



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

Domain: Physical education and sport
The specialization: Physical education, tourism and leisure
Study program: Master
Duration of studies: 2 years
Education form: with frequency

**EDUCATIONAL PLAN
Year I**

Semester I

No. Cri.	Discipline	Statute	Hours			ECTS	Form of examination
			C	S	L		
A. Fundamental disciplines							
1.	Projecting and leadership of sports activities extracurricular	Ob.	2	-	1	6	E
2.	Ecology and hygiene in the tourist activities and recreational sports	Ob.	2	-	1	6	E
3.	Motric aptitudes	Ob.	2	-	1	6	E
4.	Aerobic gymnastics programs and assemblies	Ob.	1	-	2	6	E
B. Optional disciplines							
1.	Activities motric adapted*	Op.	2	-	1	6	E
2.	Training and competition in adapted sports*		2	-	1		
C. Facultative disciplines							
1.	Language – English*	Op.	-	2	-	3	C
2.	Language – French*		-	2	-		
TOTAL		4Ob. 2Op.	9	2	6	33	5E,1C

Note: E – exam

C - colloquy

*** Optional disciplines - one of choice**

Semester II

No. Cri.	Discipline	Statute	Hours			ECTS	Form of examination
			C	S	L		
A. Fundamental disciplines							
1.	Survival techniques	Ob.	1	-	2	5	E
2.	Fitness of the school children and adults	Ob.	2	-	1	5	E
3.	Sports Games. Models of play and training	Ob.	2	-	-	5	E
4.	Nutrition and corporal composition	Ob.	2	-	-	5	E
5.	Of classical and modern types (unconventional) tourism	Ob.	2	-	-	5	E
B. Optional disciplines							
1.	Natation*	Op.	1	-	2	5	C
2.	Tourist orientation and sports*		1	-	2		
C. Facultative disciplines							
1.	Language – English*	Op.	-	2	-	3	C
2.	Language – French*		-	2	-		
TOTAL		5Ob. 2Op.	10	2	5	33	5E,2C

* Optional disciplines - one of choice

Year II

Semester III

No. Cri.	Discipline	Statute	Hours			ECTS	Form of examination
			C	S	L		
A. Fundamental disciplines							
1.	Policies and programs in physical education and sport	Ob.	2	-	-	5	E
2.	The game theory. Movement games	Ob.	1	-	2	5	E
3.	Methodology of research	Ob.	2	-	-	5	E
4.	Sociology of leisure time	Ob.	2	-	-	5	E
5.	Outdoor training - Activities of adventure /Practice the tourism leisure and sport	Ob.	1	2	1	6	E
B. Optional disciplines							
1.	The right of consumers of tourism activities, sports and leisure*	Op.	2	-	-	4	C
2.	Ethics and behavior in the specific activities sport for all*		2	-	-		
C. Facultative disciplines							
1.	Protected areas	Op.	1	1	-	4	E
2.	Language – English*	Op.	-	2	-	3	C
3.	Language – French*		-	2	-		
TOTAL		5Ob. 3Op.	11	5	3	37	6E,2C

* Optional disciplines - one of choice

Semester IV

No. Cri.	Discipline	Statute	Hours				ECTS	Form of examination
			C	S	L	P		
A. Fundamental disciplines								
1.	Improvement in tourism - guide technique/Practica in organizations and travel societies	Ob.	1	1	2	-	5	E
2.	Human resource management in tourism and leisure activities	Ob.	2	-	-	-	4	E
3.	The development of creative potential through means of physical education	Ob.	2	1	-	-	4	E
4.	Sportive dance	Ob.	1	2	-	-	3	C
5.	Physical education sport and quality of life	Ob.	2	1	-	-	4	E
6	Practice for the realization of dissertation of the paper	Ob.	-	-	-	6	10	C
B. Facultative disciplines								
1.	Language – English*	Op.	-	2	-	-	3	C
2.	Language – French*		-	2	-	-		
TOTAL		6Ob. 2Op.	8	7	2	6	33	4E,3C

* Optional disciplines - one of choice