

Contemporary Paradigms in Monitoring Performance Capacity

Academic Year 2025-2026

1. Information about the program

1.1 Higher education institution	BABEŞ-BOLYAI UNIVERSITY				
1.2 Faculty	FACULTY OF PHYSICAL EDUCATION AND SPORT				
1.3 Department	DOCTORAL SCHOOL OF PHYSICAL EDUCATION AND SPORT				
1.4 Field of study	SPORT SCIENCE AND PHYSICAL EDUCATION				
1.5 Level of study	DOCTORATE				
1.6 Study program / Qualification	SPORT SCIENCE AND PHYSICAL EDUCATION / PHD IN THE FIELD				

2. Information about the discipline

2.1 Name of the discipline	CONTEMPORARY PARADIGMS IN MONITORING PERFORMANCE CAPACITY						
2.2 Course instructor (lectures)	Assoc. Prof. Dr. Dan Monea						
2.3 Seminar/Laboratory instructor	Assoc. Prof. Dr. Dan Monea						
2.4 Year of study	I	2.5 First year	1	2.6. First semester	E	2.7 Type of assessment	Ob

3. Estimated total time (hours per semester)

3.1 Number of hours per week	3	Of which: 3.2 course	2	3.3 seminar	2
3.4 Total hours in the curriculum plan	56	Of which: 3.5 curs	28	3.6 seminar	28
Time budget distribution:					
Study from textbooks, course support materials, bibliography, and notes					
Additional documentation in the library, on specialized electronic platforms, and in the field					
Preparing seminars/laboratories, assignments, reports, and portfolios					
Tutoring					
Examinations					
Other activities: two-way communication with the course instructor/tutor					
3.7 Total hours of individual study	119				
3.8 Total ore pe semestrul	175				
3.9 Number of credits	7				

4. Prerequisites (where applicable)

4.1 Curriculum:	<ul style="list-style-type: none">• Not applicable
4.2 Competencies	<ul style="list-style-type: none">• Not applicable

5. Conditions (where applicable)

5.1 Course:	<ul style="list-style-type: none">• Classroom equipped with video projection equipment
5.2 Seminar/Laboratory:	<ul style="list-style-type: none">• Classroom equipped with video projection equipment

6.2 Specific competences acquired

Transversal competences	<ul style="list-style-type: none"> • Modular design (Sport Science) and planning of core content of the field with an interdisciplinary orientation. • Organizing an integrated curriculum and the learning environment with an interdisciplinary focus (Sport Science). • Assessing physical growth and development and the quality of motricity according to the specific requirements/objectives of physical education and sport, as well as the attitude towards independently practicing physical exercise. • Evaluating the level of preparedness of participants in physical education and sport activities.
Professional competences	<ul style="list-style-type: none"> • Opportunity to implement research programs for the development of motor qualities, and to evaluate motor skills and abilities. • Optimal and creative valorization of one's own physical potential.

6.2. Learning outcomes

Knowledge	The doctoral student will acquire knowledge of fundamental concepts in sport science and physical education, being able to describe and argue the basic strategic objectives of individual and team sports. The doctoral student will also understand their general and specific structures and principles, correlating them with the identification and analysis of the factors determining sports performance from the perspective of contemporary paradigms for monitoring performance capacity.
Skills	The doctoral student is capable of evaluating technical executions in correlation with basic and specific physical factors and of identifying the performance potential demonstrated in competitions, with a view to developing this potential in the macrocycle stage.
Responsibility and autonomy	The doctoral student demonstrates initiative and autonomy in professional development, integrating specialized feedback and identifying opportunities to optimize sports performance.

7. Objectives of the discipline (based on the grid of competences acquired)

7.1 General objective of the discipline	<ul style="list-style-type: none"> • Specialized knowledge in sport and motor performance.
7.2 Specific objectives	<ul style="list-style-type: none"> • The concepts and principles learned will be applied in activities specific to sports performance. • Initiation into the practice of researching phenomena specific to sports performance. • Developing the specialized language needed for communication and for drafting planning documents, as well as validating intervention plans through specialized scientific studies.

8. Contents

8.1 Topic	Teaching methods	Observations
1. Motricity – definitions and conceptual delineations	Interactive lecture	2 hours
2. Components of motor capacities	Interactive lecture	2 hours
3. Motor aptitudes: conditional and coordinative	Interactive lecture	2 hours
4. Definition and classification of conditional abilities	Interactive lecture	2 hours
5. Coordination factors of coordinative abilities	Interactive lecture	2 hours
6. Methodical procedures for developing coordinative abilities	Interactive lecture	2 hours
7. Development of motor capacities according to age	Interactive lecture	2 hours
8. Favorable periods of training	Interactive lecture	2 hours
9. Individual processes in developing motor coordination	Interactive lecture	2 hours
10. Development of motor capacities during puberty	Interactive lecture	2 hours
11. Correlation between motor capacities, age, and growth dynamics	Interactive lecture	2 hours
12. Correlation between motor capacities, age, and growth dynamics	Interactive lecture	2 hours
13. Hormonal changes caused by performing physical exercises during puberty	Interactive lecture	2 hours
14. Parameters of coordinative capacities	Interactive lecture	2 hours
		Total: 28 hours

Bibliographic References:

Dragnea A. (1994) – *Dimensiuni obiective și subiective ale capacitatii de performanță*. Teză de doctorat. București.

Dragnea A. (1984) – *Măsurarea și evaluare în educație fizică și sport*. București.

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.

Bocu T., Tache S. (1999) – *Investigarea selecției în sport*. Cluj-Napoca: Editura Medicală Universitară Iuliu Hațieganu.

Cârstea Gh. (2000) – *Teoria și metodica educației fizice și sportului*. București: Editura AN-DA.

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: 1954–59.

Monea Gh. (2002) – *Antrenamentul sportiv la altitudine*. Bistrița

8.2 Topic	Teaching methods	Observations
1. Classification of effort in terms of duration	Seminar	2 hours
2. Manifestation of effort in terms of its duration	Seminar	2 hours
3. Evaluation of VO_2 max during effort	Seminar	2 hours
4. Assessment of aerobic exercise capacity;	Seminar	2 hours
5. Assessment of anaerobic exercise capacity		
6. Measurement and evaluation of speed, strength, endurance, and dexterity	Seminar	2 hours

7. Trials, standards, and tests as evaluation tools in individual sports / team sports	Seminar	2 hours
8. Assessment of effort capacity		2 hours
9. Trials, standards, and tests as evaluation tools in high-performance sport		2 hours
10. Trials, standards, and tests as evaluation tools in individual sports and team sports		4 hours
11. Evaluation and measurement in high-performance sport		4 hours
12. Measurement and evaluation of speed, strength, endurance, and dexterity (extended session)		4 hours
		Total: 28 hours

Bibliographic References:

Dragnea A. (1994) – *Dimensiuni obiective și subiective ale capacitatei de performanță*. Teză de doctorat. București.

Dragnea A. (1984) – *Măsurarea și evaluare în educație fizică și sport*. București.

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Bocu T., Tache S. (1999) – *Investigarea selecției în sport*. Cluj-Napoca: Editura Medicală Universitară Iuliu Hațieganu.

Cârstea Gh. (2000) – *Teoria și metodica educației fizice și sportului*. București: Editura AN-DA.

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: 1954-59.

1. Monea Gh. (2002) – *Antrenamentul sportiv la altitudine*. Bistrița

9. Correlation of course content with the expectations of the epistemic community, professional associations, and representative employers in the field

The content of the discipline is correlated with the expectations of community representatives, professional associations, and representative employers (County School Inspectorate, School Sports Clubs, high schools, and general schools), in compliance with the requirements of the pre-university education curriculum.

10. Assessment

Activity type	10.1 Evaluation criteria	10.2 Assessment methods	10.3 Percentage in final grade
10.4 Course	Correct explanation of the concepts and notions of performance capacity	Written exam.	60%
10.5 Seminar	Detailed knowledge of the methods for investigating performance capacity	Seminar assessment	40%
10.6 . Minimum performance standard			
Knowledge and application of methods for investigating and evaluating performance capacity in high-performance sport.			

11. SDG Labels (Sustainable Development Goals)

	Eticheta generală pentru Dezvoltare durabilă							
								

Date of completion:

01.10.2025

Signature of course instructor:

Assoc. Prof. Dr. Dan Monea

Signature of course instructor:

Assoc. Prof. Dr. Dan Monea



Date of approval in department:

Signature of department director:

Assoc. Prof. Dr. Dan Monea

