



SUBJECT OUTLINE

1. Programme of study description

1.1.	THE "CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY
1.2.	THE FACULTY OF MEDICINE / 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: MARTIAL ARTS – TAEKWONDO, Judo						
2.2.	Location of the discipline: Martial Arts Hall/ Faculty of Medicine						
2.3.	Course tenured coordinator:						
2.4.	Practicals/clinical rotations tenured coordinator: Professor PhD. Păunescu Cătălin Assistant PhD. Mircică Maria Liliana						
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				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	This is not the case
4.2. of competencies	Average mobility for the lower train

5. Requirements (where applicable)

5.1. for delivering the course	This is not the case
5.2. for delivering the clinical rotation	Mattresses, training paddle, training pillow, forearm and tibia protection, helmet, protective vest

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"> - discovery and awareness of body image - the development of ambidexterity, both at the higher level and on the lower train - by the habit of thinking the means of attack and defence, the student becomes serious, cautious and thoughtful, in all its manifestations - train to judge and act fairly and quickly; if he is accustomed to this, i will develop a high-grade spiritual tranquility - the use of specific knowledge and concepts, conceptual boundaries specific to the discipline - acquiring the necessary knowledge in case of confrontation with accidents in martial arts - 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	
7.2. Specific learning objectives	

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 -general principles of martial arts training: - etiquette in martial arts halls, attire, protective materials, general and specific heating, self-insurance and protection techniques, positions, guard, movements, contact with the opponent	demonstration and explanation accompanied by verbal communication	
CR 3 - general principles of martial arts training: - etiquette in martial arts halls, attire, protective materials, general and specific heating, self-insurance and protection techniques,	demonstration and explanation accompanied by verbal communication	



positions, guard, movements, contact with the opponent		
CR 4 -general principles of martial arts training: - etiquette in martial arts halls, attire, protective materials, general and specific heating, self-insurance and protection techniques, positions, guard, movements, contact with the opponent	demonstration and explanation accompanied by verbal communication	
CR 5 -general principles of martial arts training: - etiquette in martial arts halls, attire, protective materials, general and specific heating, self-insurance and protection techniques, positions, guard, movements, contact with the opponent	demonstration and explanation accompanied by verbal communication	
CR 6 - learning and perfecting the procedures of attack, defence and counterattack with the arms and lower limbs, simple combinations of these	demonstration and explanation accompanied by verbal communication	
CR 7 - learning and perfecting the procedures of attack, defence and counterattack with the arms and lower limbs, simple combinations of these	demonstration and explanation accompanied by verbal communication	
CR 8 - learning and perfecting the procedures of attack, defence and counterattack with the arms and lower limbs, simple combinations of these	demonstration and explanation accompanied by verbal communication	
CR 9 - learning and perfecting the procedures of attack, defence and counterattack with the arms and lower limbs, simple combinations of these	demonstration and explanation accompanied by verbal communication	
CR 10 - learning and perfecting the procedures of attack, defence and counterattack with the arms and lower limbs, simple combinations of these	demonstration and explanation accompanied by verbal communication	
CR 11 - method of learning and perfecting the fundamental elements of taekwondo/ martial arts: positions, sockets, imbalances, falls movements	demonstration and explanation accompanied by verbal communication	
CR 12 - method of learning and perfecting the fundamental elements of taekwondo/ martial arts: positions, sockets, imbalances, falls movements	demonstration and explanation accompanied by verbal communication	
CR 13 -physical evidence	verbal communication	



CR 14 - physical evidence	verbal communication	
CR 15 -learning technical actions performed with lower limbs ap chagi	demonstration and explanation accompanied by verbal communication	
CR 16 - learning technical actions performed with upper limbs- jireugi	demonstration and explanation accompanied by verbal communication	
CR 17 - learning technical defensive actions carried out with the upper limbs; arae makki, momtong an makki, olgul makki	demonstration and explanation accompanied by verbal communication	
CR 18 - learning technical defensive actions carried out with the upper limbs; arae makki, momtong an makki, olgul makki	demonstration and explanation accompanied by verbal communication	
CR 19 - learning technical defensive actions carried out with the upper limbs; arae makki, momtong an makki, olgul makki	demonstration and explanation accompanied by verbal communication	
CR 20 - learning technical defensive actions carried out with the upper limbs; arae makki, momtong an makki, olgul makki	demonstration and explanation accompanied by verbal communication	
CR 21 -the refinement of the technical attack and defence actions carried out with the upper limbs;	demonstration and explanation accompanied by verbal communication	
CR 22 - the refinement of the technical attack and defence actions carried out with the upper limbs;	demonstration and explanation accompanied by verbal communication	
CR 23 - the refinement of the technical attack and defence actions carried out with the upper limbs;	demonstration and explanation accompanied by verbal communication	
CR 24 - the refinement of the technical attack and defence actions carried out with the upper limbs;	demonstration and explanation accompanied by verbal communication	
CR 25 - the refinement of the technical attack and defence actions carried out with the upper limbs;	demonstration and explanation accompanied by verbal communication	
CR 26 - kata/ poomsae (integral)	demonstration and explanation accompanied by verbal communication	
CR 27 - kata/ poomsae (integral)	demonstration and explanation accompanied by verbal communication	
CR 28 -specific samples	verbal communication	
II YEAR		
CR 29 - learning and perfecting ground-fighting procedures, fixings, ground crossings, bridge clearances and learned fixations; kesa ready me, kami shiho ready me, yoko shiho ready me, tate shiho ready me	demonstration and explanation accompanied by verbal communication	
CR 30 - learning and perfecting ground-fighting procedures, fixings, ground crossings, bridge clearances and learned fixations; kesa ready me,	demonstration and explanation accompanied by verbal communication	



kami shiho readyme, yoko shiho readyme, tate shiho readyme		
CR 31 - learning and perfecting ground-fighting procedures, fixings, ground crossings, bridge clearances and learned fixations; kesa readyme, kami shiho readyme, yoko shiho readyme, tate shiho readyme	demonstration and explanation accompanied by verbal communication	
CR 32 - learning and perfecting ground-fighting procedures, fixings, ground crossings, bridge clearances and learned fixations; kesa readyme, kami shiho readyme, yoko shiho readyme, tate shiho readyme	demonstration and explanation accompanied by verbal communication	
CR 33 - learning and perfecting design processes with the help of arms and hips; uki goshi, harai goshi, ippon seoi nage, morote seoi nage	demonstration and explanation accompanied by verbal communication	
CR 34 - learning and perfecting design processes with the help of arms and hips; uki goshi, harai goshi, ippon seoi nage, morote seoi nage	demonstration and explanation accompanied by verbal communication	
CR 35 - learning and perfecting design processes with the help of arms and hips; uki goshi, harai goshi, ippon seoi nage, morote seoi nage	demonstration and explanation accompanied by verbal communication	
CR 36 - learning and perfecting design processes with the help of arms and hips; uki goshi, harai goshi, ippon seoi nage, morote seoi nage	demonstration and explanation accompanied by verbal communication	
CR 37 - learning and perfecting design processes with the help of arms and hips; uki goshi, harai goshi, ippon seoi nage, morote seoi nage	demonstration and explanation accompanied by verbal communication	
CR 38 - learning and perfecting technical actions carried out with the lower limbs; chagi bandal, dollyo chagi	demonstration and explanation accompanied by verbal communication	
CR 39 - learning and perfecting technical actions carried out with the lower limbs; chagi bandal, dollyo chagi	demonstration and explanation accompanied by verbal communication	
CR 40 -the refinement of technical actions carried out with the lower limbs; chagi bandal, dollyo chagi	demonstration and explanation accompanied by verbal communication	
CR 41 - Physical samples	communication	
CR 42 - Physical samples	communication	



CR 43 - learning and perfecting technical actions carried out with the lower limbs; naureyo chagi, momdolloyo chagi	explanation accompanied by verbal communication	
CR 44 - learning and perfecting technical actions carried out with the lower limbs; naureyo chagi, momdolloyo chagi	explanation accompanied by verbal communication	
CR 45 - learning and perfecting technical actions carried out with the lower limbs; naureyo chagi, momdolloyo chagi	explanation accompanied by verbal communication	
CR 46 - learning and perfecting technical actions carried out with the lower limbs; twio ap chagi, chagi bandal from 360° return	demonstration and explanation accompanied by verbal communication, game coordination	
CR 47 - learning and perfecting technical actions carried out with the lower limbs; twio ap chagi, chagi bandal from 360° return	demonstration and explanation accompanied by verbal communication, game coordination	
CR 48 - learning and perfecting technical actions carried out with the lower limbs; twio ap chagi, chagi bandal from 360° return	demonstration and explanation accompanied by verbal communication, game coordination	
CR 49 - yiaksok kyorugi - invățare word/poomsae	demonstration and explanation accompanied by verbal communication, game coordination	
CR 50 - yiaksok kyorugi - invățare word/poomsae	demonstration and explanation accompanied by verbal communication, game coordination	
CR 51 - the refinement of technical actions carried out with the lower limbs; those in jumping and returning - randori/ kyeongki-kyorugi	demonstration and explanation accompanied by verbal communication; game coordination	
CR 52 - the refinement of technical actions carried out with the lower limbs; those in jumping and returning - randori/ kyeongki-kyorugi	demonstration and explanation accompanied by verbal communication; game coordination	
CR 53 - yiaksok kyorugi - invățare word/poomsae	demonstration and explanation accompanied by verbal communication; game coordination	
CR 54 - yiaksok kyorugi - invățare word/poomsae	demonstration and explanation accompanied by verbal communication; game coordination	
CR 55 - specific samples	verbal communication	
CR 56 - specific samples	verbal communication	
Bibliography for course and clinical rotation		



Bocioaca, L., (2001), Judo. Basic course, Publishing House A.N.E.F.S. Bucharest
Păunescu, C., (2013), Taekwondo manual - English modules, didactic and pedagogical publishing house Păunescu, C., (2011), Taekwondo basic course, publishing house. Printech
Păunescu, C., (2011), Judo – methodical guide, Printech publishing house Păunescu C., (2018), Athletic and technical-methodical training. Discobol publishing house

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

Martial arts have always aroused enormous interest among all categories of citizens, but especially among young people. This extraordinary interest in practicing martial arts is largely explained by the coincidence that exists between each individual's intrinsic desire to self-improve his personality and the beneficial effects that they could have on the physical (biological) self - which takes into account bodily availability, spiritual self - made up of the mental attributes innate or acquired and on the social self, which takes into account relationships and social integration.

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 student must attend a minimum of 20 lessons per year	60%
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