

Oradea University
DEPARTMENT OF PSYCHONEUROSCIENCE AND RECOVERY,
THEMES FOR THE PROMOTION EXAM FOR THE POSITION OF ASSOCIATE PROFESSOR -
POSITION 10 STATE OF FUNCTIONS

DISCIPLINES:

Recovery in sports medicine - course + LP (BFR study program, year III)

Ergophysiology - course (BFR study program, year II)

Psychomotor, education and psychomotor reeducation - course (BFR study program, year III)

Recovery in sports medicine

1. **Medical-sports orientation:** definition, stages. **Sports traumatology. Sports injuries:** definition, objectives, prophylaxis, classifications.

2. **Sports anthropology:** etymology, definition. **Physical development, physical development exam:** definition, classification, characteristic examinations.

3. **Sports psychology:** importance, psychological response to trauma, psychological chronology of a trauma, psychological vicious circle, objectives.

4. **Sports physical recovery:** definition, components, benefits, means, risks, particularities of the performance athlete.

5. **Principles of recovery in musculoskeletal injuries:** sequentiality, the peculiarities of the athlete's evaluation. **The main recovery methods in sports pathology:** chronology, enumeration, definitions.

6. **Physical therapy in medical recovery in athletes:** the importance and benefits of physical therapy in athletes. **Physiotherapeutic program in athletes:** general considerations, objectives.

7. **Injuries to the soft parts:** the most common examples in sports practice with definition, mechanism of production, symptoms and treatment.

8. **Joint injuries:** the most common examples encountered in sports practice with definition, mechanism of production, symptoms and treatment.

9. **Traumatic bone injuries:** the most common examples in sports pathology with definition, mechanism of production, symptoms and treatment.

10. **Sports overload injuries:** definition, production mechanism, clinical picture, factors involved in the production of microtraumas, treatment.

REFERENCES

1. Ionescu Anca, Caramoci Adela, *Medicina sportiva. Fiziologia si Fiziopatologia efortului fizic. Note de curs*, Editura: Universitatea Carol Davila, 2017
2. Beuran M., Tache Ozana, *Ghid de medicina fizica si recuperare medicala*, Editura: Scripta, 2017
3. Ionescu Anca, *MEDICINA SPORTIVA, PERFORMANTA SI SANATATE*, EDITURA MEDICALA BUCURESTI, 2013
4. Sbenghe T., Berteanu M., Savulescu Simona Elena, *Kinetologie*, Editura Medicala, 2019
5. Marcu F.M., Lazar L., *Noțiuni generale privind patologia în sport*, Ed. Universității Oradea 2018

Ergophysiology

1. **Physical effort**: definition, general considerations, classification of physical effort.
2. **The energetic support of the physical effort**: general considerations, ways of producing ATP: enumeration, description; aerobic-anaerobic threshold.
3. **Homeostasis**: definition, mechanisms. **Metabolism**: definition and functions: anabolism –catabolism, the energy balance equation, basal metabolism.
4. **Thermogenesis**: definition, general notions. Food-induced thermogenesis: definition, characteristics. Thermoregulation. Thermoregulatory thermogenesis.
5. **Physical exercises for health**: physical activity; healthy lifestyle: definition, components; the benefits of physical exercises.
6. **Effects of physical effort on the musculoskeletal system**: muscles level; level of bones, tendons and ligaments.
7. **The effects of physical effort on the cardiovascular system**: immediate changes; late changes.
8. **The effects of physical effort on the central nervous system**: muscular strength, inhibitory mechanisms with a protective role, starting state.
9. **The effects of physical effort on the respiratory system**: immediate changes; late changes.
10. **Physical effort and the immune system**: the benefits of physical effort; non-specific defense of the body; specific defense of the body; immunological aspects of physical exertion.

REFERENCES

1. Timnea Olivia Carmen, *Fiziologia efortului fizic*, Editura: [Bren](#), 2010
2. Hăulică, I., *Fiziologie umană*. Editura Medicală, București, 2009

3. Chiribuc C., *Kinetologie Medicala-Ergofiziologie-Kinetoterapie*, Editura TANA, Bucuresti 2011
4. Vasilescu Mirela, [*Introducere în ergofiziologie - monografie*](#), Editura Universitaria, Aprilie 2017
5. Hagi B.A., *Fiziologia si ergofiziologia activitatilor fizice*, Editura: UNIVERSITATII "ALEXANDRU IOAN CUZA", 2014

Psychomotor, education and psychomotor reeducation

- 1. The concept of psychomotor:** definition, factors of psychomotor development, psychomotor education.
- 2. The basic components of psychomotricity:** general notions, characteristics of psychomotricity components; voluntary motility: manifestations.
- 3. Basic motor behaviors:** oculo-motor coordination; static and dynamic balance; general dynamic coordination.
- 4. Neuromotor behaviors:** muscle tone, proprioceptive sensations.
- 5. Perceptual-motor behaviors and structures:** body scheme, laterality, space-time organization.
- 6. Communication. Elements and attributes of communication:** enumeration, definition and general considerations.
- 7. Characteristics of psychomotor development:** generalities; characteristics; specific landmarks of childrens psychomotor development.
- 8. Cycles and stages of mental development:** generalities; the scheme of psychic development;
- 9. Psychomotor education and re-education:** definitions; generalities; stages of educational action; stages of reeducative action.
- 11. Psychomotor disorders:** general notions; deficits in basic motor behaviors; deficits in neuromotor behaviors; perceptual motor behavioral deficits.

REFERENCES

1. Neagu N., *Teoria și practica activității motrice umane*, Editura University Press, Tg. Mureș, 2010
2. [Wauters-Krings F.](#), *Psihomotricitate. Sprijin, prevenire si compensare*, Editura [ASCR](#), 2014
3. Tudosoiu D., *Ghid pentru desfasurarea activitatilor psihomotrice in gradinita*, [Editura Trend](#), 2015
4. Abalașei, B.A., *Aplicații ale psihomotricității în fitness -suport de curs*. Iași. Editura Universității "Alexandru Ioan Cuza" din Iași, 2007