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| BACHELOR DEGREE**PHYSICAL THERAPY**3rd YEAR OF STUDY, 2ND SEMESTER |

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| **Course title** | **RECOVERY AND REHABILITATION IN PROFESSIONAL SPORTS** |
| Course code | SL1423274 |
| Course type | tutorial |
| Course level | 1st cycle (bachelor’s degree) |
| Year of study, semester | 3rd year of study, 2nd 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** |
|  | **General competences**:* 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

**Course-specific competences**:* 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
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| B | **Learning outcomes** |
|  | * 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.
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| C | **Lecture content** |
|  | * 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
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| D | **Recommended reading for lectures** |
|  | * Rosato Frank D., Fitness and Wellness ,New York, The Phisical 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
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| E | **Seminar content** |
|  | * 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
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| F | **Recommended reading for seminars** |
|  | * Rosato Frank D., Fitness and Wellness ,New York, The Phisical 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
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| 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 |