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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 | |
| 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. | |
| 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 | |
| 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 | |
| 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 | |
| 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 | |
| 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 |