



TRAINING AND PERFORMANCE

1. Mission of the study program

The fundamental mission of the study program is to contribute to the consolidation of physical education and sports education, by training specialists with a complex training, in the general context of the Romanian education reform, adapted to the rigors of education in the European Union.

The Training and Performance study program aims to train highly qualified specialists, to carry out scientific research activity and to continuously prepare graduates interested in concepts and solutions regarding the improvement and practical application of specific elements in the field of Sports Science and Physical Education.

Objectives of the study program

- Modular design and planning of the basic contents of the field with an interdisciplinary orientation;
- Organization of the integrated curriculum and the teaching and learning environment, with an interdisciplinary focus;
- Evaluation of physical growth and development and the quality of motor skills according to the requirements/objectives specific to sports training, of the attitude towards the independent practice of physical exercise;
- Description and demonstration of operational systems specific to sports training, by sport branch;
- Evaluation of the level of training of practitioners of performance sports activities.

2. Prerequisites and deliverables of the study program

The Master's degree program Training and Performance in the field of university studies Master's degree in Sports Science and Physical Education, is part of the category of professional master's programs, being mainly oriented towards the training of graduates interested in concepts and solutions regarding the improvement and practical application of specific elements of performance sports. The study program ensures the formation of cognitive, professional (instrumental) and attitudinal (interpersonal) competencies in accordance with national and international standards.

3. Teaching activity

Courses	324 ore
Seminars	286
Laboratories	-
Projects	-
Practical work	146

4. Students evaluation

Evaluation type	Number of assessments/years of study			
	Anul 1	Anul 2	TOTAL	%
Exams	6	6	12	50
Interview	5	7	12	50
Other type	-	-	-	-

5. Enrollment methods (access conditions). Enrollment conditions for the following academic year. Conditions for promotion of a year of study.

Admission to the Training and Performance bachelor's degree program is based exclusively on the candidate's academic skills and no discriminatory criteria are applied. Enrollment in the admission competition is made only on the basis of the baccalaureate diploma or other equivalent academic documents. For admission, an oral exam is taken, evaluated as passed/failed, and the classification of candidates admitted to the oral exam is made entirely based on the grade obtained in the bachelor's exam. The admission regulations present the admission criteria as well as those for dividing candidates with the same grade in the bachelor's exam.

Enrollment in the following year is conditional on meeting the promotion conditions contained in the Regulations on the professional activity of students.

6. Equal Opportunities

The recruitment, admission, transfer and mobility of students to the Training and Performance program are carried out transparently in accordance with the legislation in force and the procedures approved by the ULBS Senate. Admission is based exclusively on the candidate's academic competences and does not apply any discriminatory criteria.

7. Program Sustainability

From the perspective of ecological sustainability, the Training and Performance study program promotes an efficient use of resources through the following measures: configuring study formations to minimize energy consumption related to the conduct of teaching activities while ensuring efficient professional training; encouraging the use of electronic format for assignments, papers or projects; using support materials in electronic format.

Also, waste resulting from applied activities is managed according to the regulations in force and the waste collection system adopted by ULBS.

The need for specialists in the field of Sport Science and Physical Education has increased in recent decades as new challenges arise globally and new cutting-edge fields are developed.

Graduates of study programs in the field of Sports Science and Physical Education can find jobs both in the private system (sports clubs/associations, primary, secondary, high school institutions, etc.) and in the state system (secondary schools, high schools, etc.).

Professional training through the Training and Performance master's program therefore responds to the needs of society, providing sustainability to social and economic development.

8. Ensuring flexibility in training. Conditions.

The flexibility of the study program is ensured through optional subjects and facultative subjects.

The elective subjects are 8 in number, grouped in pairs in 4 packages (1 package/semester), from which students will choose at least one. The elective subjects are proposed starting with semester 1. The large number of optional subjects makes the study program more flexible and allows the acquisition of skills for different professional outlets.

The curriculum of the Training and Performance program also includes 4 facultative subjects proposed by the program.

9. Methodology for assessing skills upon completion of studies

The conditions for taking the graduation exam are presented in the applicable Methodology for completing studies, approved by the University Senate. According to this methodology, taking the graduation exam is conditional on passing all subjects provided for in the curriculum.

GRADUATION EXAM

- 1 Period for preparing the dissertation: semesters 3-4;*
- 2 Period for registering for the graduation exam - during June.*
- 3. Period for taking the bachelor's degree exam: week 40 of the second year*
- 4. Number of credits for taking the dissertation exam: 10 credits.*

10. Preparation for competitive employment in education

To competitively fill a position in education (middle school, high school or higher in the bachelor's degree field), the graduate must possess the Certificate of Graduation of a study program for psycho-pedagogical training (which allows the exercise of the teaching profession) coordinated by the Department for the Training of Teaching Staff within ULBS (or within another university).

The psycho-pedagogical training for obtaining the Certificate of Graduation is done after completing two modules:

- (1) Module I (30 credits) - which is carried out additionally, in parallel with the bachelor's degree studies or in a postgraduate regime, upon completion of which a Certificate of Graduation (module I) is obtained.
- (2) Module II (30 credits) - which is carried out after the graduation of the bachelor's degree studies, in parallel with the period of master's degree studies or in a postgraduate regime. It is completed with a Certificate of Graduation (advanced level).