

"BOGDAN VODĂ" UNIVERSITY FROM CLUJ-NAPOCA
FACULTY OF PHYSICAL EDUCATION AND SPORTS
MAJOR:PHYSICAL AND SPORTS EDUCATION BAI-MARE (EB)

TEACHING PLAN
WITHIN THE SYSTEM OF TRANSFERABLE CREDITS
CYCLE I -LICENSE DEGREE UNIVERSITY STUDIES

1st YEAR - 2009 - 2010									
SEMESTER I									
CRT. NO	DISCIPLINE CODE	DISCIPLINE	NUMBER OF CREDITS	NUMBER OF WEEKLY HOURS			TYPE OF EXAMINATION	CONDITIONING	GROUPS OF DISCIPLINES
				COURSE	SEM.	LP			
MANDATORY DISCIPLINES									
1	EB1101	Anatomy	5	2	1	0	E		DF
2	EB1102	Hygiene and first aid	4	2	1	0	E		DD
3	EB1103	The history of physical education and sports	4	2	0	0	E		DOU
4	EB1104	The theory of physical education and sports	4	2	1	0	E		DD
5	EB1105	Athletics (1)	2	0	0	2	Vp		DD
6	EB1106	Gymnastics (1)	2	0	0	2	Vp		DD
7	EB1107	Basketball (1)	2	0	0	2	Vp		DD
8	EB1108	Football (b), Calisthenics (f) (1)	2	0	0	2	Vp		DD
9	EB1109	Ski	3	1	0	0	C		DD
TOTAL MANDATORY DISCIPLINES			28	9	3	8	9		
OPTIONAL DISCIPLINES									
10	EB1110	English	2	0	2	0	Vp		DF
11	EB1111	French							
TOTAL OPTIONAL DISCIPLINES			2	0	2	0	1		
TOTAL MANDATORY AND OPTIONAL DISCIPLINES			30	9	5	8	10		
HONOR DISCIPLINES									
12	EB1112	Educational psychology	5	2	1	0	E		
TOTAL HONOR DISCIPLINES			5	2	1	0	1		

RECTOR
Prof. Ph.D. Dumitru PURDEA

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SEMESTER II									
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				COURSE	SEM.	LP			
MANDATORY DISCIPLINES									
1	EB1201	Anatomy	5	2	1	0	E	EB1101	DF
2	EB1202	Biomechanics	4	2	1	0	E		DOU
3	EB1203	Teaching of driving activities	3	1	1	0	E	EB1104	DD
4	EB1204	Athletics (2)	2	0	0	2	Vp	EB1105	DD
5	EB1205	Gymnastics(2)	2	0	0	2	Vp	EB1106	DD
6	EB1206	Basketball (2)	4	2	0	2	E	EB1107	DD
7	EB1207	Football (b), Calisthenics (f) (2)	4	2	0	2	E	EB1108	DD
8	EB1208	Ski (massed)	2	0	0	(60)	E	EB1109	DD
9	EB1209	Tourism and sports orientation (massed)	2	0	0	(60)	C		DD
TOTAL MANDATORY DISCIPLINES			28	9	3	8	9		
OPTIONAL DISCIPLINES									
10	EB1210	English	2	0	2	0	Vp	EB1110	DF
11	EB1211	French						EB1111	DF
TOTAL OPTIONAL DISCIPLINES			2	0	2	0	1		
TOTAL MANDATORY AND OPTIONAL DISCIPLINES			30	9	5	8	10		
HONOR DISCIPLINES									
12	EB1212	Introduction to pedagogics	5	2	1	0	E		
TOTAL HONOR DISCIPLINES			5	2	1	0	1		

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TEACHING PLAN
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CYCLE I -LICENSE DEGREE UNIVERSITY STUDIES

2nd YEAR - 2009 - 2010									
SEMESTER I									
CRT. NO	DISCIPLINE CODE	DISCIPLINE	NUMBER OF CREDITS	NUMBER OF WEEKLY HOURS			TYPE OF EXAMINATION	CONDITIONING	GROUPS OF DISCIPLINES
				COURSE	SEM.	LP			
MANDATORY DISCIPLINES									
1	EB 2101	Physiology	5	2	0	1	E	EB 1201	DF
2	EB 2102	The biochemistry of physical strain	3	2	0	1	E		DOU
3	EB 2103	Informatics applied to PES	4	1	0	2	E		DF
4	EB 2104	Handball (1)	3	0	0	2	Vp		DD
5	EB 2105	Volleyball (1)	3	0	0	2	Vp		DD
6	EB 2106	Athletics (3)	5	2	0	2	E	EB 1204	DD
7	EB 2107	Gymnastics (3)	5	2	0	2	E	EB 1205	DD
TOTAL MANDATORY DISCIPLINES			28	9	0	12	7		
OPTIONAL DISCIPLINES									
8	EB 2108	English	2	0	2	0	Vp	EB 1210	DF
9	EB 2109	French						EB 1211	DF
TOTAL OPTIONAL DISCIPLINES			3	0	2	0	1		
TOTAL MANDATORY AND OPTIONAL DISCIPLINES			30	9	2	12	8		
HONOR DISCIPLINES									
10	EB 2110	Addapted sports (beach-volley, foot-tennis)	3	0	2	0	E		
11	EB 2111	Sports for all- means	3	2	0	0	E		
TOTAL HONOR DISCIPLINES			6	2	2	0	2		

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2nd YEAR - 2009 - 2010									
SEMESTER II									
CRT. NO	DISCIPLINE CODE	DISCIPLINE	NUMBER OF CREDITS	NUMBER OF WEEKLY HOURS			TYPE OF EXAMINATION	CONDITIONING	GROUPS OF DISCIPLINES
				COURSE	SEM.	LP			
MANDATORY DISCIPLINES									
1	EB 2201	Psychopedagogics	4	2	1	0	E		DF
2	EB 2202	The methodology of scientific research	4	2	1	0	E		DF
3	EB 2203	The physiology of sports strain	4	2	1	0	E	EB 2101	DOU
4	EB 2204	Fundamentals of training	6	2	2	0	E		DS
5	EB 2205	Handball (2)	4	2	0	2	E	EB 2104	DD
6	EB 2206	Volleyball (2)	4	2	0	2	4	EB 2105	DD
7	EB 2207	Swimming applications (massed)	2	0	0	(60)	Vp		DDA
TOTAL MANDATORY DISCIPLINES			28	12	5	4	7		
OPTIONAL DISCIPLINES									
8	EB 2208	Ballroom dance	2	0	0	2	Vp		DS
9	EB 2209	Aerobics							
TOTAL OPTIONAL DISCIPLINES			2	0	0	2	1		
TOTAL MANDATORY AND OPTIONAL DISCIPLINES			30	12	5	6	8		
HONOR DISCIPLINES									
10	EB 2210	Pedagogics practice stage	4	0	0	4	C		
11	EB 2211	Management - fundamentals	4	2	1	0	C		
TOTAL HONOR DISCIPLINES			8	2	1	4	2		

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3rd YEAR - 2009 - 2010									
SEMESTER I									
CRT.N O	DISCIPLINE CODE	DISCIPLINE	NUMBER OF CREDITS	NUMBER OF WEEKLY HOURS			TYPE OF EXAMINATION	CONDITIONING	GROUPS OF DISCIPLINES
				COURSE	SEM.	LP			
MANDATORY DISCIPLINES									
1	EB 3101	Kinetics	4	2	2	0	E		DF
2	EB 3102	Movement and comato-functional evaluation	3	1	1	0	C	EB 2202	DD
3	EB 3103	Psychology of PE and sports	5	2	2	0	E		DS
4	EB 3104	Communication and social integration	3	2	0	0	E		DD
5	EB 3105	Swimming	3	1	0	2	C	EB 2207	DD
6	EB 3106	Study of certain areas of sports	8	2	0	4	C		DS
7	EB 3107	Practice stage- coaching (1)	2	0	0	(60)	Vp		DSA
TOTAL MANDATORY DISCIPLINES			28	10	5	6	7		
OPTIONAL DISCIPLINES									
8	EB 3108	Martial arts	2	0	0	2	Vp		DS
9	EB 3109	Fitness							
TOTAL OPTIONAL DISCIPLINES			2	0	0	2	1		
TOTAL MANDATORY AND OPTIONAL DISCIPLINES			30	10	5	8	8		
HONOR DISCIPLINES									
10	EB 3110	Management of sports facilities	4	2	1	0	E		
11	EB 3111	Marketing and sports sponsorship	4	2	1	0	E		
TOTAL HONOR DISCIPLINES			8	4	2	0	1		

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				COURSE	SEM.	LP			
MANDATORY DISCIPLINES									
1	EB 3201	Organization and management of sports structures	3	2	0	0	E		DS
2	EB 3202	EPS sociology	4	2	1	0	E		DC
3	EB 3203	Legislation of sports activities	3	2	0	0	E		DC
4	EB 3204	Outdoor sports	2	1	0	1	C		DD
5	EB 3205	Preventing and fighting doping in sports	3	1	1	0	E		DC
6	EB 3206	Study of certain areas of sports	9	2	0	4	E	EB 3106	DC
7	EB 3207	Practice stage- coaching (2)	2	0	0	(60)	Vp	EB 3107	DSA
TOTAL MANDATORY DISCIPLINES			26	10	2	5	7		
OPTIONAL DISCIPLINES									
8	EB 3208	Modern dancing	2	0	0	2	Vp		DS
9	EB 3209	Dynamic games							
10	EB 3210	Self-defence	2	0	0	2	Vp		DS
11	EB 3211	Aerobics							
TOTAL OPTIONAL DISCIPLINES			4	0	0	4	2		
TOTAL MANDATORY AND OPTIONAL DISCIPLINES			30	10	2	9	9		
HONOR DISCIPLINES									
12	EB 3212	Practice in sports structures	4	0	0	(60)	C		
13	EB 3213	Specialized teaching	4	2	1	0	E		
14	EB 3214	Foreign language II	2	0	2	0	Vp		
TOTAL HONOR DISCIPLINES			10	2	3	0	3		

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