



University "Vasile Alecsandri" of Bacau
Faculty of Movement, Sports and Health Sciences
Calea Mărășești, nr.157, Bacău, 600115
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Domain: **Physical and Sports Education Sciences**
Study Programme: **Curricular and Extracurricular Motive Activities**

Academic year 2023/2024

CURRICULUM
1ST YEAR OF STUDY

Nr. ord.	Subjects	ECTS credits	Type of evaluation	Semester
1.	Biochemistry of Physical Exercise, Nutrition and Dietetics	7	E	1
2.	Educating Creativity in Physical Education, Sports and Physical Therapy	7	E	1
3.	Motor sports activities for people with special needs	4	C	1
4.	Gymnastics in High schools and Leisure Activities	6	E	1
5.	Handball in High schools and Leisure Activities	6	E	1
6.	Body Building in Physical Education and at Competitive Sports Levels	7	E	2
7.	Notions of Academic Integrity	4	C	2
8.	Educating the Aesthetics Sense and Sports Demonstrations	7	E	2
9.	Football in High schools and Leisure Activities	6	E	2
10.	Athletics in High schools and Leisure Activities	6	E	2
11.	Cybernetic Resilience	1	C	1
12.	Ecological Turism	4	C	2

E – Examination (written and/or oral); C – oral examination V – practical evaluation

Dean,
Assoc. prof. Dan-Iulian ALEXE, PhD

Head of Department,
Assoc. prof. Constantin ȘUFARU, PhD



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CURRICULUM
2ND YEAR OF STUDY

Nr. ord.	Subjects	ECTS credits	Type of evaluation	Semester
1.	Investigation Methods in Physical Education and Sports Sciences	4	C	3
2.	Sports and Olympic Education	5	E	3
3.	Management of School Athletic Associations / Methodology of Training the Professional Sports Teams – optional course	5	E	3
4.	Strategies of Managing the Leisure Time	4	C	3
5.	Basketball in High schools and Leisure Activities	6	E	3
6.	Volleyball in High schools and Leisure Activities	6	E	3
7.	Internship for Extracurricular Sports Activities (Train the Professional Teams)	5	C	4
8.	Internship for Competitive Sports and Leisure Extracurricular Activities	5	C	4
9.	Internship in Leisure Centres	5	C	4
10.	Ecotourism	7	E	4
11.	Research Internship for Writing of the Dissertation	8	C	4
12.	Cybernetic Resilience	1	C	1

E – Examination (written and/or oral); C – oral examination V – practical evaluation

Dean,
Assoc. Prof. Dan-Iulian Alexe, PhD

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