

COURSE SHEET

1. Data about the program

1.1 Higher education institution	Babeş-Bolyai University
1.2 Faculty	Faculty of Physical Education and Sport
1.3 Doctoral school	Doctoral Studies Institute
1.4 Field of study	Science of Sports and Physical Education
1.5 Study cycle	Doctorate
1.6 Study program / Qualification	Doctoral training / Doctor in Science of Sports and Physical Education

2. Course data

2.1 Name of discipline	Bio-psycho pedagogy of development and improvement of motor skills						
2.2 Teacher responsible for lectures	Prof. habil. SANDOR IOSIF PhD						
2.3 Teacher responsible for seminars	Prof. habil. SANDOR IOSIF PhD						
2.4 Year of study	I	2.5 Semester	1	2.6. Type of evaluation	E	2.7 Course framework	YD1004

3. Estimated total time of teaching activities (hours per semester)

3.1 Hours per week	3	Out of which: 3.2 Lectures	2	3.3 Seminars / Laboratory classes	1
3.4 Total hours in the curriculum	36	Out of which: 3.5 Lectures	24	3.6 Seminars / Laboratory classes	12
Allocation of study time:					h
Study supported by textbooks, other course materials, recommended bibliography and personal student notes					80
Additional learning activities in the library, on specialized online platforms and in the field					36
Preparation of seminars / laboratory classes, topics, papers, portfolios and essays					12
Tutoring					6
Examinations					4
Other activities: -					1
3.7 Individual study (total hours)	139				
3.8 Total hours per semester	175				
3.9 Number of credits	7				

4. Preconditions (where applicable)

4.1 Curriculum	<ul style="list-style-type: none"> It's not necessary
4.2 Competences	<ul style="list-style-type: none"> It's not necessary

5. Conditions (where applicable)

5.1 Conducting lectures	<ul style="list-style-type: none"> Classroom equipped with video projection equipment
5.2 Conducting seminars / laboratory classes	<ul style="list-style-type: none"> Classroom equipped with video projection equipment

6. Specific competences acquired

Professional competences	<ul style="list-style-type: none"> • C 1. Modular design (Sports Science) and planning the basic contents of our domains regarding the interdisciplinarity with over domains • C 2. To organized the integrated curriculum and the environment of training and learning with interdisciplinary emphasis (Sports Science) • C 3. Evaluation of physical growth and the development of motor skills level according to the specific requirements / objectives of physical and sports education and also to attitude towards the independent practice of physical exercise • C 4. Assessing the training level of physical education and sports activities practitioners
Transversal competences	<ul style="list-style-type: none"> • The opportunity to apply research programs to develop and improve motor skills capacities • Assessment of motor skills capacities • Optimal and creative capitalization of development and improvement of motor skills from a bio-psycho-pedagogical point of view. • Using efficiently the information's and professional training resources, both, in Romanian and in a foreign language. • Applying the rules of rigorous and efficient research methods, manifesting responsible attitudes towards the scientific and didactic field, regarding the optimal and creative capitalization of one's own potential in specific situations, respecting the principles and norms of professional ethics.

7. Course objectives (based on the acquired competencies grid)

7.1 The general objective of the course	<ul style="list-style-type: none"> • Acquisition of knowledge in order to develop a descriptive or experimental scientific research project, as well as statistical analysis and interpretation of scientific data. • Improving the skills to design and conduct scientific researches, respectively to write a project, articles or reports regarding one scientific research.
7.2 Specific objectives	<ul style="list-style-type: none"> • Guidance regarding the practice in researches of the specific phenomena of science of sports and physical education • Applying the acquired concepts and principles in the scientific researches

8. Content

8.1 Lectures	Teaching methods	Comments
1 Mixed methods procedures and designs for research on sport, physical education (dynamics of play in team sports and techniques and dynamics in individual sports)	Presentation, discussion, case studies, exercises	4 h (2, 4, 7)
2 Philosophical research in sport science and physical activity		2 h (13, 23, 24)
3 Bio motor Abilities and the Methodology of their Development		2 h (2, 6, 8, 14)
4 The deterministic models utilized and applied in research of technique analysis and selected motor skills.		4 h (5, 6, 7, 8)
5 Practical issues for researchers and practitioners		2 h (5, 7, 19, 24, 27)
6 Competency, performance and perfection in sport and PE.		2 h (8, 9, 12, 14, 22)
7 Growth, Motor Development, and Motor Learning		2. h (2, 3, 10, 13, 18, 23)
8 Learning Concepts and Principles - Use concepts and principles of learning to analyse observed individual differences.		2 h (3, 6, 10, 13, 23)
9 Connections Between Physical Education and Other Disciplines		4 h (10, 18, 17, 23, 25)
		Total 24 h

Bibliography

- 1 Bale, J., (2003), *Sports Geography*, Taylor & Francis e-Library,
- 2 Bompa, T.O., (2012) *Theory and methodology of training*, Third Edition, Orietta Calcina, Kendall/Hunt Publishing Company, <http://archive.org/details/theorymethodologOObomp>
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- 6 Dragnea, A., Bota, Aura, (1999), *Teoria activităților motrice*, București, E.D.P.
- 7 Epuran, M., (2005), *Metodologia cercetării activităților corporale*. București, Editura FEST
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- 9 Fesci, C. Simona., (1977), *Influența condițiilor climatice asupra organismelor*, București. Ed. Enciclopedică,
- 10 France C. R., (2009) *Introduction to Physical Education and Sport Science*, Delmar, Cengage Learning, ISBN-13: 978-1-418-05529-5, ISBN-10: 1-4180-5529-8 Clifton Park, NY : Delmar Cengage Learning, ©2009. eBook
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- 14 Ifrim, M., (1986): *Antropologie motrică*. București, Ed. Stiințifică și Enciclopedică.
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- 27 Zhou, Chunfang, (2017), *Handbook of research on creative problem-solving skill development in higher education*, (pag. 260-283), ISBN 9781522506447 (ebook)

8.2 Seminars / laboratory classes	Teaching methods	Comments
Case studies prepared with the doctoral students, based on their individual doctoral research topics	Presentation, discussion, exercises	1 h
Mixed methods procedures and designs for research on sport, physical education (dynamics of play in team sports and techniques and dynamics in individual sports)	Presentation, discussion, exercises	1 h
Practical issues for researchers and practitioners	Presentation, discussion, exercises	2 h
Skill related components of physical fitness – identification and assessment	Presentation, discussion, exercises	1 h
Analyze individual physical changes and their impact on mechanical and physiological aspects of motor performance.	Presentation, discussion, exercises	2 h
Interpretation and application of the subdisciplines of kinesiology	Presentation, discussion, exercises	2 h
Connections Between Physical Education and Other Disciplines - Demonstrate knowledge of connections between physical education and other subject areas such as life and physical sciences, social science, health, mathematics, language arts, and visual and performing arts.	Presentation, discussion, exercises	2 h
Evaluation Methods in Physical Education and Sport Demonstrate	Presentation, discussion, exercises	1 h

knowledge of evaluation methods used for the various domains of learning in physical education (e.g. physical, psychomotor, cognitive, social, and affective)		
Total 12 h		
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9. Aligning the contents of the discipline with the expectations of the epistemic community representatives, professional associations and standard employers operating in the program field

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10. Examination

Activity type	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Weight in the final grade
10.4 Lectures	Assessment of knowledge	Written exam	30 %
	Assessment of knowledge	Ongoing tests	30 %
10.5 Seminars / laboratory classes	Activity during seminars	Discussions, answers to questions	10 %
	Assessment of knowledge	Written exam	30 %

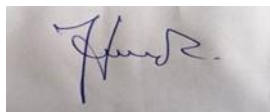
10.6 Minimum performance standard

Knowledge to apply the investigation methods and to evaluate the level of performance in science of sports and physical education

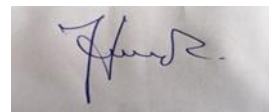
Date of issue

1.09.2021

Signature of the teacher
responsible for lectures



Signature of the teacher
responsible for seminars



Date of approval by the doctoral school council
9.09.2021

Signature of the doctoral school director