



SUBJECT OUTLINE

1. Programme of study description

1.1.	THE "CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY BUCHAREST
1.2.	THE FACULTY OF MEDICINE / THE CLINICAL DEPARTMENT: THE 9 TH CLINICAL DEPARTMENT
1.3.	DISCIPLINE: PHYSICAL EDUCATION AND SPORT
1.4.	DOMAIN OF STUDY: Healthcare – regulated sector within the EU
1.5.	CYCLE OF STUDIES: BACHELOR'S DEGREE
1.6.	PROGRAMME OF STUDY: MEDICINE

2. Subject description

2.1.	Name of the subject/compulsory subject/elective subject within the discipline: Handball						
2.2.	Location of the discipline: Games room/ Faculty of Medicine						
2.3.	Course tenured coordinator:						
2.4.	Practicals/clinical rotations tenured coordinator: Professor PhD. Drăgănescu Elena Professor PhD. Pițigoi Gabriel Associate Professor PhD. Petrescu Oana Asistent PhD. Bușe Paul						
2.5. Year of study	I-II	2.6. Semester	I-IV	2.7. Type of assessment	Practical examination	2.8. Subject classification	DC/DO

3. Total estimated time (hours/semester of didactic activity) – teaching module

Number of hours per week	2	Out of which: course		Clinical rotation	
Total number of hours from curriculum	112	Out of which: course		Clinical rotation	112
Distribution of allotted time	56 weeks				Hours
Study from textbooks, courses, bibliography, and student notes					
Additional library study, study on specialized online platforms and field study					
Preparing seminars / laboratories, assignments, reports, portfolios and essays					
Tutoring					
Examinations					
Other activities					
Total hours of individual study					
Number of credit points					
					2- first year
					2- second year

4. Prerequisites (where applicable)

4.1. of curriculum	
4.2. of competencies	

5. Requirements (where applicable)

5.1. for delivering the course	
5.2. for delivering the clinical rotation	Handball gates, handball court, handballs, milestones, whistle

6. Acquired specific competencies

Professional competencies (expressed)	At the end of the four semesters the student must be able
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through knowledge and skills)	<p>to:</p> <ul style="list-style-type: none"> - learn to train together, to be in touch with others through handball - the minimum theoretical-practical knowledge of this discipline necessary in case of confrontation with accidents in sports games - the use of specific knowledge and concepts, conceptual boundaries specific to the discipline - the appropriation of specific exercise complexes and actions that can be practiced in their spare time as recreational exercises
Transversal competencies (of role, of professional and personal development)	<ul style="list-style-type: none"> - have the ability to use the concepts accumulated in the future trade - responsible performance of professional tasks - familiarity with specific roles and activities - awareness of the need for continuous training

7. Subject learning objectives (based on the scale of acquired specific competencies)

7.1. General learning objective	- development/education of basic and specific motor skills - the formation of a broad system of motor skills and competences - training and even capacity improvement and, in particular, the habit of systematic, correct and conscious exercise
7.2. Specific learning objectives	<ul style="list-style-type: none"> - maintaining an optimal state of health of those who exercise consciously and systematically, as well as increasing their work and life potential - development of coordination, agility, neuromuscular elasticity, balance, spatial-temporal orientation, aerobic and anaerobic resistance - integrity, perseverance, self-control, loyalty and an unbeatable spirit; ensuring good character and nonviolent attitude by learning politeness, obedience, integrity, respect for others, courage and stress self-control - reduces mental tensions and anxiety due to daily and competition stress thus avoiding hostility and frustration in life in a beneficiary manner

8. Content

8.1. Course	Teaching methods	Observations
8.2. Clinical rotation	Teaching methods	Observations
I YEAR		
CR 1- processing of ethics, hygiene and labour protection rules; - presentation of taekwondo discipline	explanation accompanied by verbal communication	
CR 2 - learning the fundamental position for the attack and defense game; exercises to accommodate and move with the ball	demonstration and explanation accompanied by verbal communication	
CR 3 - field travel for the attack game; Simple ball-passing exercises	demonstration and explanation accompanied by verbal communication	
CR 4 - field travel for the defensive game; Simple ball-passing exercises	demonstration and explanation accompanied by verbal communication	



CR 5 - ball passing exercises	demonstration and explanation accompanied by verbal communication	
CR 6 - ball passing exercises	demonstration and explanation accompanied by verbal communication	
CR 7 - ball passing exercises	demonstration and explanation accompanied by verbal communication	
CR 8 - ball passing exercises	demonstration and explanation accompanied by verbal communication	
CR 9- ball passing exercises	demonstration and explanation accompanied by verbal communication	
CR10 - exercises for learning to throw at the gate	demonstration and explanation accompanied by verbal communication	
CR 11 - exercises for passing the ball in successive penetration; exercises in the form of a competition	demonstration and explanation accompanied by verbal communication	
CR 12 - exercises for passing the ball in successive penetration; - exercises to engage players at the semicircle; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 13- physical test	communication	
CR 14 - physical test	communication	
II YEAR		
CR 15 - bilateral game	demonstration and explanation accompanied by verbal communication	
CR 16 - exercises for practicing dribbling, passing and shooting at the gate; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 17 - bilateral game	demonstration and explanation accompanied by verbal communication	
CR 18 -bilateral game	demonstration and explanation accompanied by verbal communication	
CR 19 - bilateral game	demonstration and explanation accompanied by verbal communication	
CR 20- exercises for learning and perfecting the counterattack	demonstration and explanation accompanied by verbal communication	
CR 21- exercises for learning and perfecting the counterattack; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 22- exercises for learning and perfecting the counterattack; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 23- exercises for defense learning; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 24- exercises for defence learning; bilateral game	demonstration and explanation accompanied by verbal communication	



CR 25- exercises for defence learning; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 26 - bilateral game	demonstration and explanation accompanied by verbal communication	
CR 27- bilateral game	demonstration and explanation accompanied by verbal communication	
CR 28 - specific samples	demonstration and explanation accompanied by verbal communication	
CR 29 - exercises in the form of a competition	demonstration and explanation accompanied by verbal communication	
CR 30 - exercises to organise the attack	demonstration and explanation accompanied by verbal communication	
CR 31- exercises for throwing at the gate from the semicircle; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 32- exercises for throwing at the gate from the semicircle; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 33 - exercises for remote-wearing throwing; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 34 - exercises for remote-wearing throwing; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 35 - exercises for remote-wearing throwing; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 36 - exercises for remote-wearing throwing; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 37 - exercises to perfect the blockage; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 38 - exercises to perfect the blockage; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 39 - exercises to perfect the blockage and departure from the blockage; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 40 - bilateral game	demonstration and explanation accompanied by verbal communication	
CR 41 - Physical tests	Verbal communication	
CR 42 - Physical tests	Verbal communication	
CR 43- exercises for learning defence in handball; bilateral game	demonstration and explanation accompanied by verbal communication	
CR 44 - Bilateral game (perfecting the forms of field travel for the attack and defense game with a focus on the speed of execution)	demonstration and explanation accompanied by verbal communication, game coordination	
CR 45 - bilateral game (with emphasis on performing multiple dribbling at maximum speed on counterattack)	demonstration and explanation accompanied by verbal communication, game coordination	
CR 46 - bilateral game (perfecting the marking with emphasis on making it during folding)	demonstration and explanation accompanied by verbal communication, game coordination	
CR 47 - Bilateral game (with emphasis on demarcation from	demonstration and explanation accompanied by verbal communication,	



opponents)	game coordination	
CR 48 - Handball game	game coordination	
CR 49 - Handball game	game coordination	
CR 50 - Handball game	game coordination	
CR 51 - Handball game	game coordination	
CR 52 - Handball game	game coordination	
CR 53 - Handball game	game coordination	
CR 54 - Handball game	game coordination	
CR 55 - specific test	demonstration and explanation accompanied by verbal communication	
CR 56 - specific test	demonstration and explanation accompanied by verbal communication	

Bibliography for course and clinical rotation

COLIBABA, D., BOTA, I., (1998), Sports Games. Theory and Methodology, Ed. Aldin
DRAGANESCU, ELENA, (2005), Training and handball goalkeeper's game, Ed. Bren, Bucharest
PITIGOI, G., (2015), Handball basic course, 2nd edition, Printech publishing house, Bucharest
PITIGOI, G., (2013), Handball manual – English modules, didactic and pedagogical publishing house PITIGOI, G.,
(2013), Handball Book of Practical Works, Didactic and Pedagogical Publishing

9. Corroboration of the subject content with the expectations of the representatives of the epistemic community, professional associations, and major employers in the field of the programme of study

Through its socio-cultural dimensions, the university sport offers a unique opportunity to meet other students, to communicate with them, to assume different roles, to acquire moral attitudes, to accept attitudes related to activity, to experience emotions that are harder to feel in other spheres of life, to accept positive elements of the lifestyle to adapt to the proposed objective of becoming socially active through the performance of others. Handball is a means of physical education, which contributes positively to solving its tasks. Practiced under competent guidance, handball develops qualities of will like toughness, combativeness, courage, initiative, perseverance and moral qualities such as attitude towards teammates, respect for opponents, referees and the public, spirit of work in the collective and help, conscious discipline, etc.

10. Assessment

Type of activity	Assessment criteria	Assessment methods	Assessment weighting within the final grade
Course			
Clinical rotation			
	Physical trials	<ul style="list-style-type: none"> - Abdominal muscle testing – no. repetitions in 30 sec. - Upper train muscle testing:- push-ups – boys; tilted plane push-ups - girls - Complex jump – 4 times – no. repetitions in 30 sec 	40%
	Participation in lessons	To receive a grade, the	60%



student must attend a
minimum of 20 lessons
per year

Minimum performance standard

For promotion the student must participate in at least 10 practical lessons per semester and take the physical / specific tests

Date of filing

**Signature of the course tenured
coordinator**

**Signature of the seminar
tenured coordinator**

**Date of approval in the
Council of the Department:**

**Signature of the Head of the
Department**