

Competition for Teaching Position No. 3
Academic Year 2025–2026
COURSES, TOPICS, AND SELECTED BIBLIOGRAPHY

Theory and Methodology of Physical Education and Sport – Course

The theory and methodology of physical education and sport as a scientific discipline.

Main concepts (categories): physical education, sport, sports training.

Main concepts (categories): physical development, motor capacity, movement, motor act, motor action, motor activity.

Components of the instructional-educational process in physical education and sports training: motor qualities; content elements of the other dimensions of education.

Other components of the instructional-educational process in physical education and sports training: motor skills and abilities; specialized knowledge; the organism's morpho-functional indices.

The origins of physical education and sport. The historical evolution of physical exercise practice.

The ideal of physical education and sport. The functions of physical education and sport.

The objectives of physical education and sport. The role of physical and sports education within the lifelong learning system.

The system of means in physical education and sport.

Means: the physical exercise – the fundamental means of physical education and sport.

The physical education and sport system in Romania.

The main forms of organizing physical exercises.

General principles of physical education and sports training.

Teaching methods used in physical education.

Methodical aspects regarding the acquisition of basic motor skills and of utilitarian-applicative skills.

Methodical aspects regarding the acquisition of motor skills specific to different branches of sport.

Bibliography

Required literature

- Hamar Pál, *Educație fizică. Știință – Planificare – Predare – Evaluaare / Testnevelés. Tudomány – Tervezés – Oktatás – Értékelés*. Budapest: ELTE Eötvös Kiadó, 2022.

Recommended literature

- Hamar Pál, *Teoria curriculumului la educația fizică / A testnevelés tantervelmélete*, Budapest: EötvösJózsef Könyvkiadó, 2016. (1 ex)
- Hamar Pál & Mocsai Lajos (eds.), *Probleme metodologice în educația sportivă. Reeditarea / A sportpedagógia szakmódszertani kérdései. Utánnnyomás*. Budapest: Magyar Testnevelési és Sporttudományi Egyetem, 2023.
- Kovács Klára (ed.), *Educația fizică creatoare de valori: studii privind rolul educației fizice și sportului în viața tinerilor din Bazinul Carpatic / Értékteremtő testnevelés: tanulmányok a testnevelés és a sportolás szerepéről a Kárpát-medencei fiatalok életében*, [Debretin]: Debreceni Egyetemi Kiadó, 2016.

- Rétsági Erzsébet, *Pedagogia educației fizice / A testnevelés tantárgypedagógiája*, Budapest-Pécs: Dialóg Campus Kiadó, 2004.

Psychopedagogy of Physical Education – Course and Practical Work

The field of psychopedagogy in physical education and sport – Brief history, terminology, methods used in the psychology and pedagogy of physical education and sport.

The learning process in physical education and sport – Forms; learning theories; types of learning; the formation and systematization of motor skills; the regulation of action through feedback and biofeedback.

Sports didactics and training modelling – Stages of knowledge acquisition; the technology of the instructional-educational process.

Approaches to personality in the context of physical education and sport – Definition of the concept of personality; personality assessment (temperament, character, aptitudes).

Sports performance – The concept of performance; factors influencing sports performance.

Communication and interpersonal relationships in physical education and sport activities – Conceptual delimitations; types of communication.

The physical education teacher / coach – Competences of the physical education teacher; the impact of the coach's personality on athletes' development.

Motivation, will, and attention in physical education and sport – Definition of the concept of motivation and its dimensions; theories of motivation; types of motivation; regulatory mechanisms: will and attention.

Stress and anxiety in performance and high-performance athletes – Conceptual delimitations; issues related to stress and anxiety in performance and high-performance sport; theories regarding the optimal level of anxiety and activation in elite sport.

Mental preparation – an important component of modern sports training – The psychological content of sports training; types of mental preparation; general psychological preparation of the athlete.

Psychology of competition – Meanings of the term competition/contest; athletes' emotional states during competition; mental preparation for competition.

The sports group and its leadership – Sociodynamic elements of the sports group; characteristics of the sports group; notions of cohesion and facilitation within the sports group.

Control of aggression in sport – Definition of aggression; psychological theories of aggression.

Potential dangers – The notion of risk in sport; psychological predictors of sports injuries; strategies for reducing the risk of developing eating disorders in athletes.

Bibliography

- Hamar Pál, *Az iskolai tornaoktatás elmélete és módszertana: [a Semmelweis Egyetem Testnevelési és Sporttudományi Kar (TF) egyetemi tankönyve]*, Budapest: SE TSK: Semmelweis Egyetem Testnevelési és Sporttudományi Kar, 2011
- Rétsági Erzsébet szerk, *Kézikönyv a testnevelés tanításához az 5-8. osztályok részére: A szaktantervek áttekintésétől a tantervi a tartalmak feldolgozását segítő gyakorlatgyűjteményekig*, 3. átdolg. kiad. – Budapest; Pécs: Dialóg Campus, 2016
- Bodnár Ilona, *Alsó tagozatosok testi nevelése: Válogatott bibliográfia, 1980-1989* Budapest: Magyar Testnevelési Egyetem, 1990 szerk. Kovács Klára, *Értékteremtő testnevelés: tanulmányok a testnevelés és a sportolás szerepéről a Kárpát-medencei fiatalok életében*, [Debrecen]: Debreceni Egyetemi Kiadó, 2016

- Stuller Gyula, Kisiskolások testnevelése: országos szakmai-módszertani konferencia anyaga, Budapest: Magyar Testnevelési Egyetem, 1990
- Kis Jenő, A testnevelés és sporttudomány pedagógiai alapjai : jegyzet, Budapest : Fitness Akadémia, 2004
- Hamar Pál, A testnevelés tantervelmélete, Budapest: Eötvös József Könyvkiadó, 2016
- Makszin Imre, Testnevelő tanári kézikönyv: Physical Education Teacher's Manual: 1. Kötet, Budapest: Semmelweis Egyetem Testnevelési és Sporttudományi Kar, 2003
- Makszin Imre, Testnevelő tanári kézikönyv: Physical Education Teacher's Manual: 2. Kötet, Budapest: Semmelweis Egyetem Testnevelési és Sporttudományi Kar, 2005
- Csíkszentmihályi Mihály, Susan A. Jackson, Sport és Flow. Az optimális élmény, Vince Kiadó, Budapest, 2001.

Didactics of the Specialization – Course and Practical Work

Organization of the teaching practice – distribution of lesson plan templates, discussion and practice of lesson planning (what to consider – time, students, materials, strategies, etc.).

Sending students to schools – coordination with schools and teachers, indicating to students where they should go (school, teacher), creating communication channels between mentor teachers and students.

Mentoring and consulting with students regarding their progress based on lesson observations.

Organization of the teaching practice (14 observed hours) – distribution of lesson plan templates, discussion and practice of lesson planning (what to consider – time, students, materials, strategies, etc.).

Observation of students' lesson plans, evaluation, group discussions, ideas, recommendations.

Submission of the complete portfolio, discussions about experiences related to lesson observations, oral evaluation/feedback on the portfolio and its content.

Bibliography

Falus Iván (ed. in chief) & Szűcs Ida (ed.), Manualul de didactică. Bazele teoretice ale predării și învățării / A didaktika kézikönyve. Elméleti alapok a tanítás tanuláshoz. Budapest: Akadémiai Kiadó, 2022.

Gavriluța, Cristina & Gavriluță, Nicu: Sociologia sportului. Teorii, metode, aplicații. 2010 Iași: Polirom

Hamar Pál, Teoria curriculumului la educația fizică / A testnevelés tantervelmélete, Budapest: Eötvös József Könyvkiadó, 2016. (1 ex)

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Kisváriné Kelemen Ágnes, Procesul de a deveni profesor în contextul socializării profesionale și al învățării pe tot parcursul vieții / A pedagógussá válás folyamata a pályaszocializáció és az élethosszig tartó tanulás tükrében. In Szőke-Milinte Enikő (ed.), Pedagógiai Mozaik, Budapest: Szaktudás Kiadó, 2019. 259-267.

Kovács Klára (ed.), Educația fizică creatoare de valori: studii privind rolul educației fizice și sportului în viața tinerilor din Bazinul Carpatic / Értékteremtő testnevelés: tanulmányok a testnevelés és a sportolás szerepéről a Kárpát-medencei fiatalok életében, [Debrecin]: Debreceni Egyetemi Kiadó, 2016.

Péter Petra, Szivák Judit, Rapos Nóra & T. Kárász Judit, Caracteristicile învățării în rândul profesorilor debutanți / A pályakezdő tanárok tanulásának jellemzői, *Pedagógusképzés*, 2021, 20(3). 5-28.

Sergiu Marian Cataneanu & Aurora Ungureanu-Dobre: *Educația fizică și sportivă școlară*, 2016, Craiova: Editura Universitară