

WEST UNIVERSITY OF TIMIȘOARA

Faculty of Physical Education and Sports

Study program:

Fitness and athletic performance

Fundamental Domain: Science of Sport and Physical Education

Study duration: 2 years

Form of education: attendance

**MINISTRY OF NATIONAL
EDUCATION**Valid starting with the academic year:
2017-2018**EDUCATIONAL PLAN
2017 - 2019****General competences:**

1. Knowledge of the components involved the process of acquiring motric performance in the field of fitness.
2. Acquisition of specialized methodical and practical knowledge and of the capacity exercising the acquired knowledge.
3. The capacity of implementing changes in content according to new development in the various disciplines/branches/sportive tests and their borderline domains.
4. The capacity of communicating easily with the trainees of motric activities, of stimulating them towards the physical education activity.
5. The capacity of organizing, coordinating, guiding motric activities and making decisions according to the existing situations.
6. The capacity of organizing, coordinating and controlling motric activities according to the type and characteristics of the trainees (age, disabilities etc.)

Specialized competences:

1. The capacity of suitably projecting and conducting the preparatory process in the field of fitness according to the trainees' needs and objectives.
2. The capacity of projecting, conducting and evaluating individual schedules for natural persons that aim to improve their physical condition, health condition and physical aspect.
3. The capacity of projecting, conducting and evaluating individual schedules for natural persons that aim to change their way of life into a healthy and active one.
4. The capacity of projecting, conducting and evaluating physical preparation schedules for sports teams with the aim of achieving high performance.
5. The capacity of planning, organizing, conducting and controlling leisure activities for different age categories.
6. The capacity of planning, organizing, conducting and controlling activities from fitness centres.
7. The capacity of planning, organizing, conducting and controlling activities for people with special needs.

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Nr. crt.	Name of discipline	No. Of hours						Verification form
		Year I 2017 – 2018			Sem I 14 weeks			
Mandatory disciplines		C	S/Lp	Crd.	C	S/Lp	Crd.	
1	Theory of sport training and competition	2	2	9				E1
2	Fitness and wellness	2	2	9				E1
3	Physical activities: Aerobics, jogging	2	2	8				E1
4	Physical activities: Sport on wheels				2	2	8	E2
5	Practice in Fitness Centers		2	4		2	4	C1, C2
6	Methodology of somatic and functional evaluation				2	2	8	E2
7	Healthy diet and sport				1	1	4	E2
8	Physical activities in nature				2	2	6	C2
Total hours		6	8		7	9		
		14		30		16	30	
Non mandatory discipline								
9	Sport specialisation 1	2	2	6				E1
10	Coach practice		2	6		2	6	C1, C2
11	Sport specialisation 2				2	2	6	E2
Total hours		2	4		2	4		
		6		12		6	12	13

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No. crt.	Name of discipline	Nr. Of hours						Verification form
		Sem I 14 weeks			Sem II 14 weeks			
Year II 2018 – 2019		C	S/Lp	Crd.	C	S/Lp	Crd.	
1	Methods and Techniques of Research in The Field of Motor Activities	2	2	8				E1
2	Specific Equipments for Fitness Centers	2	2	8				E1
3	Prophylactic Kinesiology	1	1	4				E1
4	Marketing and Financing in Sport				2	2	8	E2
5	Motric activities and leisure				1	1	4	C2
6	Sport for people with special needs				2	2	8	C2
7	Physical activities: Body-building, Aquagym	2	2	8				E1
8	Physical activities: Stretching, yoga, combat sport				2	2	8	E2
9	Practice in Fitness Centers		2	2		2	2	C1, C2
	Total hours	7	9		7	9		
			16	30		16	30	
	Non-mandatory disciplines							
10	Sport specialisation	2	2	6				E1
11	Coach practice		2	6		2	6	C1, C2
12	Sport specialisation				2	2	6	E2
	Total hours	2	4		2	4		
			6	12		6	12	