

FACULTY OF PHYSICAL EDUCATION AND SPORT

Study program: Physical education and sport

Level: Undergraduate

Course code	Course	Autumn semester / credits	Spring semester / credits
DF 01.01	Theory and Methodology of Physical Education and Sport	8	
DF.01.02	General fundaments of the Athletics	4	
DF.01.03	Basic gymnastics	2	
DF 01.05	Scientific Fundamentals of the game sport: Volleyball	5	
DF 01.06	Scientific Fundamentals of the game sport: Handball	5	
DS.03.02	Leisure activities	5	
DD.03.01	Motor and somatic-functional assessment	5	
DD.03.05	Practical applications in winter sports	4	
DS. 03.13	Body expression and eurythmy	4	
DC.05.01	The scientific research methodology	5	
DF.02.09	Scientific Fundamentals of the game sport: Football		5
DF.02.10	Scientific Fundamentals of the game sport: Basketball		5
DD. 02.12	Theory and practice in winter sports - skating, ski		5
DD.02.13	Theory and practice in other sports branches: bodybuilding		5
DC 06.15	Using specialized software in physical education and sport		5
DD.04.08	Theory and practice of combat sports: judo, martial arts		5
DS. 04.09	Fitness		5
Total credits		47	35

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: **6**

III.5 Number of credits ECTS: **8**

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.

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.

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: 2

III.5 Number of credits ECTS: 2

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 sport: Volleyball

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

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 01.06

III.2 Course: Scientific Fundamentals of the game sport: Handball

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

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.

I. Physical education and sport

II. Undergraduate

III.1 Course code: DF.02.09

III.2 Course: Scientific Fundamentals of the game sport: Football

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

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.

I. Physical education and sport

II. Undergraduate

III.1 Course code: DF.02.10

III.2 Course: Scientific Fundamentals of the game sport: Basketball

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

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. 02.12**

III.2 Course: Theory and practice in winter sports - skating, ski

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

The course includes 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 be acquiring correct basic techniques of skiing discipline, improving the quality of bio-psychomotor 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.03.02**

III.2 Course: Leisure activities

III.3 Semester: Autumn1/ 3rd semester

III.4 Number of hours weekly: 4

III.5 Number of credits ECTS: 5

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

The concept of evaluation. Evaluation in physical education curriculum. Functions, types and purpose. Docimology - science school performance assessment Measurement in Physical education and research. Measurement functions. Measurement scales. Specific methods and evaluation in physical education and sport Tests as measuring instrument. Classification criteria tests. Basics of statistics. Parameters central tendencies. Arithmetic mean. Average data string. Computer use in measuring motion. Cardio-respiratory measurements, biomechanical, observational, power, agility, coordination, balance.

I. Physical education and sport

II. Undergraduate

III.1 Course code: DD.02.13

III.2 Course: Theory and practice in other sports branches: bodybuilding

III.3 Semester: Spring1/ 2nd 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. Assesment 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: **5**

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 06.15**

III.2 Course: **Using specialized software in physical education and sport**

III.3 Semester: **Spring 3/ 6th 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: **DD.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: **3**

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: **DS. 03.13**

III.2 Course: **Body expression and eurythmy**

III.3 Semester: **Autumn 2/ 3rd semester**

III.4 Number of hours weekly: **3**

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

III. 6 The topic of the course

The course includes 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 eurhythms 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, classification, 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.

Study program: Physical education in schools and extracurricular activities**Level: Graduate / master**

Course code	Course	Autumn semester / credits	Spring semester / credits
DAP.01.01	Methodology of motor activities in high school	4	
DAP.01.03	Fitness and leisure	7	
DAP.01.04	Methodics of handball in high school	4	
DAP.02.06	Methodics of athletics in high school		4
DAP.02.07	Arrangement sports and leisure facilities		4
DAP.02.08	Leisure activities		4
DAP.02.09	Methodics of swimming		4
DAP.02.10	Techniques of measurement and evaluation		7
DAP.03.01	Methodics of fotball in high school	4	
DSI.03.02	Indoor and outdoor activities	7	
DSI.03.03	Scientific research methodology in physical activities	7	
DAP.03.05	Methodics of basketball in high school	4	
DAP.04.06	Methodics of voleyball in high school		4
DAP.04.09	Computerized communication and work techniques		2
DAP.04.11	Methodics of combat sports		4
Total		37	33

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: **4**

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. Assesment 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: **2**

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

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.02.06

III.2 Course: Methodics of athletics in high school

III.3 Semester: **Spring 1/ 2nd semester**

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

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

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.02.07

III.2 Course: Arrangement sports and leisure facilities

III.3 Semester: **Spring 1/ 2nd semester**

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

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

III. 6 The topic of the course

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

- I. Physical education and sport
- II. Graduate / Master
- III.1 Course code: DAP.02.08
- III.2 Course: Leisure activities
- III.3 Semester: Spring 1/ 2nd semester**
- III.4 Number of hours weekly: 2
- III.5 Number of credits ECTS: 4
- III. 6 The topic of the course

Leisure activities - conceptual delimitation features; The evolution of the concept of leisure; Leisure in different populations throughout history; Lifestyle; Forms of leisure; Leisure features; Leisure functions; Classification of the leisure activities; Quality of life and the potential for practice leisure activities; Leisure sports; National character and traditional physical activities that can be utilized during leisure.

- I. Physical education and sport
- II. Graduate / Master
- III.1 Course code: DAP.02.10
- 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: 7
- 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.

- I. Physical education and sport
- 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: **2**

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

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: Scientific research methodology in physical 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

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.04.09

III.2 Course: Computerized communication and work techniques

III.3 Semester: **Spring 2/ 4th semester**

III.4 Number of hours weekly: **1**

III.5 Number of credits ECTS: **2**

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: **2**

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

III. 6 The topic of the course

The methodics of volleyball 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: Methodics of combat sports

III.3 Semester: **Spring 2/ 4th semester**

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

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

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: **Autumn 2/ 3rd semester**

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

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

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.

I. Physical education and sport

II. Graduate / Master

III.1 Course code: **DAP 02.09**

III.2 Course: **Methodics of swimming**

III.3 Semester: Spring 1/ 2nd semester

III.4 Number of hours weekly: 2

III.5 Number of credits ECTS: 4

III. 6 The topic of the course

The methodics of swimming course is designed to offer main skills and methods to learn swimming techniques for different age categories.

STUDY PROGRAM: KINETOTHERAPY AND SPECIAL MOTRICITY

Course code	Course	Autumn semester / credits	Spring semester / credits
DD.02.07	General basis of kinetotherapy		5
DF.02.10	Health education and first aid		5
DF.03.01	Kinesiology	5	
DD.03.02	Semiology	5	
DF.03.03	Massage and Complementary Techniques	5	
DD.03.04	Special techniques for handling and transfer safety the patient	3	
DD.04.07	Physiotherapy Elements		5
DD.04.08	Assessment in physiotherapy		5
DD.04.09	Swimming and hydrokinetotherapy		5
DS.04.10	Physiotherapy in physical and sensorial deficiencies		5
DS.05.02	Neuro-motor rehabilitation methods and techniques	5	
DS.05.03	Physiotherapy in orthopedic-traumatic disorders with applications in sport	5	
DS.05.04	Physiotherapy of rheumatologic disorders	5	
DS.05.05	Physiotherapy in pediatrics	5	
DS.06.07	Physiotherapy in Neurological disorders		5
DS.06.08	Physiotherapy of cardio-respiratory disorders		5
Total credits		38	40

- I. Kinetotherapy and Special Motricity
- II. Undergraduate
- III.1 Course code: **DD.02.07**
- III.2 Course: **General basis of kinetotherapy**
- III.3 Semester: **Spring/ 2nd semester**
- III.4 Number of hours weekly: **4**
- III.5 Number of credits ECTS: **5**
- III. 6 The topic of the course

Kinetotherapy – 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.

- I. Kinetotherapy and Special Motricity
- II. Undergraduate
- III.1 Course code: **DF.02.10**
- III.2 Course: **Health education and first aid**
- III.3 Semester: **Spring/ 2nd semester**
- III.4 Number of hours weekly: **4**
- III.5 Number of credits ECTS: **5**
- III. 6 The topic of the course

Proper use of technical terms: health, prophylaxis, hygiene, first aid, trauma, movement. Personal hygiene and contagious diseases. Correct diet, intoxications, food poisoning, vomiting and 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.

- I. Kinetotherapy and Special Motricity
- II. Undergraduate
- III.1 Course code: **DF.03.01**
- III.2 Course: **Kinesiology**
- III.3 Semester: **Autumn/ 3rd semester**
- III.4 Number of hours weekly: **4**
- III.5 Number of credits ECTS: **5**
- III. 6 The topic of the course

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.

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DD.03.02**

III.2 Course: **Semiology**

III.3 Semester: **Autumn/ 3rd semester**

III.4 Number of hours weekly: **3**

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

III. 6 The topic of the course

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.

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DS.03.03**

III.2 Course: **Massage and Complementary Techniques**

III.3 Semester: **Autumn/ 3rd semester**

III.4 Number of hours weekly: **5**

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

III. 6 The topic of the course

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.

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DD.03.04**

III.2 Course: **Special techniques for handling and transfer safety the patient**

III.3 Semester: **Autumn/ 3rd semester**

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

III.5 Number of credits ECTS: **3**

III. 6 The topic of the course

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.

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DD.04.07**

III.2 Course: **Physiotherapy Elements**,

III.3 Semester: **Spring/ 4th semester**

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

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

III. 6 The topic of the course

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.

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DD.04.08**

III.2 Course: **Assessment in physiotherapy**

III.3 Semester: **Spring/ 4th semester**

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

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

III. 6 The topic of the course

Assessment: concept, functions, types and purpose. Measurement instruments. Specific assessment methods in physiotherapy. Testing as assessments. Classification criteria of the musculoskeletal tests. The use of computer in movement assessment. Cardio-respiratory measurements, biomechanics, strength, skills, coordination, balance, observation.

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DD.04.09**

III.2 Course: **Swimming and hydrokinetotherapy**

III.3 Semester: **Spring/ 4th semester**

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

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

III. 6 The topic of the course

The course provides a theoretical General theoretical knowledge about conditions and diseases in which swimming and aqua exercises are very important methods of hydrokinesiology. 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 benefits by therapeutic swimming.

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DS.04.10**

III.2 Course: **Special techniques for handling and transfer safety the patient**

III.3 Semester: **Spring/ 4th semester**

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

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

III. 6 The topic of the course

Proper use of technical terms: therapy, deficiency, movement. Somatoscopic and anthropometric examination. Physical deficiencies of the head and neck. Physical deficiencies of the upper limbs: shoulders, shoulder blades, arms, forearms, hands. Physical deficiencies of the spine in the sagittal and frontal plane. Physical deficiencies of the thorax. Physical deficiencies of the abdomen. Physical deficiencies of the lower limbs: pelvis, hips, knees, feet.

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DS.05.02**

III.2 Course: **Neuro-motor rehabilitation methods and techniques**

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

III.4 Number of hours weekly: **3**

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

III. 6 The topic of the course

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, Brunnstrom, Frenkel; functional methods: Tardieu, Petö, Vojta

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DS.05.03**

III.2 Course: **Physiotherapy in orthopedic-traumatic disorders with applications in sport**

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

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

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

III. 6 The topic of the course

Principles of functional rehabilitation of injured athletes; Sports injuries: musculoskeletal. Recovery of the Achilles tendon; Rehabilitation of surgical repairs of menisci, rehabilitation of surgical repairs of the ligaments. Rehabilitation in sprains and dislocations of the joints.

Kinesiology for spinal injuries; Kinesiology in the soft tissues injuries (tendonitis, bursitis, capsulitis)

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DS.05.04**

III.2 Course: **Physiotherapy of rheumatologic disorders**

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

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

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

III. 6 The topic of the course

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.

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DS.05.05**

III.2 Course: **Physiotherapy in pediatrics**

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

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

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

III. 6 The topic of the course

Introduction in pediatrics. The main respiratory conditions in pediatrics treated by kinesiology: pulmonary obstructive asthma, bronchiolitis. Cardiovascular diseases seen in pediatrics: juvenile hypertension, cyanotic and non cyanotic malformations and hemophilia. Rickets - clinical aspects and kinetic implications. Kinesiology in neurological conditions in pediatrics: cerebral palsy, neuromuscular dystrophy, bifida spine. Physiotherapy in posttraumatic sequel in pediatrics: posttraumatic paraplegia, obstetrical paralysis, musculoskeletal injuries. Physiotherapy in the main musculoskeletal conditions in pediatrics: birth defects, abnormalities of the spine, pelvis and limbs, essential deformities, osteocondropathology, osteitis, inflammatory rheumatism disease of the child.

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DS.06.07**

III.2 Course: **Physiotherapy in Neurological disorders**

III.3 Semester: **Spring/ 6th semester**

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

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

III. 6 The topic of the course

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.

I. Kinetotherapy and Special Motricity

II. Undergraduate

III.1 Course code: **DS.06.08**

III.2 Course: **Physiotherapy of cardio-respiratory disorders**

III.3 Semester: **Spring/ 6th semester**

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

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

III. 6 The topic of the course

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.