



University "Vasile Alecsandri" of Bacău
Faculty of Movement, Sports and Health Sciences
Calea Mărășești, nr.157, Bacău, 600115
Tel./Fax: +40-234/517715
www.ub.ro; e-mail: smss@ub.ro



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

Academic year 2023/2024

CURRICULUM 1ST YEAR OF STUDY

Nr. ord.	Subjects	ECTS credits	Type of evaluation	Semester
1.	Kinesiology	4	E	1
2.	Theory of Physical and Sports Education	4	E	1
3.	First-Aid and Health Education/Instruction in Sports	4	C	1
4.	General Basis for Athletics	3	C	1
5.	General Basis for Gymnastics	3	C	1
6.	Functional Anatomy	5	E	1
7.	Theory and Practice of Winter Sports (intensive training)	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	5	E	2
	Somatic and Motor Assessment	5	E	2
14.	Water Sports Applied Activities (in training camps)	2	V	2
15.	English II/French II – optional practical course	2	C	2
16.	History of Physical and Sports Education	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



University "Vasile Alecsandri" of Bacău
Faculty of Movement, Sports and Health Sciences
Calea Mărășești, nr.157, Bacău, 600115
Tel./Fax: +40-234/517715
www.ub.ro; e-mail: smss@ub.ro



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

Academic year 2023/2024

CURRICULUM
2ND YEAR OF STUDY

Nr. ord.	Subjects	ECTS credits	Type of evaluation	Semester
1.	Didactics of 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	2	V	3
	Theory and Practice of Swimming	5	E	3
6.	English III/French III – optional practical course	2	C	3
7.	Design of sports 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 Physical and Sports Education 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

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

Head of Department,
Assoc. Prof. Constantin Șufaru, PhD



University "Vasile Alecsandri" of Bacău
Faculty of Movement, Sports and Health Sciences
Calea Mărășești, nr.157, Bacău, 600115
Tel./Fax: +40-234/517715
www.ub.ro; e-mail: smss@ub.ro



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

Academic year 2023/2024

CURRICULUM 3RD YEAR OF STUDY

Nr. ord.	Subjects	ECTS credits	Type of evaluation	Semester
1.	General Basis of Sports Training	5	E	5
2.	Methods of 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) – optional course	6	E	5
3.	Physiology of Physical Exercise in Sports	4	E	5
4.	Psychological Assistance in Sports/Doping in Sports - Prevention and Control – optional course	4	E	5
5.	Theory of Competition/Sports Legislation – optional course	3	C	5
6.	Internship in Centres for Early Initiation in Sports	4	V	5
7.	Internship for Managing Sports Events and Activities	2	V	5
8.	Prophylaxis and recovery in sports activity	4	E	5
9.	Educating and Developing the Psychomotor Abilities	5	E	6
10.	Methods of 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, Tennis table) – optional	6	E	6
11.	Phasing and Dynamics of Physical Exercise in Competitional Sports Activity	4	E	6
12.	Evaluation and Monitoring Techniques of Sports Performance	4	C	6
13.	Sports Equipment, Facilities and Devices	4	C	6
14.	Internship in sports structures	2	C	6
15.	Research Internship for Writing the Bachelor's Degree Thesis	3	C	6
16.	Entrepreneurship	2	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

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

Head of Department,
Assoc. Prof. Constantin Șufaru, PhD