applies international and national legislation regulating the relations between rehabilitation service providers and beneficiaries;
- S100. Distinguishes the particularities of practicing the profession in the legislative context;
- S101. Designs a hygienic-dietary regimen necessary for healthy or ill individuals performing a certain type of physical activity;
- S102. Applies correct first aid measures in an emergency situation based on the signs and symptoms presented by the subject;
- S103. Communicates and collaborates with other rescuers or representatives of specialized medical services in providing first aid;
- S104. Argues the choice of certain accident prevention measures and their related ethical principles;
- S105. Demonstrates joint movements and the actions of different muscle groups;
- S106. Designs general physical development complexes considering age-specific characteristics and various deficient postures;
- S107. Demonstrates the execution technique of gymnastic means (drill and formation exercises, utilitarian-applicative exercises);
- S108. Develops the ability and habit of systematically and independently practicing physical exercises for maintaining personal hygiene and revitalizing the body;
- S109. Analyzes the differences between known motor activities;
- S110. Applies didactic principles within different forms of organizing physiotherapy activities;
- S111. Interprets the role and status of the physiotherapist;
- S112. Develops the ability and habit of systematically and independently practicing physical exercises for hygienic and restorative purposes;
- S113. Shows initiative in supporting own opinions regarding motor activities;
- S114. Performs somatometric and somatoscopic examinations for the studied physical deficiencies;
- S115. Explains the mechanisms by which physical exercise prevents the occurrence of functional physical deficiencies;
- S116. Shows creativity in designing corrective exercise programs for functional deficiencies;
- S117. Applies the technique of primary and secondary massage procedures on different segments and regions of the body;
- S118. Applies complementary methods and techniques of physiotherapy used in the rehabilitation of the studied pathologies;
- S119. Practices massage for prophylactic purposes;

- S120. Analyzes the need for rehabilitation through a kinetic program in sports pathology;
- S121. Selects optimal complementary methods for the established kinetic program;
- S122. Applies hydro-kinesiotherapy activities for prophylactic purposes;
- S123. Applies electrotherapy procedures indicated by the specialist in the treatment plan;
- S124. Demonstrates the evaluation methods used in the recovery of patients with neurological conditions;
- S125. Demonstrates various kinetic programs for neurological disorders;
- S126. Justifies the importance of kinetoprophylaxis and physiotherapy in pediatrics;
- S127. Justifies the importance of patient handling techniques;
- S128. Applies handling techniques in bed, transfer in ADLs, and ambulation;
- S129. Justifies the necessity and benefits of applying occupational therapy interventions in the context of the studied conditions;
- S130. Justifies the continuation or discontinuation of such programs in accordance with the clinical and biological characteristics of the patients;
- S131. Develops kinetic programs for improving physical condition and, implicitly, for reducing general and specific morbidity indicators;
- S132. Demonstrates different kinetic, akinetic, and proprioceptive neuromuscular facilitation techniques;
- S133. Correctly applies joint testing (goniometry) and manual muscle testing;
- S134. Interprets the results obtained from joint and muscle testing;
- S135. Correctly applies kinetic techniques according to the encountered pathology;
- S136. Performs different types of mobilizations: passive, passive-active, active, and active with resistance, at the level of different joints (shoulder, elbow, hand, spine, hip, knee, foot);
- S137. Supports personal opinions regarding the use of specific medical recovery techniques and methods.

c) Responsibility and autonomy⁹ - According to *The European Qualifications Framework – EQF*, the learning outcomes related **to the 6th level of qualification**, corresponding to the bachelor's degree studies, involve *the management of complex technical or professional activities or projects, by assuming responsibility for making decisions in unpredictable work or study situations and assuming responsibility for managing the professional development of individuals and groups*:

- R1. Responsibly and autonomously complies with national and EU legislation, policies, procedures, guidelines, and protocols regarding the well-being, health, and safety of the patient, in accordance with the employer's policies;
- R2. Responsibly and autonomously complies with the healthcare legislation in force regulating the relationships between healthcare service providers and patients/clients.

⁹ *Responsibility and autonomy* means the learner's ability to apply his/her knowledge and skills autonomously and responsibly.

- R3. Implements treatment protocols for challenges to human health within a given community in cases such as diseases with major global consequences;
- R4. Respects the principles, legislation, and rules specific to the profession;
- R5. Continuously reviews the planning, organization, and prioritization of professional activities;
- R6. Continuously improves professional knowledge and skills to enhance professional activity;
- R7. Responsibly and autonomously makes decisions regarding the management of the budget of a unit providing physiotherapy services;
- R8. Responsibly and autonomously configures a decision-making process of an economic-financial nature and evaluates its impact on the organization;
- R9. Responsibly and autonomously selects the persons who use the systems for managing the personal data of the patient/client;
- R10. Manages the personal data of the patient/client with discernment, in compliance with the legislation in force;
- R11. Responsibly and autonomously communicates information regarding the physiotherapy services provided;
- R12. Responsibly and autonomously selects the most appropriate e-health or mobile health technology, adapted to the professional context;
- R13. Respects professional ethical and deontological norms;
- R14. Demonstrates objectivity, rigor, and scientific accuracy in specific reasoning and interventions;
- R15. Responsibly and autonomously selects the associated or employed staff in units providing physiotherapy services;
- R16. Ensures staff participation in continuing education courses and programs in the field;
- R17. Ensures participation of physiotherapy students and assistants in continuing education courses and programs in the field;
- R18. Promotes current scientific approaches in research activities carried out;
- R19. Demonstrates objectivity in reasoning and interventions, rigor, and scientific accuracy;
- R20. Is responsible for maintaining the comfort, safety, and dignity of patients/clients throughout the specific intervention;
- R21. Respects the principles of professional ethics and deontology;
- R22. Assumes responsibility regarding the specific procedures of discharge, transfer, and/or reintegration into activity of patients and the intervention plans related to these stages;
- R23. Respects validated guidelines and protocols in the practice of physiotherapy services;
- R24. Respects the personal limits, sensitivities, cultural differences, and preferences of the patient/client;
- R25. Assumes responsibility for decisions regarding the approach to individuals requiring cognitive-behavioural treatment, for those whose treatment involves cognitive

- retraining, addressing dysfunctional emotions, maladaptive behaviours, and cognitive processes and contents through a variety of systematic procedures;
- R26. Responsibly and autonomously selects the optimal evaluation methods for assessing the progress of patients/clients;
 - R27. Responsibly and autonomously communicates the necessary information regarding the progress of patients/clients and/or their caregivers;
 - R28. Interprets medical results provided by specialists in the field in order to establish and adapt the intervention program during its course;
 - R29. Respects the quality standards regarding the services provided;
 - R30. Responsibly and autonomously selects the optimal devices for the pathology and/or individual particularities of patients/clients;
 - R31. Responsibly and autonomously applies ethical principles and local/national policies.
 - R32. Assumes responsibility for the correct identification and classification of impairments and activity limitations resulting from illness, injury, and/or aging;
 - R33. Recommends consultation with other specialists in order to find optimal therapeutic solutions;
 - R34. Assumes responsibility for the therapy/prevention procedures applied;
 - R35. Assumes responsibility for monitoring patients/clients;
 - R36. Responsibly selects intervention protocols adapted to continuous changes in the field;
 - R37. Autonomously and responsibly acknowledges the limits imposed by the knowledge and skills acquired;
 - R38. Assumes responsibility for the content of the informed consent agreement;
 - R39. Promotes methods specific to the profession for maintaining/regaining health in a responsible and autonomous manner;
 - R40. Assumes responsibility for the design, implementation, and monitoring of physiotherapeutic interventions;
 - R41. Responsibly and autonomously reviews the methods of data collection necessary for carrying out the prevention/recovery process;
 - R42. Monitors, in collaboration with all team members, the implementation of the intervention program, as well as the evaluation and progress of patients/clients;
 - R43. Responsibly and autonomously respects and promotes inclusion, respect for diversity, and equal treatment of genders, ethnicities, and minority groups within organizations, in order to prevent discrimination and ensure inclusion;
 - R44. Respects individuals working in a multicultural environment;
 - R45. Provides examples of acts, actions, and motor activities;
 - R46. Argues for the use of specialized terminology in debates within the field;
 - R47. Identifies the responsibilities of the physiotherapist within interdisciplinary teams;
 - R48. Integrates fundamental notions regarding the structures and functions of the human body in the rehabilitation process;
 - R49. Recognizes the characteristics of movement and their parameters;

- R50. Recognizes pathology-induced changes and their causes;
- R51. Establishes the parameters of physical effort according to the intervention objectives;
- R52. Identifies the relationship between the functioning of the psychic system and the presence of certain pathologies;
- R53. Uses professional communication techniques before, during, and after intervention;
- R54. Complies with legal and professional standards in the relationship with beneficiaries;
- R55. Provides quality functional rehabilitation services in accordance with professional standards;
- R56. Manages the professional development of individuals and groups;
- R57. Monitors the application of efficient and responsible work strategies, based on the principles, norms, and values of the professional code of ethics;
- R58. Coordinates efficient work within a multidisciplinary team, showing an ethical attitude towards the group, respect for diversity, and multiculturalism;
- R59. Accepts diversity of opinion;
- R60. Respects the principles, legislation, and norms specific to the profession;
- R61. Continuously improves professional knowledge and skills to enhance professional activity, ensuring insertion and adaptability to labor market requirements;
- R62. Recommends consulting other specialists to find optimal therapeutic solutions;
- R63. Assumes responsibility for the applied therapy/prevention procedures;
- R64. Monitors patients/clients;
- R65. Assumes responsibility for the reintegration of patients into activity or for the physiotherapy procedures applied together with other specialists in the field of rehabilitation.

3. Occupations that can be practised on the labour market

- *Physiotherapist - ESCO code: 2264.2.*
Other occupations for which the study program develops competencies:
- *Physical Therapist - ESCO code: 2269.2;*
- *Physio-kinetotherapist - ESCO code: 2269.2.*

4. Ensuring flexible learning paths within the study program

The flexibility of the study program is ensured through elective subjects, optional subjects, and complementary subjects.

The elective subjects are proposed for semesters 1-6 and are grouped into **elective packages**, which complete the student's specialization path. The choice of the path is made by the student before the beginning of each academic year. Thus, in semesters 1-4, the 4 proposed as elective subjects are those included in the **Foreign Language 1-4 packages (English, French, Spanish, German)** with 2 hours of seminars/week and 2 ECTS credits per semester included in the 60 compulsory credits per year. In the fifth semester, **Package 1 of elective subjects** is proposed (at least 1 discipline is chosen from the 2) from the category of specialization

disciplines consisting of the subjects: **Balneoclimatology** and **Rehabilitation and Functional Re-education Techniques**; all of them have 1 hour of lecture/week, 1 hour of practical work/week, and 2 ECTS credits. In the 6th semester **Package 2 of elective subjects** is proposed (at least 1 discipline is chosen from the 2) from the category of specialization disciplines consisting of the subjects **Recovery and Rehabilitation in Performance Sport** and **Hydrothermotherapy**, and **Package 3 of optional courses** (at least 2 disciplines out of the 3 must be chosen) from the specialization course category consists of the courses **Scheduling and Planning in Medical Recovery, Pain Therapy, and Elements of Pharmacology**. **Package 4 of optional courses** (at least 2 disciplines out of the 3 must be chosen) from the specialization course category consists of the courses **Methods and Techniques of Neuro-motor Re-education, Myofascial Therapies, and Physiotherapy Therapy in Obstetrics and Gynecology**. The courses in Package 2 include 1 hour of lecture per week, 2 hours of practical work per week, and 2 ECTS credits each. The courses in Package 3 include 1 hour of lecture per week, 1 hour of practical work per week, and 2 ECTS credits each. The courses in Package 4 include 1 hour of lecture per week, 1 hours of practical work per week, and 2 ECTS credits each.

The **optional subjects** are proposed for semesters 1-6 by the Faculty of Physical Education and Sports, which manages the study program, but they can also be chosen from the packages offered by other faculties of the West University of Timisoara. Thus, in semesters 1-6, the disciplines **Volunteering 1-6 are proposed**, with 60 hours/semester and 2 ECTS credits each, **High-Performance Sport I–VI**, with 90 hours per semester and 3 ECTS credits each; High-performance sport I–VI, with 90 hours per semester and 3 ECTS credits each. In the first semester, the discipline Winter Sports – Practical Applications (42 hours/semester, 4 ECTS) is also proposed. In the second semester, the discipline **Internship for the Development of Professional Skills** (120 hours/semester, 5 ECTS). In the third semester, an optional subject called **Motor Games and Psychomotor Elements (2 hours of practical work/week, with 2 ECTS credits is also proposed)**. In the 4th semester, the following subjects are proposed: Practice of Applied **Swimming and rowing** (42 hours, 4 ECTS credits), **Tourism activities – theory and practice** (1 hour of course/week, 3 hours of practical work/week, 5 ECTS credits), **Internship for the development of professional skills** (120 hours/semester, 5 ECTS), and **Entrepreneurial Competences – Practical Applications** (2 hours of practical work per week, 2 ECTS).

At the West University of Timisoara, in each of the 3rd, 4th and 5th semesters, all the curricula of the undergraduate degree programs have a **mandatory complementary discipline that forms transversal competencies** which students choose from an annual offer of over 160 disciplines belonging to fields that are different from the one in which they study (the offer of complementary disciplines that generate transversal competencies for students from the undergraduate degree programs at the West University can be checked on the platform www.dct.uvt.ro).

In accordance with the provisions of the Regulation on the initiation, elaboration, monitoring and periodic review of the programs and fields of university studies of the West University of Timisoara and of the curricula related to them, in order for students to be able to

benefit from **credits for volunteering activities** based on the provisions of the Higher Education Law no. 199/2023, as subsequently amended and supplemented (Article 127, paragraph (9), the Volunteering discipline is available every semester in the curricula of all undergraduate and master's degree programs, with the status of optional discipline, with a number of 2 ECTS credits.

Furthermore, in accordance with the provisions of the Regulation on the initiation, development, monitoring, and periodic review of university study programmes and fields of study at the West University of Timișoara, as well as their corresponding curricula, each WUT student, both during the bachelor's degree cycle and the master's degree cycle, may optionally participate in short-term educational programmes (e.g., blended intensive programmes, thematic schools, etc.) organized in a physical and/or hybrid format by WUT, by WUT partner higher education institutions within the European Higher Education Area (EHEA), or by other WUT partner entities, and may be awarded transferable study credits upon successful completion of such programmes. The successful completion of these educational programmes, the credits earned, and the competences/learning outcomes acquired by students (to the extent that these are specified in a supporting document issued by the programme organizer) shall be recorded in the Diploma Supplement. In order to benefit from these credits, students must submit proof of successful completion of the programme, issued by the organizer, to the Student InfoCenter within a maximum of 10 working days following the completion of the programme. The awarding of credits shall be approved by a committee composed of representatives of the WUT General Secretariat, appointed by decision of the Rector of WUT at the beginning of each academic year.

5. Professional activity and student evaluation

The rights, obligations and conditions for carrying out the professional activity of students at the West University of Timișoara are regulated by *the Code of Student Rights and Obligations and the Regulation on the professional activity of students from the bachelor's and master's degree cycles of the West University of Timișoara*, approved by the West University Senate.

The evaluation/examination methods for each subject in the curriculum are established by the subject description.

6. Graduation exam

In accordance with the *Regulation on the organization and conduct of the exams for the completion of bachelor's and master's degree studies at the West University of Timișoara*, approved by the West University Senate, the exam for the completion of undergraduate degree studies at any bachelor's degree program organized at UVT consists of two tests:

- test 1 for the evaluation of fundamental and specialized knowledge: **5 ECTS credits**.
- test 2 for the elaboration and defence of the results of the bachelor's thesis: **5 ECTS credits**.

The topics and bibliography corresponding to the final exam tests are published on the website of each faculty and/or on the website of the West University of Timisoara before the beginning of each academic year.

Enrolment for the final exam is conditioned by the student's choice of the topic of the license paper within 60 days from the beginning of the academic year of the final year of study.

The submission of the final version of the license paper on the e-learning platform is done at least 5 working days before the scheduled start date of the exam.

Each graduation paper will be accompanied, at the time of submission, by the *Similarity Report* resulting from the verification of the originality of the university graduation paper through specialized software, on the e-learning platform of the West University of Timisoara.

According to the structure of the academic year, at the West University of Timisoara the exams for the completion of university studies can be organized in 3 sessions, usually in July, September and February.

Other specific details:

- Period for preparing the bachelor's thesis project: in semester 5, within the course *Methodology of Preparing the Bachelor's Thesis* (2 hours of lecture and 2 hours of seminar per week, 5 ECTS credits) and within the course *Preparation of the Bachelor's Thesis* (56 practical hours distributed unevenly throughout semester 6).

In the case of the bachelor's degree program in Physical Therapy and Special Motor Skills, the graduation exam consists of 2 tests:

Test 1 – for the evaluation of fundamental and specialized knowledge is an oral test and is taken in the following fundamental and specialized disciplines: Anatomy, Biomechanics, Physiology, Theory of Motor Activities, General Basics of Physical Therapy, Physical Therapy in Orthopedic-Traumatic Disorders, Physical Therapy in Cardio-Respiratory Disorders, Physical Therapy in Neurological Disorders, Physical Therapy in Geriatrics-Gerontology, Physical Therapy in rheumatological diseases and Physical Therapy in paediatrics. Test 1 consists of a set of topics containing questions related to the fundamental and specialized disciplines mentioned above.

Test 2 – presentation and defence of the bachelor's thesis is an oral test. The student's participation in Test 2 of the graduation exam is conditioned by passing Test 1. The presentation and defence of the bachelor's thesis are public. The grades awarded by the members of the commission will appreciate: the importance and relevance of the topic addressed; observing the general structure of the bachelor's thesis, the way of reflecting the theme in specialised literature, the motivation for choosing it, mentioning the purpose, objectives and hypotheses of the research (if applicable), the appropriate presentation of the materials and methods used, the results obtained, their discussion and the conclusions of the research. Also, the style of writing and presentation of the paper will be appreciated.

7. Preparation for the teaching profession (if applicable)

Students who wish to opt for a teaching career in pre-university education must attend (complementary to this study program) and complete the *Psycho-pedagogical Training Program*

in order to certify the competencies for the teaching profession and obtain the Certificate of Graduation of this program. At the West University of Timisoara, this program is organized through the Department for Teaching Staff Training (DPPD) and can be followed in parallel with undergraduate or postgraduate studies. For more information, please visit: <https://dppd.uvt.ro>.

LIST OF STUDIED DISCIPLINES, GROUPED BY YEARS AND SEMESTERS OF STUDY

The first year of study

University year 2026-2027

Crt. No.	Discipline	C1	C2	Discipli ne Code	First semester					Second semester				
					Number of hours/week				Credit num-ber	Number of hours/week				Credit number
					C	S	L	P		C	S	L	P	
1.	Health Education and First Aid	DF	DOB	FEFS_K MS_1	2		2		6					
2.	Basic Gymnastics	DF	DOB	FEFS_K MS_2	1		2		3					
3.	Anatomy	DF	DOB	FEFS_K MS_3	2		4		7					
4.	Sports Games – Applications in Physical Therapy (Basketball, Volleyball, Football, Handball)	DS	DOB	FEFS_K MS_4	2		4		6					
5.	Theory of Motor Activities	DF	DOB	FEFS_K MS_5	2		2		5					
6.	Foreign Language 1 (French, Spanish, German)	DC	DOP	FEFS_K MS_6		2			2					
7.	Career Counselling and Career Guidance*	DC	DOB	FEFS_K MS_7		1			1					
8.	Ethics and Academic Integrity	DC	DOB	FEFS_K MS_8	1				1					
9.	Academic Writing	DC	DOB	FEFS_K MS_9							1			1
10.	Physiology	DF	DOB	FEFS_K MS_10						2	2			5
11.	General Basics of Athletics	DF	DOB	FEFS_K MS_11						1		2		3
12.	Biomechanics	DS	DOB	FEFS_K MS_12						2		4		6
13.	Communication and Therapeutic Relationships	DS	DOB	FEFS_K MS_13						1	2			3
14.	General Basics of Physical Therapy	DS	DOB	FEFS_K MS_14						2		4		6

Crt. No.	Discipline	C1	C2	Discipli ne Code	First semester				Credit num-ber	Second semester				Credit number
					Number of hours/week					Number of hours/week				
					C	S	L	P		C	S	L	P	
15.	Equipment, Apparatus and Installations Used in Physiotherapy	DS	DOB	FEFS_K MS_15						1		1		2
16.	Ethics and Professional Deontology in Physical Therapy	DS	DOB	FEFS_K MS_16						1				2
17.	Foreign language 2 (French, Spanish, German)	DC	DOP	FEFS_K MS_17							2			2
18.	Introduction to the Use of Generative Artificial Intelligence (GenAI)	DC	DOB	FEFS_K MS_18						1				1
Total					10	3	14		30 + 1	11	7	11		30 + 1
Total teaching hours per week					27					29				

**Credits from the disciplines Career Counselling and Career Guidance and Introduction to the Use of Generative Artificial Intelligence (GenAI) are in addition to the 30 credits/semester.*

Optional disciplines															
Crt. No.	Discipline	C1	C2	Discipline code	First Semester					Credit number	Second Semester				Credit number
					Number of hours/ week				C		S	L	P		
					C	S	L	P							
1.	Winter Sports - Practical Applications	DC	DFA	FEFS_KMS_19				3		4					
2.	Volunteering 1	DC	DFA	FEFS_KMS_20				60 hours*	2						
3.	High-performance Sport I	DC	DFA	FEFS_KMS_21				90 hours*	3						
4.	Internship for the Development of Professional Competences	DS	DFA	FEFS_KMS_22									120 hours*	5	
5.	Volunteering 2	DC	DFA	FEFS_KMS_23									60 hours*	2	
6.	High-performance sport II	DC	DFA	FEFS_KMS_24									90 hours*	3	

**Total number of hours/semester.*

Second year of study

University year 2027-2028

Crt. No.	Discipline	C1	C2	Discipline Code	First semester					Second semester				
					Number of hours/ week				Credit number	Number of hours/ week				Credit number
					C	S	L	P		C	S	L	P	
1.	Kinetoprofilaxy	DS	DOB	FEFS_KMS_25	1		1		2					
2.	Semiology and Elements of Pathophysiology	DS	DOB	FEFS_KMS_26	2		2		5					
3.	Motor and Somato-functional Measurement and Assessment	DS	DOB	FEFS_KMS_27	2		2		5					
4.	Massage and Complementary Techniques	DS	DOB	FEFS_KMS_28	1		4		5					
5.	Physical and Sensory Deficiency Physiotherapy	DS	DOB	FEFS_KMS_29	2		2		5					
6.	Entrepreneurship skills	DS	DOB	FEFS_KMS_30	1	1			2					
7.	Kinesiology	DS	DOB	FEFS_KMS_31	2	2			4					
8.	Foreign Language 3 (French, Spanish, German)	DC	DOP	FEFS_KMS_32		2			2					
9.	Physical Therapy in Orthopedics-Traumatic Conditions	DS	DOB	FEFS_KMS_33						2		2		6
10.	Physical Therapy in Geriatrics-Gerontology	DS	DOB	FEFS_KMS_34						1		2		4
11.	Radiology and Medical Imaging	DS	DOB	FEFS_KMS_35						1	1			3
12.	Basics of Orthotics and Prosthetics	DS	DOB	FEFS_KMS_36						1		1		2
13.	Lymphatic Drainage Techniques	DS	DOB	FEFS_KMS_37						1		2		4

Crt. No.	Discipline	C1	C2	Discipline Code	First semester					Credit number	Second semester				Credit number			
					Number of hours/ week				C		S	L	P	Number of hours/ week				
					C	S	L	P						C		S	L	P
14.	Basics of Swimming	DF	DOB	FEFS_KMS_38							1		2		3			
15.	Specialized Practice 1 (in Orthopaedic and Geriatric Pathology Offices)	DS	DOB	FEFS_KMS_39										4	2			
16.	Health Psychology and Psychopathology	DS	DOB	FEFS_KMS_40							1	1			2			
17.	Foreign Language 4 (French, Spanish, German)	DC	DOP	FEFS_KMS_41								2			2			
18.	Elective Complementary Discipline Forming Transversal Competences 1	DC	DOP	FEFS_KMS_42							1	1			2			
Total					11	5	11		30		9	5	9	4	30			
Total teaching hours per week					27						27							

Optional disciplines														
Crt. No.	Discipline	C1	C2	Discipline Code	First semester					Second semester				
					Number of hours/ week				Credit number	Number of hours/ week				Credit number
					C	S	L	P		C	S	L	P	
1.	Motor Games and Psychomotor Elements	DC	DFA	FEFS_KMS_43			2		2					
2.	Volunteering 3	DC	DFA	FEFS_KMS_44				60 hours*	2					
3.	High-performance Sport III	DC	DFA	FEFS_KMS_45				90 hours*	3					
4.	Practice of Applied Swimming and Rowing	DC	DFA	FEFS_KMS_46								3		4
5.	Tourism Activities - Theory and Practice	DC	DFA	FEFS_KMS_47						1		3		5
6.	Internship for the Development of	DS	DFA	FEFS_KMS_48									120 hours*	5

Optional disciplines														
Crt. No.	Discipline	C1	C2	Discipline Code	First semester					Second semester				
					Number of hours/ week				Credit number	Number of hours/ week				Credit number
					C	S	L	P		C	S	L	P	
	Professional Competences													
7.	Entrepreneurial Competences - Practical Applications	DC	DFA	FEFS_KMS_49								2		2
8.	Volunteering 4	DC	DFA	FEFS_KMS_50									60 hours*	2
9.	High-Performance Sport IV	DC	DFA	FEFS_KMS_51									90 hours*	3

**Total number of hours/semester.*

Third year of study

University year 2028-2029

Crt. No.	Discipline	C1	C2	Discipline Code	First semester				Credit num- ber	Second semester				Credit number
					Number of hours/ week					Number of hours/ week				
					C	S	L	P		C	S	L	P	
1.	Physical Therapy in Neurological Disorders	DS	DOB	FEFS_KMS_5 2	2		2		5					
2.	Electrotherapy	DS	DOB	FEFS_KMS_5 3	1		1		2					
3.	Research Methodology in Physical Therapy	DS	DOB	FEFS_KMS_5 4	2	2			5					
4.	Physical Therapy for Cardiorespiratory Disorders	DS	DOB	FEFS_KMS_5 5	2		2		5					
5.	Physical Therapy in Pediatrics	DS	DOB	FEFS_KMS_5 6	2		2		5					
6.	Patient Transfer and Handling Techniques	DS	DOB	FEFS_KMS_5 7	1		1		2					
7.	Clinical Practice II	DS	DOB	FEFS_KMS_5 8				4	2					
8.	Optional Complementary Course for Developing Transversal Competences II	DC	DOP	FEFS_KMS_5 9	1	1			2					
Package 1 elective disciplines (minimum 1/2)														
9.	Balneoclimatology	DS	DOP	FEFS_KMS_6 0	1		1		2					
	Rehabilitation and Functional Re- education Techniques	DS	DOP	FEFS_KMS_6 1										

Crt. No.	Discipline	C1	C2	Discipline Code	First semester					Second semester				
					Number of hours/ week				Credit number	Number of hours/ week				Credit number
					C	S	L	P		C	S	L	P	
10.	Physical Therapy in Rheumatological Diseases	DS	DOB	FEFS_KMS_6_2						1		2		4
11.	Hydrokinetotherapy	DS	DOB	FEFS_KMS_6_3						1		1		3
12.	Elements of Occupational Therapy	DS	DOB	FEFS_KMS_6_4						1		1		3
13.	Management and Marketing in Physical Therapy	DS	DOB	FEFS_KMS_6_5						1	1			3
14.	Internship in Social Care Centres	DS	DOB	FEFS_KMS_6_6									2	2
15.	Internship in Special Education Centres	DS	DOB	FEFS_KMS_6_7									2	2
16.	Development of the Bachelor’s Thesis	DS	DOB	FEFS_KMS_6_8									4	2
Package 2 elective disciplines (minimum 1/2)														
17.	Recovery and Rehabilitation in Performance Sports	DS	DOP	FEFS_KMS_6_9						1		2		3
	Hydrothermotherapy	DS	DOP	FEFS_KMS_7_0										
Package 3 elective disciplines (minimum 2/3)														
18.	Scheduling and Planning in Medical Recovery	DS	DOP	FEFS_KMS_7_1						1		1		2
	Elements of Pharmacology	DS	DOP	FEFS_KMS_7_2										
19.	Pain Therapy	DS	DOP	FEFS_KMS_7_3						1		1		2

Crt. No.	Discipline	C1	C2	Discipline Code	First semester				Credit num-ber	Second semester								
					Number of hours/ week					Number of hours/ week				Credit number				
					C	S	L	P		C	S	L	P					
Package 4 elective disciplines (minimum 2/3)																		
20.	Methods and Techniques of Neuromotor Reeducation	DS	DOP	FEFS_KMS_74						1		1		2				
	Myofascial Therapy	DS	DOP	FEFS_KMS_75						1		1		2				
21.		Physical therapy in obstetrics and gynecology	DS	DOP						FEFS_KMS_76								
	Total									12	3	9	4	30	9	1	10	8
Total teaching hours per week					28					28								

Optional disciplines														
Crt. No.	Discipline	C1	C2	Discipline Code	First semester					Second semester				
					Number of hours/ week				Credit number	Number of hours/ week				Credit number
					C	S	L	P		C	S	L	P	
1.	Volunteering 5	DC	DFA	FEFS_KMS_77				60 hours*	2					
2.	High-performance Sport V	DC	DFA	FEFS_KMS_78				90 hours*	3					
3.	Volunteering 6	DC	DFA	FEFS_KMS_79									60 hours*	2
4.	High-performance Sport VI	DC	DFA	FEFS_KMS_80									90 hours*	3

**Total number of hours/semester.*

Legend

C1	Content criterion
C2	The criterion of obligation
DF	Fundamental disciplines
DS	Specialization disciplines
DC	Complementary disciplines
DOB	Compulsory (imposed) disciplines
DOP	Elective disciplines (to choose from)
DFA	Optional disciplines
CP	Professional competence
CT	Transversal competence
C	Lecture-type teaching activity
S	Seminar-type teaching activity
L	Laboratory teaching activity / practical work
P	Internship type teaching activity

GENERAL REVIEW 1

(according to the criterion of content)

Crt. No.	Discipline type	Total number of hours									% of the total
		First year		Second year		Third year		Entire study program			
		Lecture	S/L/P	Lecture	S/L/P	Lecture	S/L/P	Lecture	S/L/P	Total	
1.	Fundamental	140	196	14	28	-	-	154	224	378	16,27%
2.	Specialization	126	210	238	364	280	476	644	1050	1694	72,89%
3.	Complementary	28	84	14	84	14	14	70	182	252	10,84%
TOTAL		294	490	280	476	294	490	868	1456	2324	100%

GENERAL REVIEW 2

(according to the criterion of obligation)

Crt. No.	Discipline type	Total number of hours										ARACIS specific standard provision
		First year		Second year		Third year		Entire study program			% of the total	
		Lecture	S/L/P	Lecture	S/L/P	Lecture	S/L/P	Lecture	S/L/P	Total		
1.	Compulsory	294	434	266	406	196	378	756	1218	1974	84,94%	Min 15% DOP
2.	Elective	-	56	14	70	98	112	112	238	350	15,06%	
TOTAL		294	490	280	476	294	490	868	1456	2324	100 %	
3.	Optional	-	462	14	560	-	300	14	1322	1336	Not included into the calculation of totals	
Total ratio of practical application hours (S/L/P) / lecture hours								1,68				

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Dean,
Lect. univ. dr. Dan Pîrjol

Rector,
prof. univ. dr. Marilen Gabriel PIRTEA

CORRELATION BETWEEN COMPETENCES, EXPECTED LEARNING OUTCOMES AND SUBJECTS STUDIED

The correlation of expected learning outcomes with the subjects studied can be accessed [HERE](#) and the correlation expected learning outcomes to key, professional and transversal competences can be accessed [HERE](#).