



**UNIVERSITY „VALAHIA” OF TÂRGOVIȘTE
FACULTY OF HUMANITIES**

Domain: Physical education and sport
The specialization: Physical education and sport
Study program: License
Duration of studies: 3 years
Education form: with frequency

**EDUCATIONAL PLAN
Year I**

Semester I

No. Cri.	Discipline	Hours				ECTS	Form of examination
		C	S	L	P		
A. Fundamental disciplines							
1.	Kinesiology	2	-	1	-	5	E
2.	Basics of athletics	1	-	2	-	4	E
3.	Basic gymnastics	1	-	2	-	4	E
4.	The scientific fundamentals of the game of football	2	-	2	-	4	E
B. Disciplines of training in the domain of license							
1	The functional anatomy	2	-	2	-	6	E
C. Complementary disciplines							
1.	Language – English*	-	2	-	-	3	V
2.	Language – French*	-	2	-	-		
3.	Communication in EFS	1	1	-	-	3	C
C. Disciplines at the disposal of the university							
1.	Use specialized software in EFS	1	-	2	-	4	C
C. Facultative disciplines							
1.	The history EFS	2	1	-	-	4	C
TOTAL		12	6	11	-	37	5E,3C,1V

Note: E – exam
C – colloquy
V – verification
EFS – physical education and sport
*** Optional disciplines - one of choice**

Semester II

No. Cri.	Discipline	Hours				ECTS	Form of examination
		C	S	L	P		
A. Fundamental disciplines							
1.	The theory and the methodology of physical education	2	-	2	-	5	E
2.	The scientific fundamentals of the game of basketball	2	-	2	-	4	E
B. Disciplines of training in the domain of license							
1.	Physiology	2	-	2	-	5	E
2.	The theory and practice in the branches of gymnastics - artistic and acrobatic gymnastics	2	-	3	-	6	E
3.	The theory and practice in water sports - swimming	1	-	2	-	4	C
	Practical applications - water sports disciplines (in training camp)	-	-	-	1		
C. Complementary disciplines							
1.	Language – English*	-	2	-	-	3	V
2.	Language – French*	-	2	-	-		
3.	The management applied in EFS	2	-	1	-	3	C
C. Facultative disciplines							
1.	The Sociology of EFS	1	-	2	-	3	V
TOTAL		12	4	14	-	33	4E,2C,2V

Note: E – exam

C – colloquy

V – verification

EFS – physical education and sport

*** Optional disciplines - one of choice**

Year II

Semester III

No. Cri.	Discipline	Hours				ECTS	Form of examination
		C	S	L	P		
A. Fundamental disciplines							
1.	Psychopedagogy	2	2	-	-	6	E
2.	The scientific fundamentals of the game of handball	2	-	2	-	4	E
B. Disciplines of training in the domain of license							
1.	The theory and practice of athletics	2	-	3	-	6	E
2.	The theory and practice in winter sports - alpine skiing	1	-	2	-	6	E
	Practical applications - winter sports disciplines (in training camp)	-	-	2	-		
C. Complementary disciplines							
1.	Ethics and deontology in EFS	1	2	-	-	4	C
D. Disciplines according to universities option							
1.	The game theory. Movement games	2	-	2	-	4	V
E. Facultative disciplines							
1.	Martial arts	1	-	2	-	3	V
2.	A foreign language (English / French)	-	2	-	-	3	C
TOTAL		14	8	7	-	35	6E,1C

Semester IV

No. Cri.	Discipline	Hours				ECTS	Form of examination	
		C	S	L	P			
A. Fundamental disciplines								
1.	The scientific fundamentals of the game of volleyball	2	-	2	-	4	E	
B. Disciplines of training in the domain of license								
1.	The theory and practice in sports expression - Dance Sport	2	-	3	-	6	E	
2.	Theory and practice other sports branches**	Tennis	1	-	2	-	4	E
		Bodybuilding	1	-	2	-	4	E
C. Disciplines of training in the direction of specialization								
1.	Methodical of teaching in school athletics	1	-	2	-	4	V	
2.	Methodical of teaching in school the basketball	1	-	2	-	4	V	
3.	Methodical of teaching in school the football	1	-	2	-	4	V	
1.	Activities motric of leisure	2	-	2	-	6	E	
	Of internship in activities of tourism	-	-	2	-			
D. Facultative disciplines								
1.	Organization of the specific structures	1	1	-	-	2	E	
2.	A foreign language (English / French)	-	2	-	-	3	C	
TOTAL		11	3	17	-	37	5E,1C,3V	

**** Optional 2 - one of choice**

Year III

Semester V

No. Cri.	Discipline	Hours				ECTS	Form of examination	
		C	S	L	P			
A. Fundamental disciplines								
1.	Health education and first aid	2	-	2	-	6	E	
B. Disciplines of training in the domain of license								
1.	The theory and practice of combat sports	Struggles	1	-	2	-	3	E
		Judo	1	-	2	-	3	E
C. Disciplines of training in the direction of specialization								
1.	Methodical of teaching in school gymnastics	1	-	2	-	4	V	
2.	Methodical of teaching in school the handball	1	-	2	-	4	V	
3.	Methodical of teaching in school the volleyball	1	-	2	-	4	V	
1.	Motric practices and methodic activities by age group	2	-	2	-	6	E	
	Of internship in educational units	-	-	2	-			
D. Facultative disciplines								
1.	Body expression and eurhythm	1	-	1	-	3	E	
2.	Fitness	2	-	2	-	4	E	
TOTAL		12	-	19	-	37	6E,3V	

Semester VI

No. Cri.	Discipline	Hours				ECTS	Form of examination
		C	S	L	P		
A. Disciplines of training in the domain of license							
1.	Training internship and elaboration of the paper of licence	-	-	4	-	10	C
2.	Assessment motric and the functional somatical	2	-	2	-	4	E
B. Disciplines of training in the direction of specialization							
1.	Adapted Physical Activities	2	-	2	-	5	E
2.	Aerobic gymnastics maintenance / Step aerobics	1	-	2	-	4	E
	Of internship in recreation units	-	-	2	-		
3.	Survival techniques	1	-	1	-	4	E
	Self defense techniques	1	-	1	-		
C. Complementary disciplines							
1.	Research Methods in EFS	2	1	-	-	3	V
D. Facultative disciplines							
1.	Training and competition in sport adapted	1	-	1	-	3	C
2.	The law sport	1	2	-	-	3	C
TOTAL		11	3	15	-	36	4E,3C,1V