

WEST UNIVERSITY OF TIMIȘOARA

Faculty of Physical Education and Sports

Study programme: Sport and Motor Performance

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

SPORT AND MOTOR PERFORMANCE

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**I st Year of study
UNIVERSITARY YEAR 2017-2018**

Nr. crt.	Discipline	C1	C2	Code of discipline	Ith Semester 14 weeks						IInd Semeset 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.	General basis of athletics	DF	DI	S1EF1201							2		4		E	6
4.	General Basis of sports game: Football M / Rhythmic Gymnastics 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 PES	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
Pack 1 (1/2)																
12.	Weightlifting	DS	DO	S1EF1107	1		1		C	3						
13.	Judo	DS	DO	S1EF1108	1		1		C	3						
Pack 2 (1/2)																
14.	Dance	DS	DO	S1EF1207									2		vp	3
15.	Rythmic-Musical Training	DS	DO	S1EF1208									2		vp	3
Complementary Disciplines																
16.	Foreign 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 disciplines									5						
	Complementary disciplines															2
	TOTAL				10	4	11		-	30	6	2	17		-	30
Total hours per week					25						25					

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2017-2018**NON MANDATORY DISCIPLINE**

Nr.crt.	Non mandatory 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.																		
4.																		
5.																		

**II nd Year of study
UNIVERSITARY YEAR 2018-2019**

Nr. crt.	Discipline	C1	C2	Code 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 Methodology of Physical Education and Sport	DF	DI	S2EF2102	2		2			E	5							
	First Aid	DF	DI	S2EF2103	1		1			C	2							
	Basketball	DF	DI	S2EF2104	1		3			E	4							
	Handball	DF	DI	S2EF2201								1		3			E	4
Speciality Disciplines																		
4.	Ski and Ski practice	DS	DI	S2EF2105	1	42 ore					E	4						
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 Methodology	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	(9) 4	
Pack 3 (1/2)																		
15.	Rythmic Gymnastics M/Football W	DS	DO	S2EF2206								1		1			c	3
16.	Adventure education	DS	DO	S2EF2207								1		1			c	3

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Pack 4 (1/3)																	
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						

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.	Alpinism and Escalade	DS	DF	S2EF2109			2			C	1					
2.	Organizarea și conducerea lecției de EF	DS	DF	S2EF2112	2					C	2					
3.																
4.																
5.																

**III rd Year of study
UNIVERSITARY YEAR 2019-2020**

Nr. crt.	Disciplina	C1	C2	Codul disciplinei	Semestrul I 14 saptamani						Semestrul II 14 saptamani					
					C	S	L	P	V	Cr	C	S	L	P	V	Cr
Fundamental Disciplines																
Speciality Disciplines																
1.	General Basis of sports training	DF	DI	S3EF3101	2	2				E	5					
2.	Management applied to PES	DF	DI	S3EF3102	2	1				E	4					
3.	Physiology of effort	DF	DI	S3EF3201								1		1		E 3
4.	Comunication in PES	DF	DI	S3EF3103	2	1				E	4					

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5.	Recovery in sport	DS	DI	S3EF3104	1		1		E	3							
6.	Monitoring techniques for sport performance	DS	DI	S3EF3105	1		2		C	4							
	Practice Stage in Initiation Sports Centers						2										
7.	Sport Sociology	DS	DI	S3EF3202							2	2				E	4
8.	Equipment, Gears and Facilities used in Sport	DS	DI	S3EF3203							1		1			E	3
9.	Techniques and Methods for Physical Qualities Development	DS	DI	S3EF3204							2		2			E	4
10.	Stage of Development of the License Thesis	DS	DI	S3EF3205								2				vp	2
	Practice Stage in Sports Facilities												2				
11.	Training Methodology applied to different sports	DS	DO	S3EF3106	2		2		C	3	2		2			C	3
Pack 5 (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 6 (1/2)																	
21.	Sport Psychology	DS	DO	S3EF3209							1	1				E	3
22.	Sport Philosophy	DS	DO	S3EF3210							1	1				E	3
Complementary Disciplines																	
	Complementary disciplines																
	Complementary disciplina																
	TOTAL				10	4	9		-	32	9	3	8		-	28	
Total hours per week					23						20						

NON MANDATORY DISCIPLINE

Nr. crt.	Non mandatory Discipline	C1	C2	Cod	Ith Semester						IInd Semester						
					C	S	L	P	V	Cr	C	S	L	P	V	Cr	
1.	Foreign language	DC	DO	S3EF3113			2			C	2						
2.	Foreign language	DC	DO	S3EF3211									2			C	2
3.	Badminton	DS	DO	S3EF3114			2			C	2						
4.	Demonstrations and Sport Feasts	DS	DO	S3EF3115			2			C	2						
5.	Rugby	DS	DO	S3EF3212									2			C	2
6.	Rollerskating	DS	DO	S3EF3213									2			C	2