



## 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 <sup>th</sup> 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: Football						
2.2.	Location of the discipline: Sports Base – Polytechnic of UMF "Carol Davila"						
2.3.	Course tenured coordinator:						
2.4.	Practicals/clinical rotations tenured coordinator: Lecturer PhD: Elisabeta Nicolae						
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	
4.2. of competencies	

### 5. Requirements (where applicable)

5.1. for delivering the course	
5.2. for delivering the clinical rotation	Football pitch, gates, balls, sports equipment, aiding materials

### 6. Acquired specific competencies

Professional competencies (expressed through knowledge and skills)	Developing motor skills and abilities, Insisting the basic rules of the game
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	Insisting the basic technical elements specific to the discipline Development of general physical training
<b>Transversal competencies (of role, of professional and personal development)</b>	Developing general skills Using sport as a means of relaxation Development of group relationships

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

<b>7.1. General learning objective</b>	At the end of the year the student must have general knowledge of the technique and tactics of the game of football
<b>7.2. Specific learning objectives</b>	The student must have useful skills in everyday life and be able to use the game in his or her leisure

### 8. Content

8.1. Course	Teaching methods	Observations
<b>8.2. Clinical rotation</b>	<b>Teaching methods</b>	<b>Observations</b>
<b>I YEAR</b>		
CR 1 - processing of ethics, hygiene and labour protection rules; - presentation of taekwondo discipline	demonstration and explanation accompanied by verbal communication	
CR 2 - Basic elements of the school of running and jumping	demonstration and explanation accompanied by verbal communication	
CR 3 - Basic elements of the school of running and jumping	demonstration and explanation accompanied by verbal communication	
CR 4 - Basic elements of the school of running and jumping	demonstration and explanation accompanied by verbal communication	
CR 5 - the technique of playing without the ball	demonstration and explanation accompanied by verbal communication	
CR 6 - exercises to accommodate the ball; Simple ball-passing exercises	demonstration and explanation accompanied by verbal communication	
CR 7 - exercises to accommodate the ball; Simple ball-passing exercises	demonstration and explanation accompanied by verbal communication	
CR 8 - exercises to accommodate the ball; Simple ball-passing exercises	demonstration and explanation accompanied by verbal communication	
CR 9 - field travel for the defensive game; Simple ball-passing exercises	demonstration and explanation accompanied by verbal communication	
CR 10 - field travel for the defensive game; Simple ball-passing exercises	demonstration and explanation accompanied by verbal communication	
CR 11 - ball bird exercises - exercises for learning to shoot at the gate	demonstration and explanation accompanied by verbal communication	
CR 12 - ball bird exercises - exercises for learning to shoot at the gate	demonstration and explanation accompanied by verbal communication	





CR 13 - ball bird exercises - exercises for learning to shoot at the gate	demonstration and explanation accompanied by verbal communication	
CR 14 - physical test	verbal communication	
CR 15 - physical test	verbal communication	
CR 16 - taking possession of the ball	explanation and verbal communication	
CR 17 - exercises for practicing dribbling, passing and shooting at the gate; bilateral game	explanation and verbal communication	
CR 18 - exercises for practicing dribbling, passing and shooting at the gate; bilateral game	explanation and verbal communication	
CR 19 - exercises for practicing dribbling, passing and shooting at the gate; bilateral game	explanation and verbal communication	
CR 20 - bilateral game	explanation and verbal communication	
CR 21 - bilateral game	explanation and verbal communication	
CR 22 - bilateral game	explanation and verbal communication	
CR 23 - bilateral game	explanation and verbal communication	
CR 24 - bilateral game	explanation and verbal communication	
CR 25 - bilateral game	explanation and verbal communication	
CR 26 - bilateral game	explanation and verbal communication	
CR 27 - specific tests	explanation and verbal communication	
CR 28 - specific tests	explanation and verbal communication	
<b>II YEAR</b>		
CR 29 - exercises in the form of a relay	explanation and verbal communication	
CR 30 - exercises to organise the attack	explanation and verbal communication	
CR 31 - exercises to perfect the counterattack; bilateral game	explanation and verbal communication	
CR 32 - exercises to perfect the counterattack; bilateral game	explanation and verbal communication	
CR 33 - exercises to perfect the counterattack; bilateral game	explanation and verbal communication	
CR 34- exercises to perfect the counterattack; bilateral game	explanation and verbal communication	
CR 35 - exercises to perfect the counterattack; bilateral game	explanation and verbal communication	
CR 36 - fixed game moments; bilateral game	explanation and verbal communication	
CR 37 - fixed game moments; bilateral game	explanation and verbal communication	
CR 38 - bilateral game	explanation and verbal communication	
CR 39 - bilateral game	explanation and verbal communication	
CR 40 - bilateral game	explanation and verbal communication	
CR 41 - Physical tests	explanation and verbal communication	
CR 42 - Physical tests	explanation and verbal communication	
CR 43 - misleading movements; bilateral game	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 - bilateral game (with emphasis on performing multiple dribbling at maximum speed on counterattack)	explanation and verbal communication	
CR 46 - bilateral game (perfecting the marking with emphasis on making it during folding)	explanation and verbal communication	
CR 47 - Bilateral game (with emphasis on demarcation from opponents)	explanation and verbal communication	
CR 48 - football game	explanation and verbal communication	
CR 49 - football game	explanation and verbal communication	
CR 50 - football game	explanation and verbal communication	
CR 51 - football game	explanation and verbal communication	
CR 52 - football game	explanation and verbal communication	
CR 53 - football game	explanation and verbal communication	
CR 54 - football game	explanation and verbal communication	
CR 55 - specific test	explanation and verbal communication	
CR 56 - specific test	explanation and verbal communication	

#### **Bibliography for course and clinical rotation**

Bibliography COLIBABA, D., BOTA, I., (1998), Sports Games. Theory and Methodology, Ed. Aldin ELISABETA, NICOLAE, (2012), Football basic course, Publishing House Printech CIOLCA, SORIN, (2008), Football.

#### **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**

Due to the instructive and educational valences, football has been included in both physical education curricula and non-profile institutions. In the game of football, specific psychosomatic skills are formed, against the background of physical and mental demands, with an educational character. Thus, the game of football is considered an important means of physical education, which positively solves some of its tasks in the institutional environment. It is one of the most complex sports disciplines involving millions of athletes and spectators, as well as teachers, specialists, theorists, scientific researchers, doctors, biologists, etc. Practiced as a leisure, but especially as a competitive means, the game of football unites people from different fields of activity.

#### **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	40%



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**The Quality Assurance Commission**

		testing:- push-ups – boys; tilted plane push-ups - girls - Complex jump – 4 times – no. repetitions in 30 sec	
	Participation in lessons	To receive a grade, the student must attend a minimum of 20 lessons per year	60%
<b>Minimum performance standard</b>			

**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**