

BACHELOR IN "PHYSICAL EDUCATION AND SPORTS"

STUDY PROGRAMME OBJECTIVES

The Bachelor in "Physical Education and Sports" study programme aims to equip students with the fundamental knowledge and concepts of physical education and the practical skills necessary to develop physical and motor skills in a variety of sports disciplines such as: athletics, gymnastics, individual and team sports. It also seeks to integrate health promotion and wellness practices into physical education, ensuring that students recognize the importance and role of physical activity in this regard. The program offers both theoretical and practical training in sports coaching and instruction, enabling students to effectively train individuals and teams.

LEARNING OUTCOMES

At the end of the study programme, the student will be able to:

- Recognize, understand, acquire, and apply theories, knowledge, and basic concepts in the field of physical education and sports.
- Demonstrate competence in understanding movement skills and analyse motor skills performance (particularly in individual and team sports activities).
- Use tools and methods to assess the physical and sports performance of individuals and groups, adapting exercises, workload, and training methods according to the physiological, biomechanical, and psychological characteristics of different ages and genders.
- Understand and promote the benefits of physical activity for overall health and well-being, leading individuals and groups toward a healthy lifestyle through appropriate physical and sports activities.
- Develop skills to plan, organize, and manage sports and recreational activities.
- Recognize and apply ethical and professional standards in his/her work as a physical educator or coach, building a safe and effective environment in his/her respective profession.

SPECIALISATION: GYMNASTICS

- Demonstrate effective competences as a physical preparation coach in gymnastics teams;
- Demonstrate knowledge of adaptive physical education in gymnastics.

SPECIALISATION: FOOTBALL

- Demonstrate effective competencies as a coach for teams ranging from U-6 to U-19.
- Demonstrate knowledge and skills as a physical conditioning coach in football teams.

JOB OPPORTUNITIES

Job opportunities after graduation:

- Coach and instructor in sports teams, especially football teams, for U-6 to U-19.
- Footballer in football teams.
- Personal trainer.
- Coach of gymnastics teams.
- Gymnast in gymnastics teams.



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- Specialist for adapted training.
- Sports specialist in local and central administration institutions.
- Instructor in gyms and fitness centres.
- Health and fitness consultant.
- Organizer of sports events.
- Coordinator of physical and sports activities in NGO-s.



BACHELOR IN "PHYSICAL EDUCATION AND SPORTS" 180 ECTS

No.	Year	Term	Course's name	ECTS
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A - GENERAL COURSES/ 15% - 20%/ 32 ECTS

1	I	1	Introduction to Sociology	6
2	I	2	Academic Writing and Research Methods	8
3	I	1	Elements of Physical Education	6
4	I	2	Sports Anatomy	6
5	II	2	Sports Medicine	6
				32

B - CORE COURSES 50-55%/ 91 ECTS

1	I	1	Fundamentals of Athletics and Gymnastics	8
2	I	2	Movement Therapy and Rehabilitation	8
3	I	2	Individual and Team Sports	8
4	II	1	Biomechanics and Kinesiology	8
5	II	1	Physiology	6
6	II	2	Psychomotor Skills of Age Groups	8
7	II	2	Outdoor Sports	10
8	II	1	Sports Games and Recreation	10
9	III	1	Theory of Sports Training	8
10	III	1	Bodybuilding	5
11	III	1	Adapted Training	6
12	III	2	Yoga and Pilates	6
				91

C - INTERDISCIPLINARY/INTEGRATIVE COURSES/ 12% - 15%/ 24 ECTS

PROFIL I:			GYMNASTICS	
1	II	2	Gymnastics I	8
2	III	1	Gymnastics II	8
3	III	2	Gymnastics III	8
PROFIL II:			FOOTBALL	
1	II	2	Football I	8
2	III	1	Football II	8
3	III	2	Football III	8
				24

D - ADDITIONAL COURSES/ 10% - 15%/ 18 ECTS

1	II	1	English Language B1	5
2	I	1	Basics of Informatics	4
3	I	1	Introduction to Psychology	6
4	III	1	Project Design and Management	6
5	III	2	Internship and Career Development	5
				26

E - FINAL OBLIGATIONS/ 3% - 5%/ 7 ECTS

1	III	2	Diploma Thesis/Final Comprehensive Exam	7
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