



UNIVERSITATEA  
DE MEDICINĂ ȘI FARMACIE  
„VICTOR BABEȘ“ DIN TIMIȘOARA

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# UNDERSTANDING HUMAN MOTION: A CULTURAL AND ANALYTICAL APPROACH

**Blended Intensive Programme**

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# 1. INTRODUCTION

This Blended Intensive Programme focuses on the topic of human motion and it is designed for students of Physiotherapy and Medical Rehabilitation, Sports Sciences and Medicine.

Together with colleagues from Santarém Polytechnic University, Sport Science School of Rio Maior: Escola Superior de Desporto de Rio Maior – Santarém Polytechnic University, Portugal, University of Split, Croatia and University of Niš, Serbia, we aim to introduce students to the principles of human movement in terms of anatomy, biomechanics, motor control and to explore the application of movement analysis in health, rehabilitation and sports. A cultural approach is also part of the course design.

This programme offers a unique opportunity for you to meet fellow students, teaching staff, other professionals in a multi-professional and multicultural context. It is a great framework to discuss different topics related to human movement.

## 2. RATIONAL AND BACKGROUND OF THE PROJECT

Blended Intensive Programmes (BIPs) are short, intensive programmes within Erasmus+ that use innovative ways of learning, teaching and training for students and staff including the use of online cooperation. This BIP is developed and implemented by the following four higher education institutions:

- Santarém Polytechnic University, Sport Science School of Rio Maior: Escola Superior de Desporto de Rio Maior – Santarém Polytechnic University, Portugal
- University of Split, Croatia
- University of Niš, Serbia
- Victor Babes University of Medicine and Pharmacy, Timisoara, Romania.

The coordinating and receiving Higher Education Institution for this BIP organized in 2025 is Victor Babes University of Medicine and Pharmacy, Timisoara, Romania.

During this Blended Intensive Programme, an international and multidisciplinary group of students will undertake a short-term physical mobility to Timisoara combined with a virtual

component, in the form of online presentations, facilitating collaborative online learning exchange and teamwork.

## **2.1. The virtual component**

Online synchronic presentations via an online platform will be organized (links and login information will be sent to participants in due time).

## **2.2. The physical mobility**

This familiarisation trip to Timisoara will bring all the students and staff from different disciplines and countries together. It is a short trip with a variety of field visits and presentations. The programme for the physical mobility will take place from 24.03.2025 to 28.03.2025.

# **3. LEARNING OBJECTIVES, OUTCOMES AND COMPETENCES**

Our primary goal for your participation in this intensive module is to broaden your perspectives and internationalise your way of seeing your profession. We want you to cross country borders in your thinking! Therefore, we want to boost your *knowledge*.

Learning objectives:

1. To provide students with an understanding of the history and cultural significance of various forms of human movement.
2. To analyze movement in various contexts such as dance, games, and sports.
3. To introduce students to the principles of anatomy and biomechanics related to human movement.
4. To explore the planes and axes of movement, center of mass and gravity, balance, stability, and the forces acting on body tissues.
5. To understand the interconnected nature of the musculoskeletal system through practical demonstrations and case studies.
6. To assess motor competence using standardized test batteries.

7. To enhance students' understanding of motor development and its implications for physical activity and health.

Methods:

- Expository Classes: The theoretical classes will focus on presenting knowledge to provide students with a solid theoretical foundation. This methodology proves particularly useful for introducing key concepts and understanding how fundamental theories are applied in the specific field of Exercise and Health.
- Problem-Based Learning: At each syllabus content, applying the topic to the intervention area is based on identifying problems and questions that allow students to analyze relevance and possible solutions based on the covered content.
- Practical and Laboratory Activities: Each topic is approached with specific methodologies for data collection, processing, and interpretation, aiming to provide students with skills in "know-how". This approach seeks to enable students to develop practical skills and gain hands-on experience in the field.
- Analysis, Reflection, and Discussion: Stimulating group debates and discussions promotes the exchange of ideas, perspectives, and experiences among students, deepening their understanding of the discussed topics.
- Educational, Professional, and Research Technologies: The use of educational technologies, such as online platforms, simulators, e-learning methodologies, and multimedia resources, can enhance the learning experience and cater to students' diverse learning preferences. Moreover, in a generation where technology is constantly available, it is relevant to demonstrate how technology can be used in professional contexts and scientific research, highlighting how available technology can help to apply the topics in both contexts.

We are hoping that the exchange of the week – both formal and informal – will help you to develop intercultural competence and understand yourself and others better. This will also be of value in your future professional role in our multicultural societies.

In addition to acquiring professional competences, we also aim for participants to acquire intercultural and international competencies.

These are competencies that we find very important in the training courses in order to be able to function in an international and intercultural society and workplace.

These competences will certainly be addressed during the project. But not all of these will be tested.

1. By competencies of expertise such as:
  - a. To broaden and deepen knowledge and skills related to professional practice in an international context.
  - b. To gain insight into similarities and differences from the international context.
2. Improve language skills in foreign languages by communicating effectively with non-native speakers.

## 4. PROGRAMME

### 4.1. Outline of the programme

A definitive programme will be provided in due time. This is ‘the rough’ draft.

The virtual component will have the following format:

	March 05-03-2025 WEDNESDAY	March 06-03-2025 MONDAY	March 12-03-2025 TUESDAY	March 13-03-2025 WEDNESDAY	March 20-03-2025 FRIDAY
18.00 to 20.00	<b>KICKOFF</b> Presentation of the course; presentation of teachers and participants	Introduction to Human Movement	Fundamentals of Anatomy and Biomechanics	Movement and Motor Competence	Movement Analysis and Technologies

The physical component will have the following structure:

	MONDAY 24-03-2025	TUESDAY 25-03-2025	WEDNESDAY 26-03-2025	THURSDAY 27-03-2025	FRIDAY 28-03-2025
09.00	Welcome What is Human Movement? (Human Movement as a fundamental key to Human species evolution, cultural and social anchors)	Applying Movement and Motor Competence	Workshops for the development of interactive games, Breathing exercises, Progressive muscle relaxation techniques	Applications in health, rehabilitation, and sports: Analysis of balance and stability	Team project Presentations
11.00 Coffee Break					

11.30	Fundamentals of Anatomy and Biomechanics: Practical Demonstrations and Case Studies	Practical workshop: Using analysis technologies (Balance/Force Platforms)	Practical workshop: Using analysis technologies (Inertial Sensors)	Applications in health, rehabilitation, and sports: Motor coordination	Team project Presentations
13.00 Lunch					
14.00	Team project	Cultural tour	Team project	Team project	Team project Presentations + Feedback
15.30 Coffee Break					
16.00 to 18.00	Team project	Cultural tour	Team project	Team project	Closure

## 5. Assignment, assessment and evaluation

A student passes when (s)he participates in this BIP as a regular student. Attending and actively cooperating in the workgroup are a must. Group presentations and individual tasks will contribute to the final mark and the granting of the ECTS credits for the course (that will later on appear on your transcript of record). We assume students allowed in the programme are committed. In case a student does not solve tasks in due time or does not participate in the workgroup, the lecturers will discuss which measurements need to be made to improve his/her participation.

### 5.1. Assignment

As for the communication between the students and lecturers, if possible, a Facebook and WhatsApp group will be created (by a student of the group).

Present yourself in English in a unique, individual way. Make a one-page profile. This presentation serves to present yourself to fellow students and to local people. You need to prepare this in advance and post it before the first online class.

We encourage students to actively participate in all activities of the programme. We believe that active involvement is key to a successful learning experience. We understand that the programme is intensive and can be tiring, but we hope that you will find it rewarding. We also expect students to have a positive attitude and engage with other participants. If you

encounter any problems, please don't hesitate to express your concerns. We are here to help you and work together to solve any issues that may arise.

Please note that participation in all activities of the programme is important for receiving ECTS credits. If you are unable to attend an activity or workgroup session, please let us know in advance so that we can make arrangements for you.

## 5.2. Assessment

The assessments will be organized as group works and presentations. More details / instructions about these tasks will be provided in due time.

The assessment will consist of a project of research in one of the topics given during the BIP, which will be refined in the physical week. The projects will be presented on the last day of the physical week.

## 6. Accommodation

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<https://www.romaniatourism.com/timisoara.html>.