

BACHELOR DEGREE
PHYSICAL THERAPY
3RD YEAR OF STUDY, 2ND SEMESTER

COURSE TITLE		RECOVERY AND REHABILITATION IN PROFESSIONAL SPORTS
COURSE CODE		SL1423274
COURSE TYPE		tutorial
COURSE LEVEL		1 st cycle (bachelor's degree)
YEAR OF STUDY, SEMESTER		3 rd year of study, 2 nd semester
NUMBER OF ECTS CREDITS		3
NUMBER OF HOURS PER WEEK		2 (1 lecture hours + 1 seminar hours)
NAME OF LECTURE HOLDER		OPREAN ALEXANDRU
NAME OF SEMINAR HOLDER		OPREAN ALEXANDRU
PREREQUISITES		Advanced level of English
A	GENERAL AND COURSE-SPECIFIC COMPETENCES	
	<p>General competences:</p> <ul style="list-style-type: none"> → Modular design (Kinetotherapy and special motor skills) and planning the basic contents of the field with interdisciplinary orientation → The assessment of physical growth and development and the quality of the motor according to the specific requirements / objectives of the physical therapy, the attitude towards the independent practice of the physical exercise → Description and demonstration of specific operational systems for physical therapy, by age groups → Evaluation of the level of training of practitioners of physical education and sports activities <p>Course-specific competences:</p> <ul style="list-style-type: none"> → Organization of physical and sports education activities for people of different ages and levels of training under qualified assistance conditions, respecting the rules of professional ethics and deontology → Fulfillment of efficient and effective work tasks for organizing and conducting sports activities 	
B	LEARNING OUTCOMES	
	<ul style="list-style-type: none"> → Implementation of a system of theoretical and applicative knowledge in the field of sports recovery and recovery. → Creating proper eating habits in accordance with the specific needs of physical activities. → Acquiring some notions of body warming and the possibilities of preventing traumas. → Dosage of physical effort according to the possibilities of the adapting body. 	
C	LECTURE CONTENT	
	<ul style="list-style-type: none"> • Definition, objectives, purpose and tasks of the discipline. Recovery in sports • The influence of environmental factors on the body • Restoration of energy resources • Recovery of the hydro-electrolytic residue • Acute fatigue and overtraining • Evaluation of the recovery level • Specific traumatology on sports branches 	
D	RECOMMENDED READING FOR LECTURES	
	<ul style="list-style-type: none"> • Rosato Frank D., Fitness and Wellness ,New York, The Physical Connection West Publishing Company, 1986 • Zamora, E. 2012 Health education and first aid Editura Risoprint, Cluj-Napoca • Walker B. The anatomy of sports injuries, Lotus Publishing, England, 2007, ISBN 9781905367061 	
E	SEMINAR CONTENT	
	<ul style="list-style-type: none"> • Definition, objectives, purpose and tasks of the discipline. Recovery in sports • The influence of environmental factors on the body • Restoration of energy resources 	

	<ul style="list-style-type: none"> • Recovery of the hydro-electrolytic residue • Acute fatigue and overtraining • Evaluation of the recovery level • Specific traumatology on sports branches
F	RECOMMENDED READING FOR SEMINARS
	<ul style="list-style-type: none"> • Rosato Frank D., <i>Fitness and Wellness</i>, New York, The Physical Connection West Publishing Company, 1986 • Zamora, E. 2012 <i>Health education and first aid</i> Editura Risoprint, Cluj-Napoca • Walker B. <i>The anatomy of sports injuries</i>, Lotus Publishing, England, 2007, ISBN 9781905367061
G	EDUCATION STYLE
LEARNING AND TEACHING METHODS	Interactive lectures, explanation, demonstrations, viewing material and so on
ASSESSMENT METHODS	Practical and teoretical evaluation
LANGUAGE OF INSTRUCTION	English