

Physical Education and Sports

1. Admission Requirements:

- **Prerequisites:**

- Successful completion of high school studies and obtaining a baccalaureate degree or equivalent.
- Non-EU Citizens - Contingent upon the presentation of the Graduation Certificate from the preparatory year (excluding those who have completed their previous studies in the Romanian language) and obtaining the Letter of Acceptance issued by the Ministry of Education.
- EU Citizens + Swiss Confederation - Contingent upon the presentation of the Graduation Certificate from the preparatory year (excluding those who have completed their previous studies in the Romanian language) and the recognition of their studies by the National Centre for Recognition and Equivalence of Diplomas (CNRED).

- **Entrance Exams:**

The admission average of registered candidates is made up of:

- The baccalaureate grade at 30%, with the remaining 70% allocated to Physical Education Test.

2. Degree Levels:

- Bachelor's Degree: 3-year program.

3. Curriculum:

- **Core Courses:**

Mandatory courses that all students in the program must take:

- Kinesiology
- Psychopedagogy
- Theory and Methodology of Physical Education
- General Basics of Athletics
- Basic Gymnastics
- The Scientific Foundations of the Basketball Game
- The Scientific Foundations of the Football Game
- The Scientific Foundations of the Handball Game
- The Scientific Foundations of the Volleyball Game
- Motor and Somato-Functional Assessment
- Functional Anatomy
- Physiology
- The Theory and Practice of Athletics
- Theory and Practice in Branches of Gymnastics (Artistic Gymnastics, Acrobatic Gymnastics)
- Theory and Practice in Winter Sports (Alpine Skiing)
- Theory and Practice in Water Sports (Swimming)
- Theory and Practice in Combat Sports (Judo, Martial Arts)
- Theory and Practice in Expression Sports (Sportive Dance)

- Practical Applications in Winter Sports Disciplines (in Training Camps)
- Practical Applications in Water Sports Disciplines (in Training Camps)

• **Electives:**

- The Methodology of Teaching Athletics in School
- The Methodology of Teaching Basketball in School
- The Methodology of Teaching Football in School
- The Methodology of Teaching Gymnastics in School
- The Methodology of Teaching Handball in School
- The Methodology of Teaching Volleyball in School
- Maintenance Aerobic Gymnastics
- Step Aerobic
- Self-defense Techniques
- Applied Management in Sports Science and Physical Education
- History of Physical Education and Sport
- Ethics and Deontology in Sports Science and Physical Education

• **Major/Concentration:**

- The major encompasses a diverse array of courses designed to provide students with a comprehensive understanding of the field. Kinesiology and psychopedagogy form the foundational pillars, offering insights into human movement and the educational aspects of physical activity. Theory and Methodology of Physical Education, along with specialized courses in various sports such as Athletics, Gymnastics, Basketball, Football, Handball, and Volleyball, contribute to a robust theoretical foundation. The program also integrates practical elements through Motor and Somato-Functional Assessment, Functional Anatomy, Physiology, and hands-on experiences in winter and water sports disciplines.

General Education Requirements:

- Successfully fulfilling mandatory and optional courses and seminars, actively participating in research within student circles and contributing to scientific conferences.
- Communication in Sports Science and Physical Education
- Education for Health and First Aid
- Survival Techniques
- Foreign Language
- Sociology in Sports Science and Physical Education

4. **Credits:**

- Each semester carries a weight of 30 ECTS for mandatory and optional courses, with a total of 180 ECTS required for graduation.

5. **Internships and Practical Experience:**

- Hands-on experiences in winter sports unfold amidst the picturesque landscape of the Predeal mountain resort, providing students with a unique opportunity to apply theoretical knowledge in real-world settings. Additionally, practical applications in water sports are conducted at the Targoviste Swimming Tourist Complex, offering

a dynamic learning environment for students to engage in aquatic activities and further enhance their skills. These immersive experiences not only bridge the gap between theory and practice but also contribute to a well-rounded education in Physical Education and Sport.

- For pedagogical practice, our program establishes collaborative protocols with schools and high schools in Târgoviște. This strategic partnership allows our students to engage in meaningful teaching experiences, applying their geographical knowledge in an educational context and fostering a symbiotic relationship with the local academic community.

6. Research Requirements:

- Compilation of the Bachelor thesis.

7. Academic Advising:

- The study program is overseen by a tutor, and the preparation of the Bachelor thesis is conducted under the guidance of a scientific coordinator.

8. Extracurricular Activities:

- Extracurricular activities thrive within prominent sports organizations such as the Targoviste Municipal Sport Club, Targoviste School Sport Club, Chindia Targoviste Football Club Association, and the Targoviste Swimming Tourist Complex. These dynamic platforms provide students with valuable opportunities to participate in a variety of sports and recreational activities, fostering physical fitness, teamwork, and a holistic approach to sports education.
- Students may have the option to participate in clubs, organizations, or extracurricular activities related to their field of study or personal interests.

9. Examinations:

- Didactic activities will span 14 weeks during each semester and conclude with oral, written, or practical examinations. Successful completion of these exams is mandatory to earn study credits.

10. Thesis Defense:

The prerequisites for defending a Bachelor thesis before a committee include:

- Attainment of 180 ECTS credits throughout the program.
- The completion of the bachelor's thesis involves collaborative planning with the designated coordinator. Subsequently, students are responsible for submitting both hard and digital copies, registering for the final examination. This process occurs in the second semester of the third year, meeting the deadline set by the secretariat and the department. To ensure a smooth workflow, students are encouraged to complete this submission at least 15 days before the exam period. Importantly, the coordinator's favorable opinion is a prerequisite for the acceptance of the bachelor's thesis.

11. Graduation Requirements:

- Graduation necessitates the fulfillment of all program requirements, encompassing the completion of the required credits (ECTS) and the successful defense of the Bachelor thesis.

12. Degree Awarding:

Bachelor in Physical Education and Sports.