



University "Vasile Alecsandri" of Bacău  
Faculty of Movement, Sports and Health Sciences  
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Domain: **Physical and Sports Education Sciences**  
Study Programme: **Physical and Sports Education**

**Academic year 2021/2022**

**STUCTURA**  
**ANULUI "I" DE STUDIU**  
Curriculum-1<sup>st</sup> Year

<b>Nr. Crt.</b>	<b>Disciplina</b>	<b>Nr. credite</b>	<b>Forma de verificare</b>	<b>Semestrul</b>
1.	Sports First-Aid and Health Education	6	C	1
2.	Theory and Methodology of Physical Education and Sports	7	E	1
3.	Evaluation of Motor Performance, Somatic and Functional Development	6	C	1
4.	Concepts of Anatomy and Human Physiology	7	E	1
5.	Practical Training Program of Physical Education and Sports in Schools	4	V	1
6.	Athletics :Theory, Methodology and Practice within School	7	E	2
7.	Gymnastics: Theory, Methodology and Practice within School	7	E	2
8.	Optimization of Motor Performance	6	C	2
9.	Water Sports: : Theory, Methodology and Practice	6	E	2
10.	Practical training in Tourism Activities	4	V	2

**E – Examination (written and/or oral); C – oral examination V – practical evaluation**

**Dean,**  
Assoc. Prof. Dan-Iulian Alexe, PhD

**Head of Departament,**  
Assoc. Prof. Constantin Șufaru, PhD



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Study Programme: **Physical and Sports Education**

**Academic year 2021/2022**

**STUCTURA**  
**ANULUI "II" DE STUDIU**  
Curriculum-2<sup>nd</sup> Year

<b>Nr. Crt.</b>	<b>Disciplina</b>	<b>Nr. credite</b>	<b>Forma de verificare</b>	<b>Semestrul</b>
1.	Theory, Methodology and Practice of teaching volleyball	7	E	3
2.	Theory, Methodology and Practice of Teaching Racket Sports	6	E	3
3.	Organizing and Participating in School Sports Competitions	6	C	3
4.	Artistic Expression Activities and Sports Ensembles	6	C	3
5.	Didactics (Chosen Major Field)	5	E	3
6.	Theory, Methodology and Practice of Teaching Handball	7	E	4
7.	Theory, Methodology and Practice of Teaching Basketball	7	E	4
8.	Self -Defence Techniques	6	C	4
9.	Theory, Methodology and Practice of teaching football	7	E	4
10.	Teaching Internship in Education Units	3	C	4

**E – Examination (written and/or oral); C – oral examination V – practical evaluation**

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