



SUBJECT OUTLINE

1. Programme of study description

1.1.	THE "CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY
1.2.	THE FACULTY OF MEDICINE / THE CLINICAL 9 TH 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: Swimming						
2.2.	Location of the discipline: Swimming Pool/ Faculty of Medicine UMF "Carol Davila"						
2.3.	Course tenured coordinator:						
2.4.	Practicals/clinical rotations tenured coordinator: Silviu PETRESCU - Associate Professor PhD Elena Diana SIMA- Assistent PhD						
2.5. Year of study	I-II	2.6. Semester	I-III	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				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	Medium level – advanced (minimum one style of swimming)

5. Requirements (where applicable)

5.1. for delivering the course	
5.2. for delivering the clinical rotation	Swimming pool, raft-plate swimming with handles, foam swimming belt, foam bag for swimming, simple swimming raft, swimming palms, swim paws, timer, whistle



6. Acquired specific competencies

Professional competencies (expressed through knowledge and skills)	<p>At the end of the four semesters the student must be able to:</p> <ul style="list-style-type: none"> - identification, definition and use of concepts on swimming discipline, the evolution of discipline, classification of swimming styles and beneficial effects for increasing quality of life - the use of specific knowledge and concepts, conceptual boundaries specific to the swimming discipline. - operating with concepts on the system of methods and means of learning corresponding to each swimming style - the selection and introduction of swimming-specific exercises and means of training in treatments carried out on different conditions - apply the accumulated knowledge in different situations
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	<ul style="list-style-type: none"> - 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 optimal health status for those who practice swimming consciously and systematically, as well as increasing their work and life potential - prevention of various ailments by using swimming exercises - effective contribution to the development of intellectual, aesthetic, moral, civic betrayals and qualities - improves coordination capacity, increases immunity, supports the proper functioning of the cardio-respiratory system and influences sleep quality

8. Content

8.1. Course	Teaching methods	Observations
8.2. Clinical rotation	Teaching methods	Observations
CR 1- processing of safety rules and labour protection; - presentation of the swimming discipline and its requirements	demonstration and explanation accompanied by verbal communication	
CR 2 - accommodation with water; learning aquatic breathing	demonstration and explanation accompanied by verbal communication	
CR 3 - exercise of aquatic breathing; floating and sliding on water	demonstration and explanation accompanied by verbal communication	
CR 4 - aquatic environment, ability	demonstration and explanation	



with balance and breathing in the aquatic environment; learning foot movement and coordination with breathing; practice of the floating position with emphasis on the head position	accompanied by verbal communication	
CR 5 - exercises for learning the crawl process	demonstration and explanation accompanied by verbal communication	
CR 6 - exercises for learning the crawl process	demonstration and explanation accompanied by verbal communication	
CR 7 - exercises for learning the crawl process	demonstration and explanation accompanied by verbal communication	
CR 8 - the practice of the CRAWL process;	demonstration and explanation accompanied by verbal communication	
CR 9 - the practice of the CRAWL process; accommodation with water entrance	demonstration and explanation accompanied by verbal communication	
CR 10 - exercises to perfect the crawl process; accommodation with the entrance to the water from the feet, on the edge of the basin	demonstration and explanation accompanied by verbal communication	
CR 11 - exercises to perfect the crawl process; accommodation with the entrance to the water from the feet, on the edge of the basin	demonstration and explanation accompanied by verbal communication	
CR 12 - exercises to perfect the crawl process; accommodation with the entrance to the water from the feet, on the edge of the basin	demonstration and explanation accompanied by verbal communication	
CR 13 - physical evidence	demonstration and explanation accompanied by verbal communication	
CR 14 - physical evidence	demonstration and explanation accompanied by verbal communication	
CR 15 - exercises to strengthen the crawl process; practice the start from outside the water, from above, from the start block from different positions	demonstration and explanation accompanied by verbal communication	
CR 16 - exercises to strengthen the crawl process; practice the start from outside the water, from above, from the start block from different positions	demonstration and explanation accompanied by verbal communication	
CR 17 - the practice of returning to the crawl process; exercises for learning back stroke	demonstration and explanation accompanied by verbal communication	
CR 18 - exercises to strengthen the crawl process; exercises for learning back stroke	demonstration and explanation accompanied by verbal communication	
CR 19 - strengthening the crawl process; practicing back stroke	demonstration and explanation accompanied by verbal communication	
CR 20 - the practice of the SPATE	demonstration and explanation	



process; practice the start for the rear process	accompanied by verbal communication	
CR 21 - the practice of the SPATE process; practice the start for the rear process; practice turning back in the rear process	demonstration and explanation accompanied by verbal communication	
CR 22 - strengthening the carea process; exercises to perfect the rear procedure	demonstration and explanation accompanied by verbal communication	
CR 23 - strengthening the carea process; exercises to perfect the rear procedure	demonstration and explanation accompanied by verbal communication	
CR 24 - checking the ability to swim and rear 50m distances	demonstration and explanation accompanied by verbal communication	
CR 25 - exercises to strengthen the creal and rear procedures departing from the start block; exercises in the form of a competition	demonstration and explanation accompanied by verbal communication	
CR 26 - exercises to strengthen the creal and rear procedures departing from the start block; exercises in the form of a competition	demonstration and explanation accompanied by verbal communication	
CR 27 - specific tests	demonstration and explanation accompanied by verbal communication	
CR 28 - specific tests	demonstration and explanation accompanied by verbal communication	
II YEAR		
CR 29 - different exercises using the two procedures crawl and back	explanation and verbal communication	
CR 30 - exercises to strengthen the crear and rear procedures; exercises to use the start block; practice of returns in the crawl and back stroke processes	explanation and verbal communication	
CR 31 - exercises to strengthen the crear and rear procedures; exercises to use the start block; practice of returns in the crawl and back stoke rear processes	explanation and verbal communication	
CR 32 - exercises for learning the BRAS process	explanation and verbal communication	
CR 33 - exercises for learning the BRAS process; different exercises and competitions using the crear and rear swimming procedures	explanation and verbal communication	
CR 34 - exercises for learning the bras process	explanation and verbal communication	
CR 35 - practice the bras process	explanation and verbal communication	
CR 36 - practice of the bras process; practice the start for the bras process	explanation and verbal communication	
CR 37 - practice the bras process and the start of the start block;	explanation and verbal communication	



different themes of strengthening the prodes of the creal and back		
CR 38 - exercises to improve the bras process; practice the start for the bras process; learning to return to the bras process	explanation and verbal communication	
CR 39 - exercises to improve the bras process; practice the start for the bras process; learning to return to the bras process	explanation and verbal communication	
CR 40 - diffedite themes for the practice of crear and rear procedures; exercises to strengthen the bras process	explanation and verbal communication	
CR 41 - physical tests	explanation and verbal communication	
CR 42 - physical tests	explanation and verbal communication	
CR 43 - exercises for learning the FLUTURE process (optional); practice of craul, back and bras procedures	explanation and 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 travel)	explanation and verbal communication	
CR 45 - practice of craul, rear and bras; practicing the FLUTURE process (optional)	explanation and verbal communication	
CR 46 - practice of craul, rear and bras; practicing the FLUTURE process (optional)	explanation and verbal communication	
CR 47 - practice of craul, rear and bras; exercises to perfect the FLUTURE process (optional))	explanation and verbal communication	
CR 48 - different exercises for strengthening the craul, back and bras procedures; exercises to perfect the FLUTURE process (optional)	explanation and verbal communication	
CR 49 - different exercises for strengthening the craul, back and bras procedures; exercises to perfect the FLUTURE process (optional)	explanation and verbal communication	
CR 50 - different exercises for strengthening the craul, back and bras procedures; practice jumping for the butterfly process (optional)	explanation and verbal communication	
CR 51 - different exercises for strengthening the craul, back and bras procedures; practice of return for the butterfly process (optional)	explanation and verbal communication	
CR 52 - different relays for strengthening the craul, back and bras processes; different exercises to	explanation and verbal communication	



perfect the butterfly procedure (optional)		
CR 53 - different relays for strengthening the crawl, back and bras processes; different exercises to perfect the butterfly procedure (optional)	explanation and verbal communication	
CR 54 - different relays for strengthening the crawl, back and bras processes; different exercises to perfect the butterfly procedure (optional)	explanation and verbal communication	
CR 55 - specific samples	explanation and verbal communication	
CR 56 - specific samples	explanation and verbal communication	

Bibliography for course and clinical rotation

Marinescu, Gh, Balan, V. (2008). Mds. Swimming and Nautical. Discobol Publishing House
 Marinescu, Gh., (2002), Swimming, Tempo and Rhythm, Ed. Dareco
 Petrescu, S., (2015). Swimming Basic Course, Didactic and Pedagogical Publishing
 Petrescu, S., (2016), Swimming – Practical Work Book Years I and II, for students of UMF "Carol Davila"
 Sima, D., (2011), Swimming – in the physical education lesson of students of the U.M.F. "Carol Davila", publishing house of the Carol Davila University of Medicine and Pharmacy

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

We can say that swimming is a locomotor technique that involves: floating, diving and moving in water all achieved with the help of the limbs. Thus, by swimming the following can be achieved: the exercise of a strong toning effect on the nervous system, the improvement of the balance and coordination of movements, improves the functionality of the respiratory system, increases psychomotor skills, reflexes, recognition and appreciation of spatial parameters of movement (distance, direction, shape, amplitude, etc.) and temporal (rhythm and duration) and last but not least a warming of the organism that ensures faster adaptation of children to changes in the environment, without negative influences

10. Assessment

Type of activity	Assessment criteria	Assessment methods	Assessment weighting within the final grade
Course			
Clinical rotation	Physical trials	- 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%



The "Carol Davila" University of Medicine and Pharmacy Bucharest
The Quality Assurance Commission

		student must attend a minimum of 20 lessons per year	
Minimum performance standard			

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