

EDUCATIONAL PLAN

STARTING YEAR 2017-2018

KINESYOTHERAPY AND SPECIAL MOTION

General skills

1. Knowing and understanding the concepts, theories and methods of physical education and sport, kinetotherapy and special motricity;
2. The ability to transmit and put in practice the learned knowledge and methods;
3. The ability to get informed, communicate and publish in professional purpose in a foreign language, and the skills to work in different social and cultural contexts;
4. Understanding, learning and constant applying the latest scientific results in the field;
5. The ability to use modern techniques for work.

Specialization skills

1. Understanding and knowing the principles and mechanisms governing the biological and psychological structures of the body in motor activities;
2. Understanding, knowing and the capacity to use correctly the methods and means specific to kinetotherapy;
3. Understanding and knowing the fundamental notions concerning ethipatogenia, assessment, treatment and rehabilitation in diseases which could benefit from the specific means and methods of kinetotherapy;
4. Selection of the theoretical and practical knowledge of kinetotherapy which are proper for an optimal kinetotherapeutic intervention;
5. Identifying the objectives of the kinetotherapeutic intervention according to the specific assessment and the physiological and pathological particularities of the individual to whom the services are performed;
6. The ability to realise and implement an adequate and individualized kinetotherapy program, in the multidisciplinary context of rehabilitation;
7. The ability to collaborate with other professionals in a multidisciplinary intervention team, in order to address meaningfully the complex process of rehabilitation and/or prevention;
8. Identification, selection and interpretation of the appropriate methods of monitoring and evaluating the effectiveness of the kinetotherapeutic intervention;
9. Knowing kinetic prevention methods and means, and the ability to apply them in order to prevent the occurrence of diseases, a worsening of the present ones or the occurrence of relapses;
10. Knowing, understanding and the ability to apply knowledge of organization, management, marketing and legislation in establishments providing physical therapy services;
11. Knowing, understanding and respecting professional ethics and deontology.

WEST UNIVERSITY OF TIMIȘOARA

Faculty of Physical Education and Sports

Study programme: Kinetotherapy and Special Motion

Fundamental Domain: Science of Sport and Physical Education

Study duration: 3 years

Form of education: attendance

**MINISTRY OF NATIONAL
EDUCATION**Valid starting with the academic year:
2017-2018**Ist Year of studies
UNIVERSITARY YEAR 2017 – 2018**

Nr. crt.	Discipline	C1	C2	Code of discipline	I st Semester 14 weeks						II nd Semester 14 weeks					
					C	S	L	P	V	Cr	C	S	L	P	V	Cr
Fundamental disciplines																
1.	General Basis of sports game: Volleyball	DF	DI	S1K1201							1		2		E	4
2.	Basic Gymnastics	DF	DI	S1K1101	2		2			E	5					
3.	General Basis of sports game: Football M / Rhythmic Gymnastics W	DF	DI	S1K1202							1		2		E	4
4.	Education for health	DF	DI	S1K1102	1		1			C	2					
5.	General Basis of athletics	DF	DI	S1K1203							2		2		E	5
Specialty disciplines																
6.	Anatomy	DS	DI	S1K1103	2		2			E	6					
7.	Biomechanics	DS	DI	S1K1204							2		2		E	6
8.	Ski Practice	DS	DI	S1K1104			42 ore			Vp	4					
9.	Orienteering and Tourism	DS	DI	S1K1205								42 ore			Vp	4
10.	Massage	DS	DI	S1K1105	1		2			E	4					
11.	Psychology of motor/physical activities	DS	DI	S1K1106	1		1			E	3					
Pack 1 (1/2)																
12.	Dance	DS	DO	S1K1206									2		Vp	2
13.	Rhythmic-Musical Training	DS	DO	S1K1207									2		Vp	2
Complementary disciplines																
14.	Foreign language	DC	DI	S1K1107		2				C	2					
15.	Foreign language	DC	DI	S1K1208								2			C	2
16.	Informatics	DC	DI	S1K1108	1		1			C	2					
17.	Communication and	DC	DI	S1K1209							1		2		E	3

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	therapeutic networking																	
18.	Ethics and deontology	DC	DI	S1K1109	1		1			C	2							
	Complementary disciplines																	
	Complementary disciplines																	
	TOTAL				9	2	13			-	30	7	2	15			-	30
Total teaching hours/week					24						24							

NON-MANDATORY DISCIPLINES

Nr.crt.	Non- mandatory disciplines	C1	C2	Cod	Semestrul I						Semestrul II							
					C	S	L	P	V	Cr	C	S	L	P	V	Cr		
1.	History of Physical Education and Sport	DC	DF	S1K1109	2		1			E	4							
2.	Box	DC	DF	S1K1110			2			Vp	2							
3.	Weightlifting	DC	DF	S1K1210									2			Vp	2	
4.	Judo	DC	DF	S1K1211									2			Vp	2	
5.	Philosophy	DC	DF	S1K1112	1		1			E	3							
6.	Volunteering	DC	DF	S1K1113		60 ore					A/R	2						
7.	Volunteering	DC	DF	S1K1212									60 ore				A/R	2

**IInd Year of studies
UNIVERSITARY YEAR 2018 – 2019**

No.	Discipline	C1	C2	Code of discipline	Ist Semester 14 weeks						IInd Semester 14 weeks							
					C	S	L	P	V	Cr	C	S	L	P	V	Cr		
Fundamental disciplines																		
1.	Kinesiology	DF	DI	S1K2101	2		1			E	5							
2.	First Aid	DF	DI	S1K2102	1		1			C	2							
3.	Theory and Methodology of Physical Education and Sport	DF	DI	S1K2103	2		2			E	5							
4.	General Basis of sports game: Basketball	DF	DI	S1K2104	1		2			E	4							
5.	General Basis of sports game: Handball	DF	DI	S1K2201								1		2			E	4
Specialty disciplines																		
6.	Physiology	DS	DI	S1K2105	2		1			E	4							

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7.	Kinesitherapy of physical and functional deficiency	DS	DI	S1K2106	2		2		E	4						
8.	Practice Stages in Rehabilitation and Recovery Centers 1	DS	DI	S1K2107			3		VP	2						
9.	Methodology of Somatic and Functional Evaluation	DS	DI	S1K2202							1		2		E	4
10.	Basics of Kinesitherapy	DS	DI	S1K2203							2		2		E	5
11.	Swimming Methodology	DS	DI	S1K2204							2		2		E	4
12.	Practice stage in balneo-climatic resorts	DS	DI	S1K2205									2		Vp	2
13.	Semiology	DS	DI	S1K2206							1		1		C	2
14.	Physiopathology	DS	DI	S1K2207							1		1		C	2
Complementary disciplines																
15.	Research Methodology	DC	DI	S1K2208							1		2		E	3
16.	Foreign language	DC	DI	S1K2209								2			C	2
17.	Foreign language	DC	DI	S1K2108		2			C	2						
18.	Complementary disciplines				1	1			C	2						
19.	Complementary disciplines										1	1			C	2
TOTAL					11	3	12		-	30	10	3	14		-	30
Total teaching hours/week					26						27					

NON-MANDATORY DISCIPLINES

No.	Non-mandatory disciplines	C1	C2	Cod	Ith Semester						IInd Semester						
					C	S	L	P	V	Cr	C	S	L	P	V	Cr	
1.	Motrics Activities in Social Assistance	DD	DF	S1K2210							1		1		C	2	
2.	Rowing and Applied Swimming	DC	DF	S1K2211									3		Vp	4	
3.	Adventure education	DC	DF	S1K2212									2		Vp	2	
4.	Ski and Ski Practice	DS	DF	S1K2109	1	42 ore				E	5						
5.	Volunteering	DC	DF	S1K2110		60 ore				A/R	2						
6.	Volunteering	DC	DF	S1K2213									60 ore			A/R	2

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**MINISTRY OF NATIONAL
EDUCATION**Valid starting with the academic year:
2017-2018**IIIrd Year of studies
UNIVERSITARY YEAR 2019 - 2020**

No.	Discipline	C1	C2	Code of discipline	Ist Semester 14 weeks						IInd Semester 14 weeks					
					C	S	L	P	V	Cr	C	S	L	P	V	Cr
Fundamental disciplines																
Speciality disciplines																
1.	Kinesitherapy in Rheumatic Diseases	DS	DI	S1K3101	2		1		E	4						
2.	Geriatric Kinesitherapy	DS	DI	S1K3102	2		1		E	4						
3.	Kinesitherapy in Pediatric Diseases	DS	DI	S1K3103	2		1		E	3						
4.	Special Techniques for Handling Patient	DS	DI	S1K3104	1		2		C	3						
5.	Hydrokinetotherapy	DS	DI	S1K3105	1		1		C	2						
6.	Practice Stages in Social Assistance Centers	DS	DI	S1K3106			3		C	3						
7.	Stage of Development of the License Thesis	DS	DI	S1K3107			1		C	2						
8.	Electrotherapy	DS	DI	S1K3108	1		2		E	3						
9.	Thermal Hydrotherapy	DS	DI	S1K3201							1		2		E	3
10.	Kinesitherapy in Cardiovascular and Respiratory Diseases	DS	DI	S1K3202							2		1		E	4
11.	Kinesitherapy in Neurological Disorders	DS	DI	S1K3203							2		1		E	5
12.	Kinesitherapy in Traumatology	DS	DI	S1K3204							2		1		E	4
13.	Pain Management Therapy and Elements of Pharmacology	DS	DI	S1K3205							2		1		E	4
12.	Physiology of effort	DS	DI	S1K3206							1		1		C	3
14.	Practice Stages in Rehabilitation and Recovery Centers 2	DS	DI	S1K3207								70 ore			C	4
Pack 2 (1/3)																
15.	Profilactic Kinesitherapy	DS	DO	S1K3208							1		1		C	3

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16.	Basics of Occupational Therapy	DS	DO	S1K3209							1		1		C	3
17.	Adapted physical activity	DS	DO	S1K3210							1		1		C	3
Complementary disciplines																
18.	Management and Legislation	DS	DI	S1K3109	2		1		E	4						
	Complementary disciplines				1	1			C	2						
	Complementary disciplines															
	TOTAL				12	1	13		-	30	11		13		-	30
Total teaching hours/week					26					24						

NON-MANDATORY DISCIPLINES

Nr.crt.	Non-mandatory disciplines	C1	C2	Cod	Ith Semester						IIInd Semester						
					C	S	L	P	V	Cr	C	S	L	P	V	Cr	
19.	Fototherapy	DS	DF	S1K3110	1		2		C	3							
20.	Volunteering	DC	DF	S1K3111	60 ore				A/R	2							
21.	Volunteering	DC	DF	S1K3211								60 ore			A/R	2	