

WEST UNIVERSITY OF TIMIȘOARA

Faculty of Physical Education and Sports

Study programme:

Physical Education and Sports

Fundamental Domain: Science of Sport and Physical Education

Study duration: 2 years

Form of education: attendance

**MINISTERUL EDUCAȚIEI
NAȚIONALE**Valid starting with the academic year:
2017-2018**EDUCATIONAL PLAN****2017 – 2019****General competences:**

1. Knowledge of the physical education instructive-educational process components.
2. Acquisition of specialized methodical and practical knowledge and of the capacity of exercising the acquired knowledge.
3. The capacity of implementing changes in content according to new development in the various disciplines/branches/sportive tests and their borderline domains.
4. The capacity of communicating easily with the pupils/students, of stimulating them towards the physical education activity.
5. The capacity of preparing pupils/students to be apt for independent practice of the physical effort, to be able to self-organize and self-lead themselves.
6. The capacity of organizing pupils/students according the instructive tasks and of establishing responsibilities inside the group.
7. The capacity of organizing, coordinating, guiding and making decisions according to the existing situations.

Specialized competences:

1. The capacity of suitably projecting and conducting the instructive-educational activity according to the valid curricula (for gr. I-IX).
2. The capacity of suitably projecting and conducting the instructive-educational activity according to the valid curricula (for gr. X-XII).
3. The capacity of suitably projecting and conducting the instructive-educational activity according to the valid curricula (for higher education level).
4. The capacity of projecting and conducting the preparation of sports teams, both at school and university level.
5. The capacity of evaluating objectively, on the basis of clearly established evaluating criteria.
6. The capacity of organizing school camps (mountain, seaside).
7. The capacity of organizing school trips (mountain guide).
8. The capacity of organizing school celebrations.
9. The capacity of organizing sportive competitions within the school environment.
10. The capacity to prevent and rescue from drowning (lifeguard).
11. The capacity to prepare athletes in the domain they have pursued.
12. The capacity to lead athletes/teams of athletes in sportive competitions.

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2017-2018

No. crt.	Name of discipline	No. of hours						Verification form
		Year I 2017 – 2018			Sem I 14 weeks			
Mandatory disciplines		C	S / Lp	Crd.	C	S / Lp	Crd.	
1	Theory of sport training and competition	2	2	8				E1
2	Physical training in Sport Games	2	2	8				E1
3	Biochemistry	1	1	6				E1
4	Methodology of theaching gymnastics in school	2	2	8				C1
5	Methodology of theaching basketball in school				2	2	8	C2
6	Methodology of teaching athletics in school				2	2	8	C2
7	Methodology of teaching handball in schools				2	2	8	C2
8	Dopping				1	1	6	E2
Total hours		7	7		7	7		
		14		30	14		30	
Non mandatory disciplines								
11	Sport specialisation 1	2	2	6				E1
12	Coach practice		2	6		2	6	C1, C2
13	Sport specialisation 2				2	2	6	E2
Total hours		2	4		2	4		
		6		12	6		12	12

Nr. crt.	Name of Discipline	No. Of Hours			Verification form
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2017-2018

Year II 2018 - 2019		Sem I 14 weeks			Sem II 14 weeks			
Mandatory diciplines		C	S / Lp	Crd.	C	S / Lp	Crd.	
11	Methods and Techniques of Research in The Field of Motor Activities	2	2	8				E1
12	Methodology of teaching football in school	2	2	8				C1
13	Methodology of teaching volleyball in school	2	2	8				C1
14	Development and maintenance of sports facilities	1	1	6				C1
15	Sport Anthropology				2	2	8	E2
16	Marketing and Financing in Sport				2	2	8	E2
17	Sport for persons with special needs				2	2	8	E2
18	Motrics activities and leisure				1	1	6	C2
Total hours		7	7		7	7		
		14		30	14		30	
Non mandatory disciplines								
	Sport specialisation 1	2	2	6				E1
	Coach practice		2	6		2	6	C1, C2
	Sport specialisation 2				2	2	6	E2
Total hours		2	4		2	4		
		6		12	6		12	