



PHYSICAL EDUCATION AND SPORTS

1. Mission of the study program

The fundamental mission of the study program is to contribute to the consolidation of physical education and sports, 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 Physical Education and Sports 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 Physical Education and Sports.

2. Objectives of the study program

- to allow the acquisition of specialized knowledge in an operational system that ensures professional, cognitive and attitudinal competencies;
- to substantiate the development of an interdisciplinary, integrative perspective in order to prepare graduates adaptable to the requirements of society;
- to train graduates with superior training in the field of Physical Education and Sports at a corresponding level to current internationally recognized requirements;
- to ensure an optimal framework for bilateral transfer of information between academia and practice;

3. Prerequisites and deliverables of the study program

The Physical and Sports Education study program has been operating since 2004 and was accredited in 2009, as follows from the decision of the ARACIS Council of 24.06.2009.

The Physical and Sports Education bachelor's degree program trains specialists in the field of Physical Education and Sports. It continues with the Master's degree program in Physical Education and School Sports, offering graduates of the first cycle of university studies the opportunity to complete their studies with the second cycle, in the same field. The Physical and Sports Education study program ensures the formation of cognitive, professional (instrumental) and attitudinal (interpersonal) skills in accordance with national and international standards.

The skills developed by graduates of this study program qualify them for the following occupations, according to the diploma supplement and registration in RNCIS:

- *Physical education and sports teacher in secondary education/Physical education and sports teacher in secondary education - 2330.1.15.*

4. Teaching activity

Courses	812 hours
Seminars	350 hours
Practical works	854 hours

5. Students evaluation

Assessments type	Number assessments/ani de studii				
	Year 1	Year 2	Year 3	TOTAL	%
Exams	11	12	7	30	62,50
Colloquia	2	4	6	12	25,00
Other examination forms	1	2	3	6	12,50

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

Admission to the Bachelor's degree program in Physical Education and Sports is based exclusively on the candidate's academic skills and no discriminatory criteria are applied. Registration for the admission competition is made only on the basis of the baccalaureate diploma or other equivalent academic documents. The average of the admission competition, calculated to two decimal places, without rounding, consists of:

- 20% weight of the baccalaureate average;
- 80% weight of the practical test grade (motor skills);

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

- Enrollment in the second year is conditional on the accumulation of a minimum of 30 credits;
- Enrollment in the third year is conditional on the accumulation of a minimum of 90 credits.

7. Equal Opportunities

The recruitment, admission, transfer and mobility of students to the Physical Education and Sports 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.

8. Program Sustainability

From the perspective of ecological sustainability, the Physical Education and Sports study program promotes an efficient use of resources through the following measures: configuring study groups 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, the waste resulting from the 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 Physical Education and Sports 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 Physical Education and Sports can occupy jobs both in the private system (academies, schools, clubs, private law sports associations, etc.) and in the state system that deals with the specific activity (school sports clubs, high schools with sports programs, etc.)

Professional training through the Physical Education and Sports bachelor's program therefore responds to the needs of society, providing sustainability to social and economic development.

9. Ensuring flexibility in training. Conditions.

The flexibility of the study program is ensured through optional subjects and facultative subjects. The optional subjects are 8 in number, grouped in pairs in 4 packages (1 package/semester), from which students will choose at least one. Optional subjects are proposed starting with semester 3. 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 Physical Education and Sports program also includes 4 facultative subjects proposed by the program, to which are added 12 facultative subjects proposed by the university.

From the area of transversal elective subjects proposed by the university

- Romanian culture and civilization
- Multiculturalism and European civilization
- Academic writing

- Presentation techniques
- Education for sustainability
- Digital education
- Social equity and non-discrimination

10. 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 bachelor's thesis: semesters 5-6;*
- 2 Period for registering for the graduation exam - during June.*
- 3. Period for taking the bachelor's exam: week 40 of the III year*
- 4. Number of credits for taking the bachelor's exam: 10 credits*

11. 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).