

COMPETITION THEME

for the position of university assistant, position 20 in the "Romanian-American" University's State of Functions, disciplines Measurement and evaluation in sports, Wellness and prophylaxis, Recovery in polytraumatology, Physiotherapy in geriatrics-gerontology, Physiotherapy in neurological conditions

1. MEASUREMENT AND EVALUATION IN SPORT

Acquisition of accurate and scientifically validated techniques and methods for assessing motor capacity.

- a) Fundamental principles of training status.
- b) Physiological and functional mechanisms underlying training adaptation.
- c) Measurement and quantification of motor qualities.
- d) Somato-functional and psychological investigations.
- e) Statistical analysis and interpretation of measurement data.

2. WELLNESS AND PROPHYLAXIS

Development of theoretical and practical competencies necessary for designing a comprehensive wellness and prophylactic program.

- a) Mastery and correct use of discipline-specific terminology.
- b) Designing wellness programs using specialized therapeutic approaches.
- c) Evaluation of the effectiveness of implemented programs.
- d) Development of research competencies and scientific engagement.

3. REHABILITATION IN POLYTRAUMATOLOGY

Familiarization with the clinical and functional aspects of polytrauma and development of the capacity to design complex rehabilitation programs.

- a) Identification of post-traumatic sequelae and lesion mechanisms.
- b) Comprehensive evaluation of the polytraumatized patient.
- c) Designing rehabilitation programs tailored to the phase of the disease.
- d) Development and presentation of specialized scientific materials.

4. KINESIOTHERAPY IN GERIATRICS / GERONTOLOGY

Acquisition of knowledge regarding the physiological and functional particularities of the elderly organism and adaptation of kinetic programs to geriatric specificity.

- a) Knowledge of geriatric-specific pathologies.
- b) Adaptation of kinetic programs to individual functional status.
- c) Application of the principles of geriatric kinesiotherapy.
- d) Use of modern technologies in geriatric rehabilitation.

5. KINESIOTHERAPY IN NEUROLOGICAL DISORDERS

Development of competencies required for the evaluation and kinesiotherapeutic intervention in neurological pathologies.

- a) Knowledge of neurological disorders and their specific characteristics.
- b) Application of modern neurological kinesiotherapy methods.
- c) Design of neuromotor rehabilitation programs.
- d) Use of digital technologies and simulation systems in rehabilitation.

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