

**CURRICULUM - 1st YEAR
2023-2024**

UNIVERSITY		George Emil Palade University of Medicine, Pharmacy, Science, and Technology of Târgu Mureș				UNDERGRADUATE STUDY PROGRAM				PHYSICAL EDUCATION AND SPORTS												
FACULTY		Petru Maior Faculty of Sciences and Letters				GRADUATE TITLE				BACHELOR OF PHYSICAL EDUCATION AND SPORT												
FIELD OF STUDY		PHYSICAL EDUCATION AND SPORT				LENGTH OF STUDIES				3 YEARS												
LEVEL OF QUALIFICATION		6				TRANSFERABLE STUDY CREDITS (ECTS)				180 (MANDATORY + OPTIONAL) + 10 SUPPORT FOR THE LICENSE EXAMINATION												
Nr crt	Educational activities Courses	Code/Type of courses	1st semester								2nd semester								Total academic year			
			1st module (hours/week)				2nd module (hours/week)				3rd module (hours/week)				4th module (hours/week)							
			Course	Lp/st / Sem / Pr	ECTS	Form verif	Course	Lp/st / Sem / Pr	ECTS	Form verif	Course	Lp/st g/ Sem/ Pr	ECTS	Form verif	Course	Lp/st g/ Sem/ Pr	ECTS	Form verif	Course	Lp/stg/ Sem/ Pr	Indiv , Std.	ECTS
1	<i>Functional Anatomy</i>	EFS101/DD	4	2	5	E												28	14	83	5	
2	<i>Basic Gymnastics</i>	EFS102/DF	4	6	6	E												28	42	80	6	
3	<i>The fundamentals of Athletics</i>	EFS103/DF	2	4	4	E												14	28	58	4	
4	<i>Leisure motor activities / Badminton and Beach games / reduced field and indoor</i>	EFS104/DD					4	2	5	E								28	14	83	5	
5	<i>Theory and Practice in Winter Sports (Alpine Skiing)</i>	EFS105/DD					4	2	4	E								28	14	58	4	
6	<i>Theory and Practice in Water Sports (Swimming and Water Aerobics)</i>	EFS106/DD									4	4	6	E				28	28	94	6	
7	<i>Practical applications of winter sports (alpine skiing and skating)</i>	EFS107/DD					-	6	3	V								0	42	33	3	
8	<i>Foreign Language</i>	EFS108/DC		2				2				2				2	3	C	0	56	19	3

9	Health and first aid education	EFS109/DF									4	4	4	E					28	28	44	4
10	Theory and Practice in Gymnastics Branches (Acrobatic and Artistic Gymnastics)	EFS110/DD													4	6	7	E	28	42	105	7
11	Theory and practice of Athletics	EFS111/DD													4	6	6	E	28	42	80	6
12	Kinesiology	EFS112/DF	2	2	3	C													14	14	47	3
13	Practical applications of water sports	EFS113/DD													0	6	2	V	0	42	8	2
14	Optional discipline	EFS114/ DOU									4	-	2	V					28	0	22	2
TOTAL GENERAL		13 OBL; 1 OPT	12	16	18	3E 1C	8	12	12	2E 1V	12	10	12	2E, 1V	8	20	18	2E 1V, 1C	280	406	800	60

DF Fundamental Course DD Technical Course DS Specialized Course DC Complementary Course c Courses s Seminars p Project lp Practical exercises

RECTOR,
Prof. univ. dr. Leonard AZAMFIREI

PRORECTOR,
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RESPONSABIL SPECIALIZARE,
Prof. univ.dr. Adela Bădău

**CURRICULUM – 2nd YEAR
2024-2025**

UNIVERSITY	George Emil Palade University of Medicine, Pharmacy, Science, and Technology of Târgu Mureș					UNDERGRADUATE STUDY PROGRAM	PHYSICAL EDUCATION AND SPORTS																		
FACULTY	Petru Maior Faculty of Sciences and Letters					GRADUATE TITLE	BACHELOR OF PHYSICAL EDUCATION AND SPORT																		
FIELD OF STUDY	PHYSICAL EDUCATION AND SPORT					LENGTH OF STUDIES	3 YEARS																		
LEVEL OF QUALIFICATION	6					TRANSFERABLE STUDY CREDITS (ECTS)	180+8 (MANDATORY + OPTIONAL) + 10 SUPPORT FOR THE LICENSE EXAMINATION																		
Nr crt	Educational activities Courses	Code/Type of courses	1st semester								2nd semester								Total academic year						
			1st module (hours/week)				2nd module (hours/week)				3rd module (hours/week)				4th module (hours/week)										
			Course	Lp/st / Sem / Pr	ECTS	Form verif	Course	Lp/st / Sem / Pr	ECTS	Form verif	Course	Lp/st g/ Sem/ Pr	ECTS	Form verif	Course	Lp/st g/ Sem/ Pr	ECTS	Form verif	Course	Lp/stg/ Sem/ Pr	Indiv , Std.	ECTS			
1	Physiology	EFS201/DD						4	2	3	E									28	14	33	3		
2	<i>Theory and methods of Physical education and sport</i>	EFS202/DF												6	8	7	E					42	56	77	7
3	<i>The scientific fundamentals of Handball</i>	EFS203/DF	2	4	5	E														14	28	83	5		
4	<i>The scientific fundamentals of football</i>	EFS204/DF	2	4	5	E														14	28	83	5		
5	<i>Learning methodology of Gymnastics in school</i>	EFS205/DS						4	4	5	E									28	28	69	5		

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6	<i>Theory and Practice in Other Sports Branches (Tennis)</i>	EFS206/DD												2	4	3	C	14	28	33	3	
7	<i>Theory and Practice in Expression Sports (Dance Sport and Folk Dance)</i>	EFS207/DD								2	2	3	C					14	14	47	3	
8	<i>Learning methodology of Athletics in school</i>	EFS208/DS	4	4	5	E												28	28	69	5	
9	<i>Motor and somato-functional assessment</i>	EFS209/DD					4	4	5	E								28	28	69	5	
10	<i>Theory and practice of combat sports (judo and martial arts)</i>	EFS210/DD									2	4	4	E				14	28	58	4	
11	<i>Learning methodology of Handball in school</i>	EFS211/DS												4	4	5	E	28	28	69	5	
12	<i>Learning methodology of Football in school</i>	EFS212/DS												4	4	5	E	28	28	69	5	
13	<i>Preparation of the graduation thesis</i>	EFS213/DD												-	6	3	C	0	42	33	3	
14	<i>Optional discipline 2**</i>	EFS214/DOU	4	4	2	V												28	28	8	2	
TOTAL GENERAL		13 OBL; 1 OPT	12	16	17	3E 1V	12	10	13	3E	10	14	14	2E 1C	10	18	16	2E 2C	308	406	800	60

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**CURRICULUM – 3rd YEAR
2025-2026**

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FIELD OF STUDY		PHYSICAL EDUCATION AND SPORT				LENGTH OF STUDIES				3 YEARS												
LEVEL OF QUALIFICATION		6				TRANSFERABLE STUDY CREDITS (ECTS)				180+8 (MANDATORY + OPTIONAL) + 10 SUPPORT FOR THE LICENSE EXAMINATION												
Nr crt	Educational activities Courses	Code/Type of courses	1st semester								2nd semester								Total academic year			
			1st module (hours/week)				2nd module (hours/week)				3rd module (hours/week)				4th module (hours/week)							
			Course	Lp/st / Sem / Pr	ECTS	Form verif	Course	Lp/st / Sem / Pr	ECTS	Form verif	Course	Lp/st g/ Sem/ Pr	ECTS	Form verif	Course	Lp/st g/ Sem/ Pr	ECTS	Form verif	Course	Lp/stg/ Sem/ Pr	Indiv, Std.	ECTS
1	<i>Practice and Methodology of Motor Activities by age groups</i>	EFS301/DS	4	4	5	E												28	28	69	5	
2	<i>Practical stage in educational institutions</i>	EFS302/DS						-	6	3	C							0	42	33	3	
3	<i>Fitness</i>	EFS303/DS						4	4	5	E							28	28	69	5	
4	<i>The scientific fundamentals of Volleyball</i>	EFS304/DF	2	4	4	E												14	28	58	4	

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5	<i>The scientific fundamentals of Basketball</i>	EFS305/DF					2	4	5	E									14	28	83	5
6	<i>Research Methods in Sports Science and Physical Education</i>	EFS306/DC	4	4	5	E													28	28	69	5
7	<i>Internship in Tourist Activities in Leisure Centres</i>	EFS307/DS	-	6	3	C													0	42	33	3
8	<i>Psychopedagogy</i>	EFS308/DF									2	4	5	C					14	28	83	5
9	<i>Adapted motor activities</i>	EFS309/DS													4	4	4	E	28	28	44	4
10	<i>Corporal expression and eurhythmics</i>	EFS310/DS									4	4	5	E					28	28	69	5
11	<i>Survival Skills and Education through Adventure</i>	EFS311/DC													4	4	4	E	28	28	44	4
12	<i>Learning methodology of Volleyball in school</i>	EFS312/DS									4	4	5	E					28	28	69	5
13	<i>Learning methodology of Basketball in school</i>	EFS313/DS													4	4	5	E	28	28	69	5
14	Optional discipline**	EFS314/DOU									2	2	2	C					14	14	36	2
TOTAL GENERAL		13 OBL; 1 OPT	10	18	17	3E 1C	6	14	13	2E 1C	12	14	17	2E 2C	12	12	13	3E	280	406	828	60

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