

CURRICULUM – YEAR I
2025-2026

UNIVERSITY		University of Medicine, Pharmacy, Science, and Technology “George Emil Palade” of Târgu Mureș				BACHELOR'S DEGREE PROGRAM				PHYSICAL EDUCATION AND SPORTS												
FACULTY		FACULTY OF SCIENCES AND LETTERS "Petru Maior"				GRADUATE TITLE				BACHELOR'S DEGREE IN PHYSICAL EDUCATION AND SPORTS												
DOMAIN OF STUDY		PHYSICAL EDUCATION AND SPORTS				DURATION OF STUDIES				3 YEARS												
LEVEL OF REGULATION		GENERAL				TRANSFERABLE STUDY CREDITS (ECTS)				180 (MANDATORY + OPTIONAL) + 10 FOR FINAL EXAM DEFENSE												
Nr crt	Teaching Activities Courses	Code/Type Subj.	Semester 1								Semester 2								Total academic year			
			Module I				Module II				Module III				Module IV							
			Cours e	Lp/st/ Sem/ Pr	ECTS	Form of verif	Course	Lp/st/ Sem/ Pr	ECTS	Form of verif	Cours e	Lp/stg/ Sem/ Pr	ECTS	Form of verif	Course	Lp/stg/ Sem/ Pr	ECTS	Form of verif	Course	Lp/stg/ Sem/ Pr	Indiv. study	ECTS
1	Functional Anatomy	EFS101/DD	4	2	5	E													28	14	83	5
2	Basic Gymnastics	EFS102/DF	4	6	6	E													28	42	80	6
3	General Foundations of Athletics	EFS103/DF	2	4	4	E													14	28	58	4
4	Kinesiology	EFS104/DF	2	2	3	C													14	14	47	3
5	Foreign language	EFS105/DC		2				2	1	C		2				2	2	C	0	56	19	3
6	Motor Activities for Leisure – Badminton and Beach/Small Court/Indoor Games	EFS106/DD					4	2	5	E									28	14	83	5
7	Theory and Practice in Winter Sports (Alpine Skiing)	EFS107/DD					4	2	4	E									28	14	58	4
8	Practical Applications in Winter Sports Disciplines (Alpine Skiing and Ice Skating)	EFS108/DD					-	6	3	V									0	42	33	3
9	Theory and Practice in Water Sports (Swimming and Aquagym)	EFS109/DD									4	4	6	E					28	28	94	6
10	Health Education and First Aid	EFS110/DF									4	4	4	E					28	28	44	4

11	Optional Subject*	EFS111/ DOU									4	-	2	V					28	0	22	2
12	Theory and Practice in Gymnastics Disciplines (Acrobatic and Artistic Gymnastics)	EFS112/DD													4	6	7	E	28	42	105	7
13	Theory and Practice of Athletics	EFS113/DD													4	6	6	E	28	42	80	6
14	Practical Applications in Water Sports Disciplines	EFS114/DD													0	6	2	V	0	42	8	2
TOTAL GENERAL		13 OBL; 1 OPT	12	16	18	3E 1C	8	12	13	2E 1V	12	10	12	2E, 1V	8	20	17	2E 1V, 1C	280	406	800	60
** Optional Courses / Choose one from the following:																						
Optional Courses Package 1		EFS114	EFS114.1 History of Physical Education and Sports EFS114.2 Ethics and Deontology in Physical Education																			

Ratio of theory hours (Course) to practical activity (Lab, Seminar, Internship, Practical): 280/406 = 0.8/1.2

MAN – mandatory subject; OPT – optional subject; E – exam; C – colloquium; LP – practical work; ECTS – transferable study credits

Optional Courses (DOU): History of Physical Education and Sports; Ethics and Deontology in Physical Education

RECTOR,
Prof. univ. dr.
Leonard AZAMFIREI

VICE-RECTOR,
Prof. univ. dr.
Ovidiu-Simion COTOI

DEAN,
Prof. univ. dr.
Giordano ALTAROZZI

HEAD OF DEPARTMENT,
Conf. univ. dr.
Szabó-Csifó Barna

SPECIALIZATIONCOORDONATOR,
Conf. univ.dr.
Szabó-Csifó Barna

**CURRICULUM – YEAR II
2026-2027**

UNIVERSITY		University of Medicine, Pharmacy, Science, and Technology “George Emil Palade” of Târgu Mureș				BACHELOR'S DEGREE PROGRAM				PHYSICAL EDUCATION AND SPORTS													
FACULTY		FACULTY OF SCIENCES AND LETTERS "Petru Maior"				GRADUATE TITLE				BACHELOR'S DEGREE IN PHYSICAL EDUCATION AND SPORTS													
DOMAIN OF STUDY		PHYSICAL EDUCATION AND SPORTS				DURATION OF STUDIES				3 YEARS													
LEVEL OF REGULATION		GENERAL				TRANSFERABLE STUDY CREDITS (ECTS)				180 (MANDATORY + OPTIONAL) + 10 FOR FINAL EXAM DEFENSE													
Nr crt	Teaching Activities Courses		Code/Type Subj.	Semester 1								Semester 2								Total academic year			
				Module I				Module II				Module III				Module IV							
				Cours e	Lp/st/ Sem/ Pr	ECTS	Form of verif	Cou rse	Lp/st/ Sem/ Pr	ECT S	Form of verif	Cour se	Lp/stg/ Sem/ Pr	ECTS	Form of verif	Cours e	Lp/stg/ Sem/ Pr	ECTS	Form of verif	Course	Lp/stg/ Sem/ Pr	Indi v. stu dy	ECTS
1	Methodology of Teaching Athletics in School		EFS201/DS	4	4	5	E												28	28	69	5	
2	Scientific Foundations of Handball		EFS202/DF	2	4	5	E												14	28	83	5	
3	Scientific Foundations of Football		EFS203/DF	2	4	5	E												14	28	83	5	
4	Optional Subject 2**		EFS204/DOU	4	4	2	V												28	28	8	2	
5	Pysiology		EFS205/DD					4	2	3	E								28	14	33	3	
6	Methodology of Teaching Gymnastics in School		EFS206/DS					4	4	5	E								28	28	69	5	

RECTOR,
Prof. univ. dr.
Leonard AZAMFIREI

VICE-RECTOR,
Prof. univ. dr.
Ovidiu-Simion COTOI

DEAN,
Prof. univ. dr.
Giordano ALTAROZZI

HEAD OF DEPARTMENT,
Conf. univ. dr.
Szabó-Csifó Barna

SPECIALIZATIONCOORDONATOR,
Conf. univ.dr.
Szabó-Csifó Barna

7	Motor and Somato-functional Evaluation	EFS207/DD					4	4	5	E									28	28	69	5
8	Theory and Methodology of Physical Education and Sports	EFS208/DF									4	4	5	E					28	28	69	5
9	Theory and Practice in Expressive Sports (Sport Dance and Folk Dance)	EFS209/DD									2	2	3	C					14	14	47	3
10	Theory and Practice in Combat Sports (Judo and Martial Arts)	EFS210/DD									2	4	3	E					14	28	33	3
11	Sport psychology in physical education	EFS211/DF									2	4	3	C					14	28	33	3
12	Methodology of Teaching Handball in School	EFS212/DS													4	4	5	E	28	28	69	5
13	Methodology of Teaching Football in School	EFS213/DS													4	4	5	E	28	28	69	5
14	Theory and Practice in Other Sports Disciplines (Tennis)	EFS214/DD													2	4	3	C	14	28	33	3
15	Preparation Internship and Bachelor's Thesis Development	EFS215/DD													-	6	3	C	0	42	33	3
TOTAL GENERAL		14 OBL; 1 OPT	12	16	17	3E 1V	12	10	13	3E	10	14	14	2E 2C	10	18	16	2E 2C	308	406	800	60
** Optional Courses / Choose one from the following:																						
Optional Courses Package 2		EFS214	EFS214.1 Aerobic and Maintenance Gymnastics EFS214.2 Ludic Activities EFS214.3 Table Tennis, Theory and Practice																			

Ratio of theory hours (Course) to practical activity (Lab, Seminar, Internship, Practical): 308/406 = 0.8/1.2

MAN – mandatory subject; OPT – optional subject; E – exam; C – colloquium; LP – practical work; ECTS – transferable study credits

Optional Courses (DOU): Maintenance Aerobic Gymnastics; Ludic Activities

RECTOR,
Prof. univ. dr.
Leonard AZAMFIREI

VICE-RECTOR,
Prof. univ. dr.
Ovidiu-Simion COTOI

DEAN,
Prof. univ. dr.
Giordano ALTAROZZI

HEAD OF DEPARTMENT,
Conf. univ. dr.
Szabó-Csifó Barna

SPECIALIZATIONCOORDONATOR,
Conf. univ.dr.
Szabó-Csifó Barna

**CURRICULUM – YEAR III
2027-2028**

UNIVERSITY		University of Medicine, Pharmacy, Science, and Technology “George Emil Palade” of Târgu Mureș				BACHELOR'S DEGREE PROGRAM				PHYSICAL EDUCATION AND SPORTS												
FACULTY		FACULTY OF SCIENCES AND LETTERS "Petru Maior"				GRADUATE TITLE				BACHELOR'S DEGREE IN PHYSICAL EDUCATION AND SPORTS												
DOMAIN OF STUDY		PHYSICAL EDUCATION AND SPORTS				DURATION OF STUDIES				3 YEARS												
LEVEL OF REGULATION		GENERAL				TRANSFERABLE STUDY CREDITS (ECTS)				180 (MANDATORY + OPTIONAL) + 10 FOR FINAL EXAM DEFENSE												
Nr crt	Teaching Activities Courses	Code/Type Subj.	Semester 1								Semester 2								Total academic year			
			Module I				Module II				Module III				Module IV							
			Cours e	Lp/st/ Sem/ Pr	ECTS	Form of verif	Cou rse	Lp/st/ Sem/ Pr	ECT S	Form of verif	Cour se	Lp/stg/ Sem/ Pr	ECTS	Form of verif	Cours e	Lp/stg/ Sem/ Pr	ECTS	Form of verif	Course	Lp/stg/ Sem/ Pr	Indiv . stud y	ECTS
1	Practice and Methodology of Motor Activities by Age Group	EFS301/DS	4	4	5	E												28	28	69	5	
2	Scientific Foundations of Volleyball	EFS302/DF	2	4	4	E												14	28	58	4	
3	Research Methods in Sport Science and Physical Education	EFS303/DC	4	4	5	E												28	28	69	5	
4	Internship in Tourism Activities and Recreational Facilities	EFS304/DS	-	6	3	C												0	42	33	3	
5	Teaching Internship in Educational Institutions	EFS305/DS					-	6	3	C								0	42	33	3	

RECTOR,
Prof. univ. dr.
Leonard AZAMFIREI

VICE-RECTOR,
Prof. univ. dr.
Ovidiu-Simion COTOI

DEAN,
Prof. univ. dr.
Giordano ALTAROZZI

HEAD OF DEPARTMENT,
Conf. univ. dr.
Szabó-Csifó Barna

SPECIALIZATIONCOORDONATOR,
Conf. univ.dr.
Szabó-Csifó Barna

6	Fitness	EFS306/DS					4	4	5	E									28	28	69	5
7	Scientific Foundations of Basketball	EFS307/DF					2	4	5	E									14	28	83	5
8	Psychopedagogy	EFS308/DF									2	4	5	C					14	28	83	5
9	Body Expression and Eurythmy	EFS309/DS									4	4	5	E					28	28	69	5
10	Methodology of Teaching Volleyball in School	EFS310/DS									4	4	5	E					28	28	69	5
11	Optional Courses**	EFS311/DOU									2	2	2	C					14	14	36	2
12	Adapted Motor Activities	EFS312/DS													4	4	4	E	28	28	44	4
13	Survival Techniques and Adventure Education	EFS313/DC													4	4	4	E	28	28	44	4
14	Methodology of Teaching Basketball in School	EFS314/DS													4	4	5	E	28	28	69	5
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
** Optional Courses / Choose one from the following:																						
Optional Courses Package 3		Optional Subject Package 3	EFS311.1 – Teqball EFS 311.2 – Chess																			

Ratio of theory hours (Course) to practical activity (Lab, Seminar, Internship, Practical): 280/406 = 0.7/1.3
MAN – mandatory subject; OPT – optional subject; E – exam; C – colloquium; LP – practical work; ECTS – transferable study credits

Optional Courses (DOU): Teqball; Chess

RECTOR,
Prof. univ. dr.
Leonard AZAMFIREI

VICE-RECTOR,
Prof. univ. dr.
Ovidiu-Simion COTOI

DEAN,
Prof. univ. dr.
Giordano ALTAROZZI

HEAD OF DEPARTMENT,
Conf. univ. dr.
Szabó-Csifó Barna

SPECIALIZATIONCOORDONATOR,
Conf. univ.dr.
Szabó-Csifó Barna