

BACHELOR IN “PHYSICAL EDUCATION AND SPORTS”

LEARNING OUTCOMES

By the end of the study programme the students will be able to:

- select and create learning experiences that are appropriate for curriculum goals, relevant to learners, show evidence of sequential learning, incorporate modifications for variations in learning styles and performance, and are based on the principles of effective instruction.
- demonstrate competence in movement skills, analyze the performance of motor skills (particularly team and individual sports activities), as well as prepare and teach written lesson plans which address student learning of motor skills and analysis and assessment of these skills.
- describe and apply physiological and biomechanical concepts related to skillful movement, movement patterns, motor development and motor learning, biomechanics and developmental readiness to learn.
- demonstrate knowledge of current technology by planning and implementing learning experiences that require students to appropriately use technology to meet lesson objectives as well as use technological applications to facilitate effective assessment and evaluation strategies, and enhance personal productivity and professional practice.
- maintain a health-enhancing level of fitness throughout the program as well as be able to collect and analyze personal fitness data.
- demonstrate effective communication and pedagogical skills, utilize strategies to enhance student engagement and learning, and create appropriate managerial rules and routines in order to create a safe effective learning environment.

PROFILE: GYMNASTICS

- demonstrate effective competences to physical preparation coach in gymnastics teams;
- demonstrate knowledge of adaptive physical education in gymnastics;
- describe and apply recreational and sport administration in gymnastics concepts;

PROFILE: FOOTBALL

- demonstrate effective competences to team coach for U-6 to U-19;
- demonstrate knowledge of physical preparation coach in football teams;
- describe and apply recreational and sport administration concepts.

PROFILE: HAND GAMES

- demonstrate effective competences to physical preparation coach in hand games teams;
- demonstrate knowledge of adaptive physical education in hand games;
- describe and apply recreational and sport administration in hand games concepts.

PROFILE: ATHLETICS

- demonstrate effective competences to physical preparation coach in athletic teams;
- demonstrate knowledge of adaptive physical education in athletic;
- describe and apply recreational and sport administration in athletic concepts.

CURRICULA

BACHELOR "PHYSICAL EDUCATION AND SPORTS" -180 ECTS				
Nr.	Year	Sem	Subject	ECTS
A – GENERAL SUBJECTS/ 15-20%/ 20%/36 ECTS				
1	I	1	Introduction to Philosophy	6
2	I	1	Academic Writing	4
3	I	2	Research Methods	4
4	I	2	Applied Statistics	4
5	I	1	Anatomy I	6
6	I	2	Anatomy II	6
7	II	2	Sports Medicine and Rehabilitation	6
B – CHARACTERIZING/CORE SUBJECTS /50-55%/ 95 ECTS				
1	I	1	Elements of Physical Education	6
2	I	2	Recreation and Cycling	5
3	I	2	Movement Therapy	6
4	I	2	Individual Sports-Athletics & Gymnastics	6
5	II	1	Biomechanics and Kinesiology	8
6	II	1	Physiology	6
7	II	2	Human and Rhythmic Motor Skills	6
8	II	2	Psychomotor Skills of Age Groups	6
9	II	1	Outdoor Sports I	4
10	II	2	Outdoor Sports II	4
11	II	2	Physical Activity in Women and Youth	4
12	II	1	Sport Games	6
13	III	1	Theory of Sports Training	6
14	III	1	Motion Games: Tennis, Ping-pong	4
15	III	1	Bodybuilding	4
16	III	1	Adapted Fitness and Exercise	6
17	III	1	Aerobics, Pilates	4
18	III	2	Yoga	4
C - INTERDISCIPLINARY / INTEGRATING SUBJECTS /12% - 15%/ 24 ECTS				
PROFILE I: GYMNASTICS				
1	II	1	Gymnastics I	6
2	II	2	Gymnastics II	6
3	III	1	Gymnastics III	6



BACHELOR "PHYSICAL EDUCATION AND SPORTS" -180 ECTS				
Nr.	Year	Sem	Subject	ECTS
4	III	2	Gymnastics IV	6
PROFILE II: FOOTBALL				
1	II	1	Football I	6
2	II	2	Football II	6
3	III	1	Football III	6
4	III	2	Football IV	6
PROFILE III: HAND GAMES				
1	II	1	Hand games I	6
2	II	2	Hand games II	6
3	III	1	Hand games III	6
4	III	2	Hand games IV	6
PROFILE IV: ATHLETICS				
1	II	1	Athletics I	6
2	II	2	Athletics II	6
3	III	1	Athletics III	6
4	III	2	Athletics IV	6
D – ADDITIONAL SUBJECTS/ 10% - 15%/ 18 ECTS				
1	I	1	English Language	5
2	I	1	Basics of Informatics	4
3	III	2	Project Design and Management	4
4	III	2	Practice and career development	5
E – FINAL OBLIGATIONS /3% - 5%/ 7 ECTS				
1	III	2	Diploma Thesis / Final Comprehensive Exam	7