



University "Vasile Alecsandri" of Bacau
Faculty of Movement, Sports and Health Sciences
Calea Mărășești, nr.157, Bacău, 600115
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www.ub.ro; e-mail: smss@ub.ro



Domain: **Physical and Sports Education Sciences**
Study Programme: **Physical and Sports Education**

Academic year 2023/2024

CURRICULUM **1ST YEAR OF STUDY**

Nr. ord.	Subjects	ECTS credits	Type of evaluation	Semester
1.	Kinesiology	4	E	1
2.	Theoretical Fundaments of Physical Education and Sports	4	E	1
3.	Sports First-Aid and Health Education/Instruction	3	C	1
4.	General Fundaments for Athletics	3	C	1
5.	General Fundaments for Gymnastics	3	C	1
6.	Functional Anatomy	5	E	1
7.	Theory and Practice of Winter Sports (in training camps)	6	E	1
8.	English I/French I – optional practical course	2	C	1
9.	Psychology of motor activities	3	C	2
10.	Physiology	4	E	2
11.	Theory and Practice of Athletics	5	E	2
12.	Theory and Practice of Gymnastics	5	E	2
13.	Theory and Practice of Water Sports	4	E	2
14.	Water Sports Applied Activities (in training camps)	3	V	2
15.	English II/French II – optional practical course	2	C	2
16.	History of Physical Education and Sports	4	E	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.	Methods in Physical and Sports Education	5	E	3
2.	Theory and Practice of Handball	5	E	3
3.	Theory and Practice of Basketball	5	E	3
4.	Winter Sports Applied Activities (in training camps)	2	V	3
5.	Motor Performance /Motor Skills and Somatic-Functional Evaluation	5	C	3
6.	English III/French III – optional practical course	2	C	3
7.	Arrangements of bases, surfaces, equipment and installations in physical education /Use of Specialized Softs in Physical and Sports Education and Physical Therapy – optional course	3	C	3
8.	Olympic foundations and values/ Professional Ethics in Physical and Sports Education and Physical Therapy – optional course	3	C	3
9.	Theory and Practice of Football	5	E	4
10.	Theory and Practice of Volleyball	5	E	4
11.	Theory and Practice of Field and Table Tennis	5	E	4
12.	Theory and Practice in Bodily Expression Sports (swing dance, folk dance)/Theory and Practice in Combat Sports (judo, wrestling) – optional course	4	C	4
13.	Communication and Counselling in Physical and Sports Education and Physical Therapy	3	E	4
14.	Management and Marketing in Physical Education, Sports and Physical Therapy	3	E	4
15.	English IV/French IV – optional practical course	2	C	4
16.	Research Methods in Sports Sciences and Physical Education	3	E	4

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

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CURRICULUM **3RD YEAR OF STUDY**

Nr. ord.	Subjects	ECTS credits	Type of evaluation	Semester
1.	Methods of Teaching Gymnastics	5	E	5
2.	Methods of Teaching Volleyball	5	E	5
3.	Methods of Teaching of Football	5	E	5
4.	Motive Activities Adapted for Age Groups and Professions	4	E	5
5.	Bodybuilding and Fitness/Aerobics – optional course	4	C	5
6.	Teaching Internship in Educational Institutions/	2	V	5
7.	Internship in Recreational Centres	2	V	5
8.	Self-Defence Techniques/Survival techniques optional course	3	C	5
9.	Methods of Teaching Athletics in Schools	5	E	6
10.	Methods of Teaching Basketball in Schools	5	E	6
11.	Methods of Teaching Handball in Schools	5	E	6
12.	Loisire Activities – Badminton/Recreational Activities – Sports and Dynamic Beach Games/ Sports and Games on Reduced Court – optional	4	C	6
13.	Bodily Expression and Eurhythmics	3	C	6
14.	Tourism and Touristic Activities Internship	5	E	6
15.	Entrepreneurship	2	C	6
16.	Research Internship for Writing the Bachelor's Degree Thesis (BA)	3	C	6
17.	Safety and protection of users in digital context	1	C	6

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

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