### FACULTY OF PHYSICAL EDUCATION AND SPORT

**Study program: Physical education and sport**

**Level: Undergraduate**

<table>
<thead>
<tr>
<th>Course code</th>
<th>Course</th>
<th>Autumn semester / credits</th>
<th>Spring semester / credits</th>
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<tbody>
<tr>
<td>DF 01.01</td>
<td>Theory and Methodology of Physical Education and Sport</td>
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<tr>
<td>DF.01.02</td>
<td>General fundamentals of the Athletics</td>
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<tr>
<td>DF.01.03</td>
<td>Basic gymnastics</td>
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<td>DF 01.05</td>
<td>Scientific Fundamentals of the game sports: Handball and Volleyball</td>
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<tr>
<td>DF 02.07</td>
<td>Theory and Methodology of Physical Education and Sport</td>
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<tr>
<td>DF.02.09</td>
<td>Scientific Fundamentals of the game sports – Football and Basketball</td>
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<tr>
<td>DD. 02.11</td>
<td>Theory and practice in winter sports - skating, ski</td>
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<td>DS.02.12</td>
<td>Leisure activities</td>
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<td>DD.03.01</td>
<td>Motor and somatic-functional assessment</td>
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<td>DD.03.02</td>
<td>Theory and practice in other sports branches: bodybuilding</td>
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<tr>
<td>DL.03.05</td>
<td>Practical applications in winter sports</td>
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<td>DC 03.13</td>
<td>Using specialized software in physical education and sport</td>
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<tr>
<td>DC. 03.14</td>
<td>Theory and practice of expression in sports: folkloric dance</td>
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<tr>
<td>DL.04.08</td>
<td>Theory and practice of combat sports: judo, martial arts</td>
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<td>DS. 04.09</td>
<td>Fitness</td>
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<tr>
<td>DC.05.01</td>
<td>The scientific research methodology</td>
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<tr>
<td>DOU.05.14</td>
<td>History of physical education and sport</td>
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</table>

**Total credits**: 53 / 30
I. Physical education and sport
II. Undergraduate
III.1 Course code: DF 01.01
III.2 Course: Theory and Methodology of Physical Education and Sport
III.3 Semester: Autumn 1/ 1st semester
III.4 Number of hours weekly: 4
III.5 Number of credits ECTS: 5
III. 6 The topic of the course

Physical Education and Sport as a scientific discipline; Sports; Sports training; Physical culture; Physical development; Romanian Physical education system; Physical education and sports training resources system; Motor qualities: speed, skill, strength and endurance; Motor skills and abilities, Principles of physical education and sports training, Introduction to the effort in the practice of physical exercise, Human growth and development, Motor activities of physical culture specific for different ages.

I. Physical education and sport
II. Undergraduate
III.1 Course code: DF.01.02
III.2 Course: General fundaments of the Athletics
III.3 Semester: Autumn 1/ 1st semester
III.4 Number of hours weekly: 3
III.5 Number of credits ECTS: 4
III. 6 The topic of the course

The discipline dealing with the accumulation of theoretical knowledge, organizational and methodical and pedagogical skills and practical skills necessary for the teaching of track and field exercises in physical education lessons in primary and secondary education in school and extracurricular sports activities of students (circles, sports associations, sports clubs, etc.).

I. Physical education and sport
II. Undergraduate
III.1 Course code: DF.01.03
III.2 Course: Basic gymnastics
III.3 Semester: Autumn 1/ 1st semester
III.4 Number of hours weekly: 3
III.5 Number of credits ECTS: 3

III. 6 The topic of the course

The laboratory of Gymnastics will follow the students to acquire theoretical and practical concepts specific notions of objectives, tasks, content and terminology language used in physical education, organizational gymnastics and specific notions of artistic gymnastics. Regarding organizational gymnastics, it includes many types of exercises that will help future students in planning lesson and management of physical education classes, knowledge management strategy and teaching exercises: the selective influence locomotors capacity organization and the utility application. This category of gymnastic includes basic education, development and physics improvement exercises, generally used in physical education and in physical therapy, a large and varied number of exercises. This category of gymnastics includes also the natural motor skills and movement games.

I. Physical education and sport
II. Undergraduate
III.1 Course code: DF 01.05
III.2 Course: Scientific Fundamentals of the game sports: Handball and Volleyball
III.3 Semester: Autumn 1/ 1st semester
III.4 Number of hours weekly: 6
III.5 Number of credits ECTS: 8

III. 6 The topic of the course

The subject of the handball theory and methodology; Brief history of Handball game; Organization of Handball in Romania; The characteristics of the handball game; Concepts and trends in Handball; Basic technical and tactical elements of the game of handball; Tools for learning technical and tactical elements in the game of Handball; Attack and defense phases in Handball game; Characteristics of Handball practice in school.

The volleyball course is designed to offer basic skills including fundamentals of the serve, passing, spiking and blocking. Rules and court strategy will also be part of the course. These drills will focus on better court transition and multiple offensive and defensive schemes. Participants will develop better hand-eye coordination, body balance, quickness, communication, and competitive spirit. The course will offer the scientific foundations of methodical, technical and strength training.
I. Physical education and sport
II. Undergraduate
III.1 Course code: **DF 02.07**
III.2 Course: **Theory and Methodology of Physical Education and Sport**
III.3 Semester: **Spring 1/ 2nd semester**
III.4 Number of hours weekly: **4**
III.5 Number of credits ECTS: **5**

III. 6 The topic of the course

Principles of physical education and sports training, Introduction to the effort in the practice of physical exercise, Human growth and development, Motor activities of physical culture specific for different ages. Methodic of physical education in school. Physical education lesson. Planning of the educational activities.

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I. Physical education and sport
II. Undergraduate
III.1 Course code: **DF.02.09**
III.2 Course: **Scientific Fundamentals of the game sports – Football and Basketball**
III.3 Semester: **Spring 1/ 2nd semester**
III.4 Number of hours weekly: **6**
III.5 Number of credits ECTS: **8**

III. 6 The topic of the course

Subject theory and methodology football game. Football as a scientific discipline, sports, education, as a means of physical education and sport as a sport and as a complementary sport performance, data soccer game history, description, features and formative value of football, soccer plan organizational structures national and international. Competitions organized by F.I.F.A. and FRF, Current Trends and Prospects in football practice performance. Technique systematization and description of technical elements; General notions about learning methodology football game. Tactics game: definition, characteristics, organization and tactical elements of the factor; collaborative tactical attack and defense tactical actions adversity in attack and defense game organization. Fundamental moments of the game.
This Basketball course is designed to teach and refine the fundamental skills of the game of basketball, while integrating them into a specific system of play. Specific drill instruction in the skills of proper body position, footwork, starting, stopping, pivoting, passing, catching, shooting, rebounding, and defensive positioning and techniques will be stressed. These individual skills will then be integrated into team specific activities.

I. Physical education and sport
II. Undergraduate
III.1 Course code: DD.02.11
III.2 Course: Theory and practice in winter sports - skating, ski
III.3 Semester: Spring 1/ 2nd semester
III.4 Number of hours weekly: 3
III.5 Number of credits ECTS: 4
III. 6 The topic of the course

The course include information about training of theoretical knowledge, methodological and organizational and practical skills teaching skills and discipline main elements of skiing in physical education lessons at different age levels. Also acquiring theoretical knowledge, skills and abilities specific driving alpine skiing, development and improvement of techniques and methods of implementation. Training knowledge, skills and abilities needed to teach alpine skiing in physical education and school sport. The students will acquiring correct basic techniques of skiing discipline, improving the quality of bio-psycho-motor skiing discipline specific and effective, enriching the stock of technical means their methodical succession, for their correct application during the training process; get more knowledge of basic mechanism for key techniques of skiing discipline.

I. Physical education and sport
II. Undergraduate
III.1 Course code: DS.02.12
III.2 Course: Leisure activities
III.3 Semester: Spring1/ 2nd semester
III.4 Number of hours weekly: 3
III.5 Number of credits ECTS: 3
III. 6 The topic of the course

General informations about leisure activities. Possibilities for leisure activities in the Suceava region. Practice in physical education and sport activities indoor (volleyball, basketball, handball, fitness, swimming) and outdoor (football, jogging) in the specific conditions of the university sports facilities. The evaluation of individual fitness before, during and after practices these activities.

I. Physical education and sport
II. Undergraduate
III.1 Course code: DD.03.01
III.2 Course: Motor and somatic-functional assessment
III.3 Semester: Autumn 2/ 3rd semester
III.4 Number of hours weekly: 4
III.5 Number of credits ECTS: 5
III. 6 The topic of the course


I. Physical education and sport
II. Undergraduate
III.1 Course code: DD.03.02
III.2 Course: Theory and practice in other sports branches: bodybuilding
III.3 Semester: Autumn 2/ 3rd semester
III.4 Number of hours weekly: 4
III.5 Number of credits ECTS: 5
III. 6 The topic of the course
The bodybuilding is defined as the set of movements performed with or without load, in order to develop, improve or maintain the motrical capacity of the body. Is a way of developing muscles. The mainly results of the musculation activity in muscle growth and thus increasing the force or its combinations with other driving qualities, which requires an approach different ways depending on the purpose. Contraction regime in strength development. Stretching in strength development activities. Assessment of the strength.

I. Physical education and sport
II. Undergraduate
III.1 Course code: **DD.03.05**
III.2 Course: **Practical applications in winter sports**
III.3 Semester: **Autumn 2/ 3rd semester**
III.4 Number of hours weekly: **4**
III.5 Number of credits ECTS: **4**
III. 6 The topic of the course

Training knowledge, skills and abilities needed to teach alpine skiing in physical education and school sport. The students will acquiring correct basic techniques of skiing discipline, improving the quality of bio-psycho-motor skiing discipline specific and effective, enriching the stock of technical means their methodical succession, for their correct application during the training process; get more knowledge of basic mechanism for key techniques of skiing discipline.

I. Physical education and sport
II. Undergraduate
III.1 Course code: **DC 03.13**
III.2 Course: **Using specialized software in physical education and sport**
III.3 Semester: **Autumn 2/ 3rd semester**
III.4 Number of hours weekly: **4**
III.5 Number of credits ECTS: **5**
III. 6 The topic of the course

Discipline designed to provide basic training in the use of college students specializations Internet and email as well as useful in their training programs as future
professionals. Discipline students familiar with using Windows, the text editor Word, Power
Point program with Internet browsers and email usage. The main objectives of the course are:
presentation of the Windows operating system and Internet browser programs; familiarizing
students with Microsoft Office environment and how to use it; familiarizing with multimedia
techniques and transfer of information over the Internet.

I. Physical education and sport
II. Undergraduate
III.1 Course code: DL.04.07
III.2 Course: Theory and practice of combat sports: judo, martial arts
III.3 Semester: Spring 2/ 4th semester
III.4 Number of hours weekly: 4
III.5 Number of credits ECTS: 5
III.6 The topic of the course
Martial arts history. Classification criteria of combat sports disciplines. Based learning
and improvement of sporting combat techniques. Fundamental techniques of attack and
defense. Particular tactics against attacks doses kicks upper and lower limbs. Programming
and planning in sporting combat sports training.

I. Physical education and sport
II. Undergraduate
III.1 Course code: DC. 03.14
III.2 Course: Theory and practice of expression in sports: folkloric dance
III.3 Semester: Autumn 2/ 3rd semester
III.4 Number of hours weekly: 4
III.5 Number of credits ECTS: 5
III.6 The topic of the course
The course include general characteristics of body expression, content and means
tangible expression, general physical Preparing, specific training body art, fundamentals
group of technical body exercises and also the special training in the area of acting,
eurhythmic movement. The course include musical preparation and eurhythmics preparation,
historical evolution of dance, general characteristics of dance, dancing content, specific
components of dance, musical accompaniment and correspondence between movement and musical accompaniment. The students will learn about general characteristics of sport dances Standard Dances and Latin American Dances.

I. Physical education and sport
II. Undergraduate
III.1 Course code: DS. 04.09
III.2 Course: Fitness
III.3 Semester: Spring 2/ 4th semester
III.4 Number of hours weekly: 4
III.5 Number of credits ECTS: 5
III.6 The topic of the course

Fitness concept, clasificacion, components. Methods for improving fitness level according to the individual possibilities. Workout in different conditions: heat, cold, water. Evaluation of the individual fitness level.

I. Physical education and sport
II. Undergraduate
III.1 Course code: DC.05.01
III.2 Course: The scientific research methodology
III.3 Semester: Autumn 3/ 5th semester
III.4 Number of hours weekly: 3
III.5 Number of credits ECTS: 5
III.6 The topic of the course

Methodology of scientific research is aimed at the formation of a knowledge system allowing student and graduate research approach in the field of physical culture; appropriating a piece of knowledge necessary for the application of statistical analysis in our field and acquiring the necessary knowledge and preparation and presentation of the work in the field of physical education and sport.
I. Physical education and sport

II. Undergraduate

III.1 Course code: **DOU.05.14**

III.2 Course: **History of physical education and sport**

III.3 Semester: **Autumn 3/ 5th semester**

III.4 Number of hours weekly: **4**

III.5 Number of credits ECTS: **4**

III. 6 The topic of the course

### Study program: Physical education in schools and extracurricular activities

**Level: Graduate / master**

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<th>Course</th>
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<th>Spring semester / credits</th>
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<tr>
<td>DAP.01.01</td>
<td>Methodology of motor activities in high school</td>
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<tr>
<td>DAP.01.03</td>
<td>Fitness and leisure</td>
<td>7</td>
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<tr>
<td>DAP 01.04</td>
<td>Methodics of handball in high school</td>
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<td></td>
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<tr>
<td>DAP.02.05</td>
<td>Methodics of athletics in high school</td>
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<tr>
<td>DAP.02.06</td>
<td>Arrangement sports and leisure facilities</td>
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<tr>
<td>DAP.02.07</td>
<td>Leisure activities</td>
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<tr>
<td>DAP.02.08</td>
<td>Techniques of measurement and evaluation</td>
<td>6</td>
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<tr>
<td>DAP.03.01</td>
<td>Methodics of football in high school</td>
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<tr>
<td>DAP.03.02</td>
<td>Indoor and outdoor activities</td>
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<tr>
<td>DAS.03.03</td>
<td>Applied research in physical activities</td>
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<tr>
<td>DAS.03.09</td>
<td>Computerized communication and work techniques</td>
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<tr>
<td>DAP.04.06</td>
<td>Methodics of volleyball in high school</td>
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<tr>
<td>DAP.04.11</td>
<td>Oriental techniques in physical education and sport</td>
<td>6</td>
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<tr>
<td>DAP.04.12</td>
<td>Methodics of basketball in high school</td>
<td>6</td>
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<td><strong>Total</strong></td>
<td><strong>42</strong></td>
<td><strong>44</strong></td>
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</table>

I. Physical education and sport

II. Graduate / Master

III.1 Course code: DAP.01.01

III.2 Course: Methodology of motor activities in high school

III.3 Semester: **Autumn 1/ 1st semester**

III.4 Number of hours weekly: **2**

III.5 Number of credits ECTS: **5**
III. 6 The topic of the course

Basic exercises and methods regarding Athletics in High School; Basic exercises and methods regarding Gymnastics in High School; Basic exercises for musculoskeletal segment; Acrobatic exercises in high school; Appliances jumps in high school; Stage races, applications routs, circuits in high school; Handball in high school; Basketball in high school; Volley in high school; Football in high school, Extracurricular activities in high school.

I. Physical education and sport
II. Graduate / Master
III.1 Course code: DAP.01.03
III.2 Course: Fitness and leisure
III.3 Semester: Autumn 1/ 1st semester
III.4 Number of hours weekly: 3
III.5 Number of credits ECTS: 7
III. 6 The topic of the course

Fitness is defined as the set of movements performed with or without load, in order to develop, improve or maintain the motrical capacity of the body. Is a way of developing muscles. The mainly results of the in activity in muscle growth and thus increasing the driving qualities, which requires an approach different ways depending on the purpose. Fitness in physical education and leisure activities. Stretching in fitness development activities. Assessment of the fitness.

I. Physical education and sport
II. Graduate / Master
III.1 Course code: DAP 01.04
III.2 Course: Methodics of handball in high school
III.3 Semester: Autumn 1/ 1st semester
III.4 Number of hours weekly: 3
III.5 Number of credits ECTS: 7
III. 6 The topic of the course

Methodics of handball in high school presents: the characteristics of the handball game; concepts and trends in handball; technical and tactical elements of the game of
handball; learning technical and tactical elements in the game of handball; characteristics of handball practice in high school.

I. Physical education and sport
II. Graduate / Master
III.1 Course code: DAP.02.05
III.2 Course: Methodics of athletics in high school
III.3 Semester: Spring 1/ 2nd semester
III.4 Number of hours weekly: 3
III.5 Number of credits ECTS: 7
III.6 The topic of the course

This discipline, entitled "Methodics of Athletics in high school" refers to knowledge of the basic concepts relating to means and methodical athletic tests at high school level, familiarizing students with useful aspects of practicing the teaching profession. From the practical point of view, this discipline aims at forming the organizational and coordination skills of educational process specific to teaching a specific sports test.

I. Physical education and sport
II. Graduate / Master
III.1 Course code: DAP.02.06
III.2 Course: Arrangement sports and leisure facilities
III.3 Semester: Spring 1/ 2nd semester
III.4 Number of hours weekly: 3
III.5 Number of credits ECTS: 6
III.6 The topic of the course

General information’s about sports and leisure grounds: constructions, arrangement, usage.

I. Physical education and sport
II. Graduate / Master
III.1 Course code: DAP.02.07
III.2 Course: Leisure activities
III.3 Semester: Spring 1/ 2nd semester
III.4 Number of hours weekly: 2
II. Graduate / Master

III.1 Course code: DAP.02.08

III.2 Course: Techniques of measurement and evaluation

III.3 Semester: Spring 1/2nd semester

III.4 Number of hours weekly: 3

III.5 Number of credits ECTS: 6

III.6 The topic of the course

Techniques of measurement and evaluation - in physical education and sport is part of the evaluation process of educational action and no different than the process, but obviously has some peculiarities. Assessment in physical education and sport are mainly action harvesting, processing and interpretation of results from a test (one sample) in order to make the best decisions.

II. Graduate / Master

III.1 Course code: DAP.03.01

III.2 Course: Methodics of football in high school

III.3 Semester: Autumn 2/3rd semester

III.4 Number of hours weekly: 3

III.5 Number of credits ECTS: 7

III.6 The topic of the course

Methodics of football in high school - students provide rigorous training methodical thinking, deepening teaching characteristic aspects of football in school, and how, as future
teachers can organize and plan the training, taking into account the students’ age, level of education and material conditions.

I. Physical education and sport
II. Graduate / Master
III.1 Course code: DAP.03.02
III.2 Course: Indoor and outdoor activities
III.3 Semester: Autumn 2/ 3rd semester
III.4 Number of hours weekly: 3
III.5 Number of credits ECTS: 7
III.6 The topic of the course
   Indoor and outdoor activities - conceptual delimitation features; Brief history of practicing physical exercises; Parameters exercise in indoor and outdoor activities; Preparing the body for exercise in leisure activities; Indoor activities; Classic outdoor activities; Extreme outdoor activities; Leisure activities for the disabled; Designing programs for leisure activities; The sporty character of indoor and outdoor activities; entrepreneurship in leisure activities.

I. Physical education and sport
II. Graduate / Master
III.1 Course code: DAS.03.03
III.2 Course: Applied research in physical activities
III.3 Semester: Autumn 2/ 3rd semester
III.4 Number of hours weekly: 1
III.5 Number of credits ECTS: 3
III.6 The topic of the course
   This discipline includes an introduction to the theoretical and practical issues of exploratory investigation in the domain of Physical Education and Sports, understanding the mechanisms of scientific knowledge, the manner of construction of scientific theories in the Physical Education and Sports field and knowledge of scientific research strategies and forming of training skills and of theoretical and practical abilities that allow students to focus on research.
I. Physical education and sport
II. Graduate / Master
III.1 Course code: DAS.03.09
III.2 Course: Computerized communication and work techniques
III.3 Semester: Autumn 2/ 3rd semester
III.4 Number of hours weekly: 3
III.5 Number of credits ECTS: 6
III. 6 The topic of the course

Discipline designed to provide basic training students in the use of specialized faculty Internet and electronic mail as well as some useful programs in their training as future professionals. Discipline acquaints students with the use of Windows, Word text editor, spreadsheet program Excel with Internet browsers and email usage.

I. Physical education and sport
II. Graduate / Master
III.1 Course code: DAP 04.06
III.2 Course: Methodics of volleyball in high school
III.3 Semester: Spring 2/ 4th semester
III.4 Number of hours weekly: 3
III.5 Number of credits ECTS: 8
III. 6 The topic of the course

The methodics of voleyball in high school course is designed to offer main skills and methods to learn volleyball. Rules and court strategy will also be part of the course. These drills will focus on better court transition and multiple offensive and defensive schemes. Participants will develop better hand-eye coordination, body balance, quickness, communication, and competitive spirit. The course will offer the scientific foundations of methodical and technical for volleyball in high school.

I. Physical education and sport
II. Graduate / Master
III.1 Course code: DAS.04.11
III.2 Course: Oriental techniques in physical education and sport
III.3 Semester: Spring 2/ 4th semester
III.4 Number of hours weekly: 2
III.5 Number of credits ECTS: 6

III.6 The topic of the course
Fundamental techniques of attack and defense. Particular tactics against attacks doses kicks upper and lower limbs. Programming and planning in combat sports.

I. Physical education and sport
II. Graduate / Master
III.1 Course code: DAP 04.12
III.2 Course: Methodics of basketball in high school
III.3 Semester: Spring 2/ 4th semester
III.4 Number of hours weekly: 2
III.5 Number of credits ECTS: 6

III.6 The topic of the course

The methodics of basketball in high school course is designed to offer main skills and methods to learn basketball. Rules and court strategy will also be part of the course. These drills will focus on better court transition and multiple offensive and defensive actions. Participants will develop better hand-eye coordination, body balance, quickness, communication, and competitive spirit. The course will offer the scientific foundations of methodical and technical for basketball in high school.
• **DD.01.03, General basis of kinesiology (Autumn/1)**
  4 hours per week, 14 weeks/1st semester; 28T/28L, ECTS credits: 5

Kinesiology – the science of movement. The first step is the evaluation. To evaluate means to appraise or assess something. General evaluation (ADL, the quality of life, etc.) and specific evaluation are the tools of assessments. We assess: the range of motion (ROM), the muscles activity (muscular testing), the sensitivity, the coordination, the equilibrium, the posture, the results of effort tests, etc.

The second step: the development and application of specific kinetic programs.

The third step: to reevaluate the results.

• **DF.02.10 Health education and first aid / (Autumn / 1),**
  3 hours per week; 14 weeks/2nd semester; 28T / 14 T/ ECTS credits: 5

Proper use of technical terms: health, prophylaxis, hygiene, first aid, trauma, movement. Personal hygiene and contagious diseases. Correct diet, intoxications, food poisoning, vomiting, hygiene of the sports units. General maneuvers used in first aid: cardiopulmonary resuscitation. The technique of applying bandages and wounds treatment, proper hemostasis. First aid in injuries.

• **DF.03.01, Kinesiology, (Autumn/2)**
  4 hours per week, 14 weeks/3rd semester, 28T/28L, ECTS credits: 5

The object of the study and the means of kinesiology; Objectives achievable through physical exercise; Analytical assessments in kinesiology; Kinematics, kinetics and relationship with position-positions, control, coordination, balance; Theoretical and practical basics of procedures in physical therapy procedures based on increasing / decreasing the intensity of physical effort; Breathing exercises and respiratory education - physical education task; Coordination of the respiratory act with other body functions; associated rehabilitation means for exercise ability;

• **DS.03.03 Massage and Complementary Techniques, (Autumn /2)**
  4 hours per week, 14 weeks/3rd semester, 28T/28L, ECTS credits: 5
Classic massage and complementary methods in massage. The main procedures of massage: effleurage, friction, kneading, tapping and vibration. Massage of the tissues; Lymphatic drainage massage; Cellulite massage; Massage therapy in various conditions of the body; Therapeutic massage in various musculoskeletal disorders; Complementary methods in massage: reflexology, acupressure, shiatsu, deep transversal massage, myofascial massage; Pregnancy massage; Baby massage; Sports massage.

- **DL.03.04 Semiology (Autumn/2)**
  2 hours per week, 14 weeks/3rd semester; 14T/14L ECTS credits: 4

The semiology studies the symptoms and the signs of the diseases. The pathology is the general science about the diseases. The patient’s assessment begins with Medical History. The general elements like behavior, fever, state of consciousness are important. Anamnesis offers information about family and personal related symptoms, profession, history of the disease, treatments, medication, etc. General and specific physical examinations reveal the signs of the disease. We study the most frequent diseases; we learn medical terminology and the treatment.

- **DL.03.05 / Assessment in physiotherapy / (Autumn / 2)**
  2 hours per week; 14 weeks/3rd semester; 14T / 14 L/ ECTS credits: 4


- **DL.04.07 Physiotherapy Elements, (Autumn/2)**
  4 hours per week, 14 weeks/4th semester, 28L/28L, ECTS credits: 5

Physical and physiological bases in hydrotherapy; Hydrotherapy applications techniques; Physical Basis of electrotherapy; Galvanic current; Low frequency currents; Stimulation of normal and abnormal muscles in musculoskeletal and neurological conditions; Medium frequency currents; High frequency therapy; Ultrasound therapy; UV radiation; Infrared radiation; Laser therapy; Therapy of low frequency magnetic fields.

- **DL.04.08 Swimming and hydrokinetotherapy (Autumn/2)**
  4 hours per week, 14 weeks/4th semester; 28T/28L ECTS credits: 5
The course provides a theoretical General theoretical knowledge about conditions and diseases in which swimming and aqua exercises are very important methods of hydro-kinesiology. The positive effects of water-physical, mechanical and chemical properties have a great impact on the human body. Hydro-kinesiology and its application as treatment it is very important and very used at any age. Postural conditions also benefit by therapeutic swimming.

- **DL.04.09 Special techniques for handling and transfer safety the patient (Autumn/2)**

  4 hours per week, 14 weeks/4th semester; 28L/28T; ECTS credits: 5

  Handling and transfer safety the patient - training program of the techniques. The main objectives of the training program are: communication between therapist and patient, attitude, improve continuously and apply the knowledge in combination with safe equipment in the new specific applied technology of medicine. There is also important to take in consideration and biomechanics and the posture of the therapist for the safety optimal activity.

- **DS.04.10 / Physiotherapy in physical and sensorial deficiencies / (Autumn/2)**

  4 hours per week; 14 weeks/4th semester 28T/ 28L; / ECTS credits: 5


- **DS.05.02 Physiotherapy in orthopedic-traumatic disorders with applications in sport (Autumn/3)**

  4 hours per week, 14 weeks/5th semester, 28T/28L, ECTS credits: 5


- **DS.05.03 Physiotherapy of rheumatologic disorders (Autumn/3)**
4 hours per week, 14 weeks/5th semester; 28T/28L ECTS credits: 5

The courses are related to the rheumatologic conditions that benefit by kinesiology. Those conditions are presented with signs and symptoms and treatments. Applied specific kinesiology programs are developed and implemented: rheumatoid arthritis (RA), ankylosing spondylarthritis (AS), osteoarthritis, osteoporosis and other rheumatologic and autoimmune diseases.

- **DS.05.04 Nero-motor rehabilitation methods and techniques (Autumn/3)**
  3 hours per week, 14 weeks/5th semester; 14T/28L ECTS credits: 5

  The discipline presents details about many techniques and methods regarding rehabilitation in different neurological and motor pathologies like: Kabath method, PNF method; analytical methods: Kenny, Phelps; global methods: Margaret Rood, Bobath, Brunnstorm, Frenkel; functional methods: Tardieu, Pető, Vojta.

- **DS.06.06 Physiotherapy in pediatrics / (Autumn / 3)**
  4 hours per week; 14 weeks/5th semester; 28L / 28 T/ ECTS credits: 5


- **DS.06.07 Physiotherapy of cardio-respiratory disorders (Autumn/3)**
  4 hours per week, 14 weeks/6th semester; 28T/28L ECTS credits: 5

  We study the clinical features and the investigations necessary for the diagnosis of the most frequent cardio- and respiratory diseases, and the principles of the rehabilitation in accordance with the stage’s illness. The entities are: acute myocardial infarct, chronic ischemic cardiopathy, peripheral vascular diseases, etc. The respiratory rehabilitation is necessary for: COPD, bronchial asthma, and bronchiectasis; restrictive and mixed obstructive – restrictive lung diseases:
silicosis and post-TB syndromes. Kinesiology is useful in combination with other methods and appropriate equipment

- **DS.06.09 Physiotherapy in Neurological disorders**, (Autumn/3)

4 hours per week, 14 weeks/6th semester, 28T/28L, ECTS credits: 5

Evaluation of patients with disorders of the nervous system; Physiotherapy in motor neuron syndrome; Physiotherapy after stroke; Physiotherapy in amyotrophic lateral sclerosis; Physiotherapy in multiple sclerosis; Physiotherapy in cerebral palsy; Physiotherapy in peripheral motor neuron syndrome: Paraplegic patient therapist approach; Physiotherapy in Parkinson's disease; Physiotherapy for post-spinal cord injury.

**First semester - 43 credits**
**Second semester – 35 credits**