

WEST UNIVERSITY OF TIMIȘOARA

Faculty of Physical Education and Sports

Study programme:

Physical and Sports Education

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

EDUCATIONAL PLAN

STARTING YEAR 2017-2018

PHYSICAL AND SPORTS EDUCATION

Professional skills:

- Modular design (Physical and Sports Education, Sport and motor performance, Physical Therapy and special motion) and planning of basic contents of the field with interdisciplinary orientation
- Organizing of integrated curriculum and of instruction and learning environment, especially interdisciplinary (Physical and Sports Education, Sport and motor performance, and Physical Therapy and special motion)
- Evaluation of growth, physical development and motor skills suitable for quality requirements / objectives specific to physical education and sports, for the attitude towards independent practicing of physical exercise
- Description and demonstration of operational systems specific to physical education and sports, for different age groups
- Training level evaluation of physical education and sports activities practitioners
- Using of marketing and management elements, specific for each domain

Transversal skills:

- Organization of physical education and sports activities for people of different ages and levels of training under expert assistance, while respecting the rules of ethics and professional deontology
- Achieving, in efficiency and effectiveness terms, of the work tasks for the organization and conducting of sports activities
- Working with digital software, documentation and communication in a foreign international language

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EDUCATION**Valid starting with the academic year:
2017-2018**Ith Year of Study
UNIVESITARY YEAR 2017-2018**

No. crt.	Discipline	C1	C2	Discipline Cod	Ith Semester 14 weeks						IInd Semester 14 weeks					
					C	S	L	P	V	Cr	C	S	L	P	V	Cr
Fundamental Disciplines																
1.	Education for health	DF	DI	S1EF1101	1		1		C	2						
2.	Gymnastics	DF	DI	S1EF1102	2		4		E	6						
3.	Athletics	DF	DI	S1EF1201							2		4		E	6
4.	Football M/Rythmic Gimnastics W	DF	DI	S1EF1203							1		3		E	4
5.	Volleyball	DF	DI	S1EF1204							1		3		E	4
Speciality Disciplines																
6.	Anatomy	DS	DI	S1EF1103	2		1		E	4						
7.	History of Physical Education and Sport	DS	DI	S1EF1104	2	1			E	4						
8.	Massage	DS	DI	S1EF1105	1		1		C	2						
9.	Ski practice	DS	DI	S1EF1106			42 ore		Vp	4						
10.	Biomechanics	DS	DI	S1EF1205							2		2		E	6
11.	Orienteering and Tourism	DS	DI	S1EF1206									42 ore		vp	5
Pachet 1 (1/2)																
12.	Weightlifting	DS	DO	S1EF1107	1		1		C	3						
13.	Judo	DS	DO	S1EF1108	1		1		C	3						
Pachet 2 (1/2)																
14.	Dance	DS	DO	S1EF1207									2		vp	3
15.	Rythmic-Musical Training	DS	DO	S1EF1208									2		vp	3
Complementary Disciplines																
16.	Foreigne language	DC	DI	S1EF1109		2			C	2						
17.	Philosophy	DC	DI	S1EF1110	1	1			C	3						
19.	Foreign language	DC	DI	S1EF1209								2			C	2
	Complementary Discipline															
	Complementary Discipline															
	TOTAL				10	4	11		-	30	6	2	17		-	30
Total hours per week					25						25					

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2017-2018**NON MANDATORY DISCIPLINES**

Nr. crt	Non-compulsory disciplines	C1	C2	Cod	Ith Semester						IInd Semester					
					C	S	L	P	V	Cr	C	S	L	P	V	Cr
1.	Box	DS	DF	S1EF1111			2		C	2						
2.	Informatics	DC	DF	S1EF1210							1		2		C	3
3.	Volunteering	DC	DF	S1EF1112			60 ore		A/R	2						
4.	Volunteering	DC	DF	S1EF1211									60 ore		A/R	2
5.																

**IInd Year of study
UNIVERSITARY YEAR 2018-2019**

Nr. crt.	Discipline	C1	C2	Cod of discipline	Ith 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	S2EF2101	2		1		E	5						
2.	Theory and methodics of physical education and sport	DF	DI	S2EF2102	2		2		E	5						
	First aide	DF	DI	S2EF2103	1		1		C	2						
	Basketball	DF	DI	S2EF2104	1		3		E	4						
	Handball	DF	DI	S2EF2201							1		3		E	4
Speciality Discipline																
4.	Ski-Practice	DS	DI	S2EF2105	1		42 ore		E	5						
5.	Physiology	DS	DI	S2EF2106	2		1		E	5						
6.	Kinesitherapy of physical and functional deficiency	DS	DI	S2EF2107	1		1		C	2						
7.	Research Metodology	DS	DI	S2EF2202							1	2			E	4
8.	Methodology of Somatic and Functional Evaluation	DS	DI	S2EF2203							1		2		E	4
9.	Swimming Methodology	DS	DI	S2EF2204							2		3		E	5
10.	Rowing and Applied swimming	DS	DI	S2EF2205									42 ore		E	4
Pack 3 (1/2)																
15.	Men`s Rythmic gymnastics /Women`s Football	DS	DO	S2EF2206							1		1		c	3
16.	Adventure Education	DS	DO	S2EF2207							1		1		c	3
Pack 4 (1/3)																

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2017-2018

17.	Martial Arts	DS	DO	S2EF2208									2		vp	4
18.	Lawn Tennis	DS	DO	S2EF2209									2		vp	4
19.	Wrestling	DS	DO	S2EF2210									2		vp	4
Complementary Disciplines																
20.	Foreign language	DC	DI	S2EF2108		2			C	2						
21.	Foreign language	DC	DI	S1EF2211								2			C	2
	Complementary disciplines				1	1			C	2						
	Complementary disciplines										1	1			C	2
	TOTAL				11	3	12		-	30	8	5	14		-	30
Total hours per week					26					26						

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2017-2018**NON MANDATORY DISCIPLINES**

Nr. crt.	Discipline facultative	C1	C2	Cod	Semestrul I						Semestrul II					
					C	S	L	P	V	Cr	C	S	L	P	V	Cr
1.	Alpinism and escalade	DS	DF	S2EF2109			2		C	1						
2.	Organization and management of PES lesson	DS	DF	S2EF2112	2				C	2						
3.	Volunteering	DC	DF	S2EF2113			60 ore		A/R	2						
4.	Volunteering	DC	DF	S1EF2212									60 ore		A/R	2
5.																

**IIIrd Year of study
UNIVERSITARY YEAR 2019-2020**

Nr. crt.	Discipline	C1	C2	Cod of discipline	Ith Semester 14 weeks						Iind Semester 14 weeks					
					C	S	L	P	V	Cr	C	S	L	P	V	Cr
Fundamental Disciplines																
Speciality Disciplines																
1.	Theory of Sport Training	DF	DI	S3EF3101	2	2			E	5						
2.	Management and legislation of PES	DF	DI	S3EF3102	2	1			E	4						
3.	Physiology of effort	DF	DI	S3EF3201							1		1		E	3
4.	Communication and social integration	DF	DI	S3EF3103	2	1			E	4						
5.	Gymnastics 2	DS	DI	S3EF3104	1		1		E	3						
6.	Movement Games	DS	DI	S3EF3105	1		2		C	4						
7.	Sport Sociology	DS	DI	S3EF3202							2	2			E	4
8.	Athletics 2	DS	DI	S3EF3203							1		1		E	3
9.	Didactics of applied physical activities	DS	DI	S3EF3204							2		2		E	4
10	Stage of Development of the License Thesis	DS	DI	S3EF3205								2			vp	2
Pack 5(2/4)																
10.	Handball 2	DS	DO	S3EF3106	1		1		C	3	1		1		C	3
11.	Volleyball 2	DS	DO	S3EF3107	1		1		C	3	1		1		C	3
12.	Basketball 2	DS	DO	S3EF3205	1		1		C	3	1		1		C	3
13.	Football 2	DS	DO	S3EF3206	1		1		C	3	1		1		C	3
Pack 6 (1/3)																
14.	Aerobics	DS	DO	S3EF3108			2		V p	3						
15.	Body-building	DS	DO	S3EF3109			2		vp	3						
16.	Jogging	DS	DO	S3EF3110			2		vp	3						
Pack 7 (1/3)																
17.	Badminton	DS	DO	S3EF3111			2		vp	3						
18.	Demonstrations and	DS	DO	S3EF3112			2		vp	3						

