



University "Vasile Alecsandri" of Bacău
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: **Sports Performance**

Academic year 2021/2022

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 and Sports Education and Physical Therapy	7	E	1
3.	Motor sports activities for people with special needs	4	C	1
4.	Marketing and Sports Management	4	C	1
5.	Specialized Training for a Specific Sport I (Athletics, Gymnastics, Basketball, Handball, Volleyball, Water Sports (Canoe-Kayak, Rowing), Swimming, Bodybuilding and Fitness, Winter Sports (Alpine Skiing, Sled, Ski Jumping), Judo, Badminton, Tennis, Table tennis) – optional course	8	E	1
6.	Cybernetic Resilience	1	C	1
7.	Body Building in Physical Education and at Competitive Sports Levels	7	E	2
8.	Notions of Academic Integrity	4	C	2
9.	Physiological Coordinates of Supervised Physical Exercise at Highly Competitive Sports Levels	6	E	2
10.	Scientific Preparation and Supervision in Sports Training	5	E	2
11.	Management of sports competitions	4	V	2
12.	Specialized Training for a Specific Sport II (Athletics, Gymnastics, Basketball, Handball, Volleyball, Water Sports (Canoe-Kayak, Rowing), Swimming, Bodybuilding and Fitness, Winter Sports (Alpine Skiing, Sled, Ski Jumping), Judo, Badminton, Tennis, Table tennis) – optional course	8	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.	Investigation Methods in the Field of Physical and Sports Education Sciences	4	C	3
2.	Sports and Olympic Education	5	E	3
3.	Doping and the Input of Energogenetic Aids	6	C	3
4.	Adaptation and Recovery of Body during and after Physical Exercise	7	E	3
5.	Specialized Training for a Specific Sport III (Athletics, Gymnastics, Basketball, Handball, Volleyball, Water Sports (Canoe-Kayak, Rowing), Swimming, Bodybuilding and Fitness, Winter Sports (Alpine Skiing, Sled, Ski Jumping), Judo, Badminton) – optional course	8	E	3
6.	Cybernetic Resilience	1	C	3
7.	Internship for Competitions (Organizing Competitions)	4	C	4
8.	Internship in Training Centres for Children and Juniors	5	C	4
9.	Internship in High Performance Centres	5	C	4
10.	Specialized Training for a Specific Sport IV (Athletics, Gymnastics, Basketball, Handball, Volleyball, Water Sports (Canoe-Kayak, Rowing), Swimming, Bodybuilding and Fitness, Winter Sports (Alpine Skiing, Sled, Ski Jumping), Judo, Badminton) – optional course	8	E	4
11.	Research Internship for Writing of the Dissertation	8	C	4

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

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