

## 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	CONTEMPORARY PARADIGMS IN MONITORING PERFORMANCE CAPACITY						
2.2 Teacher responsible for lectures	Conf habil Dan Monea						
2.3 Teacher responsible for seminars	Conf habil Dan Monea						
2.4 Year of study	I	2.5 Semester	1	2.6. Type of evaluation	E	2.7 Course framework	DSSPM YD1002

### 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"> <li>It's not necessary</li> </ul>
4.2 Competences	<ul style="list-style-type: none"> <li>It's not necessary</li> </ul>

### 5. Conditions (where applicable)

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

### 6. Specific competences acquired

<b>Professional competences</b>	<ul style="list-style-type: none"> <li>• • C 1. Modular design (Sports Science) and planning of the basic contents of the field with interdisciplinary orientation</li> <li>• C 2. Organization of the integrated curriculum and the training and learning environment, with interdisciplinary emphasis (Sports Science)</li> <li>• C 3. Evaluation of physical growth and development and quality of motor skills according to the specific requirements / objectives of physical and sports education, attitude towards the independent practice of physical exercise</li> <li>• C 5. Assessing the level of training of practitioners of physical education and sports activities</li> </ul>
<b>Transversal competences</b>	<ul style="list-style-type: none"> <li>• Opportunity to apply research programs for the development of motor skills, assessment of motor skills and abilities</li> <li>• Optimal and creative capitalization of one's own physical potential.</li> </ul>

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

7.1 The general objective of the course	<ul style="list-style-type: none"> <li>• Specialized knowledge in sports training</li> </ul>
7.2 Specific objectives	<ul style="list-style-type: none"> <li>• • The concepts and principles learned will be applied in the specific activities of sports training</li> <li>• Initiation in the practice of researching the phenomena specific to sports training</li> <li>• Formation of the specialized language necessary in communication and preparation of planning documents</li> </ul>

## 8. Content

8.1 Lectures	Teaching methods	Comments
1. Motor skills - definitions, conceptual delimitations	Presentation, discussion, case studies, exercises	4 h (2, 4, 7)
2. Components of motor skills		2 h (13, 23, 24)
3. Motor, conditional and coordinative skills		2 h (2, 6, 8, 14)
4. Definition and classification of conditional capacities		3 h (5, 6, 7, 8)
5. Coordinating factors of coordinative capacities		2 h (5, 7, 19, 24, 27)
6. The parameters of the coordinative capacities		2 h (8, 9, 12, 14, 22)
7. Methodical procedures for developing coordination capacities		2. h (2, 3, 10, 13, 18, 23)
8. Development of motor skills according to age		2 h (3, 6, 10, 13, 23)
9. Favorable training periods		4 h (10, 18, 17, 23, 25)
<b>Total 24 h</b>		
<b>Bibliography</b>		
1 Dragnea A., (1994) – Dimensiuni obiective și subiective ale capacității ale de performanță. Teză de doctorat. București;		
2 Dragnea A., (1984) – Măsurarea și evaluare în educație fizică și sport. București.		
3 Bangsbo J., Iaiia F.M., Krstrup P. (2008), The Yo-Yo intermittent recovery test: a useful tool for evaluation of physical performance in intermittent sports. <i>Sports Med</i> ; 38: 37-51		
4 Bocu T., Tache S. (1999). <i>Investigarea selecției în sport</i> . Cluj-Napoca: Editura Medicală Universitară Iuliu Hațieganu.		
5 Cârstea, Gh. (2000). <i>Teoria și metodică educației fizice și sportului</i> , București: Editura AN-DA.		
6 Castagna C, Impellizzeri F.M., Cecchini E. (2009). Effects of intermittent endurance fitness on match performance in young male soccer players. <i>J Strength Cond Res</i> ; 23: 1954-9.		
7 Monea Gh.,(2002)– Antrenamentul sportiv la altitudine. Bistrița.		
8.2 Seminars / laboratory classes	Teaching methods	Comments

1. Development of motor skills during puberty. The correlation between motor abilities, age and growth dynamics	11. Development of motor skills during puberty. The correlation between motor abilities, age and growth dynamics	1 h
2. The correlation between motor abilities, age and growth dynamics. Hormonal changes generated by practicing physical exercises during puberty	Presentation, discussion, exercises	1 h
3. Classification of effort in terms of duration	Presentation, discussion, exercises	2 h
4. Evaluation of Vo2 max in the effort	Presentation, discussion, exercises	1 h
5. Assessment of aerobic exercise capacity. Evaluation of anaerobic effort capacity	Presentation, discussion, exercises	2 h
6. Measurement and evaluation of speed, strength, endurance and dexterity	Presentation, discussion, exercises	2 h
7. Tests, rules and tests as assessment tools in individual sports and sports games	Presentation, discussion, exercises	2 h
8. Evaluation Methods in Physical Education and Sport Demonstrate knowledge of evaluation methods used for the various domains of learning in physical education (e.g. physical, psychomotor, cognitive, social, and affective)	Presentation, discussion, exercises	1 h

**Total 12 h**

#### Bibliography:

1. Dragnea A., (1984) – Măsurarea și evaluare în educație fizică și sport. București;
2. Bangsbo J., Iaia F.M., Krstrup P. (2008), The Yo-Yo intermittent recovery test: a useful tool for evaluation of physical performance in intermittent sports. *Sports Med*; 38: 37-51
3. Bocu T., Tache S. (1999). *Investigarea selecției în sport*. Cluj-Napoca: Editura Medicală Universitară Iuliu Hațieganu.
4. Cârstea, Gh. (2000). *Teoria și metodică educației fizice și sportului*, București: Editura AN-DA.
5. Castagna C, Impellizzeri F.M., Cecchini E. (2009). Effects of intermittent endurance fitness on match performance in young male soccer players. *J Strength Cond Res*; 23: 1954-9.
6. Monea Gh., (2002)– Antrenamentul sportiv la altitudine. Bistrița.

### 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

Signature of the teacher responsible for lectures

Signature of the teacher responsible for seminars




Date of approval by the doctoral school council

Signature of the doctoral school director