



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
1.3.	DISCIPLINE: Phisycal 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: Phisycal Education and Sport / Gymnastics						
2.2.	Location of the discipline: Faculty of Medicine, Eroilor Sanitari 8 Blvd., Gym						
2.3.	Course tenured coordinator:						
2.4.	Practicals/clinical rotations tenured coordinator: MANUELA PETREANU (PhD) – Assistant Professor						
2.5. Year of study	I-II	2.6. Semester	I-IV	2.7. Type of assessment	Practical Examination	2.8. Subject classification	CD

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	Gym, audio / video sound system, specific sports teaching materials - mattresses, steppers, gymnastics objects, gym benches, pilates balls, etc.

6. Acquired specific competencies

Professional competencies (expressed	At the end of the practical-methodical lessons the student
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through knowledge and skills)	<p>must have acquired the following skills and knowledge:</p> <ul style="list-style-type: none"> - to adopt the correct positions of the body and its segments in performing the specific motor actions of gymnastics; - to use adequately and correctly specific exercises for muscle development (on each muscle group); - to perform in the team an exercise specific to aerobic gymnastics and to integrate in the activities carried out in the form of competition (on competition tests - aerobic dance and aerobic step); -to perform in the team an exercise specific to aerobic gymnastics and to integrate in the activities carried out in the form of competition (on competition tests - aerobic dance and aerobic step); - acquiring basic practical-methodical and theoretical knowledge specific to gymnastics and dance; - to have the capacity to adapt the psycho-somatic particularities and the motor baggage to the specific requirements of aerobic gymnastics; - to have the ability to recognize and demonstrate practically elements of difficulty specific to aerobic gymnastics and dance;
Transversal competencies (of role, of professional and personal development)	<p>At the end of the practical-methodical lessons the student must have acquired the following skills and knowledge:</p> <ul style="list-style-type: none"> - to have a social attitude, dominated by team spirit, altruism, fairness, emotional balance; -communication skills and teamwork;

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

7.1. General learning objective	<p>At the end of the practical works, the student must know:</p> <ul style="list-style-type: none"> - notions of hygiene related to the practice of physical exercise; - theoretical and practical-methodical knowledge regarding the practice of physical exercise; - general knowledge regarding the branches of gymnastics, the regulation of the gymnastics competitions; - knowledge for the purpose of systematic and independent practice of physical exercises for comforting purposes and outside the didactic obligations; - to know the effects of practicing physical exercises and to recommend physical exercise as a prophylactic means of preserving health or as an auxiliary factor for functional recovery;
7.2. Specific learning objectives	<p>At the end of the practical work, the student must:</p> <ul style="list-style-type: none"> - to have a motor baggage specific to the maintenance and competitive aerobic gymnastics, rhythmic and dance;

8. Content

8.1. Course	Teaching methods	Observations
8.2. Clinical rotation	Teaching methods	Observations
Clinical rotation YEAR I		
CR1 Organizational lesson; harmonious	Verbal methods: explanation;	Presentation of the



physical development	conversation Intuitive methods: demonstration; Practical method: practice	requirements regarding the development of the activity, promotion and other organizational aspects; exercises with an emphasis on body posture
CR 2 Aerobics - learning specific aerobic steps and elements of difficulty	Verbal methods: explanation; conversation Intuitive methods: demonstration; Practical method: practice	Sequences of aerobic steps - march, jogging, skip and step touch; straddle push-up, push-up
CR 3 Skill - development of coordination capacity; Learning elements of difficulty	Verbal methods: explanation; conversation; Intuitive methods: demonstration; Practical method: practice	Sequences of aerobic steps - march, jogging, skip and step touch; straddle push-up in different combinations At choice, the formation of teams in groups of 5 to 10 students and the choice of the specific test
CR 4 Aerobics - learning specific aerobic and dance steps; elements of difficulty	Verbal methods: - explanation; conversation; Intuitive methods: demonstration; Practical method: practice	Sequences of aerobic steps - jumping jack and grap-fine; single leg circle
CR 5 Aerobics - learning specific aerobic and dance steps; team exercise; force - the development of general strength	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic steps - long, knee-lift, kick lift; create the aerobic steps
CR 6 Aerobics - repeat specific aerobic steps and dance; team exercise; strength - the development of abdominal muscles	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic steps in different combinations; choosing the musical background within the team
CR 7 Aerobic step - learn specific steps; repeat exercise in the team; strength - the development of the muscles of the lower train	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic steps in different combinations; creating sequences of steps, partnerships and exercise elements
CR 8. Aerobic step - learn specific steps; repeat exercise in the team; strength - the development of the muscles of the upper train	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic steps at / per step in different combinations; creating sequences of steps, partnerships, constructions



CR 9. Aerobic step - learn specific steps; repeat exercise in the team; strength - the development of the posterior muscles	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic steps at / per step in different combinations; group exercise repetition learning;
CR 10. Aerobic step - learning specific steps; repeat exercise in the team;	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Sequences of aerobic steps at / per step in different combinations; Repeating the whole exercise, synchronizing the movements on the music
CR 11. Supple - the development of joint mobility and muscle elasticity; the specific test	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Pilates - Basic Exercises Group exercise presentation on rehearsals - dance aerobics and step aerobics; I and II Cup competitions
CR 12. Mobility - development of joint mobility and muscle elasticity; learning difficulty items	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Pilates - basic level exercises; elements of mobility and balance - vertical split, split, sagittal scales
CR 13. Mobility - development of joint mobility and muscle elasticity; learning difficulty items	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Pilates - basic level exercises; 1/1 turn, low pirouette; stretching exercises and Yoga
CR 14. Aerobic latino (zumba); learning dance steps; elements of difficulty; force - the development of general strength	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic and Latin steps (mambo and cha-cha) in different combinations; push – up, straddle push-up, single leg circle
CR 15. Aerobic latino (zumba); learning dance steps; elements of difficulty; strength - the development of abdominal muscles	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic and Latin steps (samba and salsa) in different combinations; tuck jump, scissors kick / 2 hours
CR 16. Latin aerobics (zumba); learning dance steps; elements of difficulty; group executive; strength - the development of the muscles of the	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing	Sequences of aerobic and Latin steps (jive) in different combinations; 1/1



lower train	the execution of other subjects Practical method: practice.	turn, low pirouette; repeat the exercise in a group / 2 hours
CR 17. Latin aerobics (zumba); learning dance steps; elements of difficulty; group executive; strength - the development of the muscles of the upper train	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Sequences of aerobic and Latin steps (jive) in different combinations; vertical split, split, sagitale scale; repeat the exercise in a group / 2 hours
CR 18. Latin aerobics (zumba); learning dance steps; elements of difficulty; group executive; strength - the development of back muscles	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Secvente de pasi aerobici si latino in diferite combinatii; repetare exercitiu in grup;
CR 19. Aerobic dance - learning specific aerobic and dance steps; Lifts learning	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Sequences of aerobic and dance steps (street dance), links of steps with elements, lifts
CR 20. Aerobic dance - learning specific aerobic and dance steps; Partnerships	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	Sequence of aerobic and dance steps (street dance); different partnerships, routine in the group
CR 21. Aerobic dance - learning specific aerobic and dance steps;	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	Sequence of aerobic and dance steps (street dance); different partnerships, routine in the group
CR 22. Aerobic dance - learning specific aerobic and dance steps;	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	Sequence of aerobic and dance steps (street dance); routine in the group
CR 23. Aerobic dance - learning specific aerobic and dance steps; group routine - specific test	Practical method: practice.	„Carol Davila” Competition
CR 24. Program with gymnastic rope - initiation in object handling;	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	Jumping over the rope; exercise for testing the abdominal muscles
CR 25. Program with gymnastic rope - initiation in object handling;	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	Jumping over the rope; test - complex jump in 4 strokes
CR 26. Program with gymnastic rope - initiation in object handling;	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	Jumping over the rope; test – push-ups
CR 27. Program with gymnastic rope -	Verbal methods: explanation; conversation,	Jumping over the



initiation in object handling;	individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	rope;
CR. 28. Assessments on the activity	Verbal methods: explanation; conversation; Intuitive methods: demonstration, use of iconographic and video materials	-
SECOND YEAR		
CR 29. Organizational lesson; harmonious physical development	Verbal methods: explanation; conversation Intuitive methods: demonstration; Practical method: practice	Presentation of the requirements regarding the development of the activity, promotion and other organizational aspects; exercises with an emphasis on body posture
CR 30. Aerobics - perfecting specific aerobic steps and elements of difficulty	Verbal methods: explanation; conversation Intuitive methods: demonstration; Practical method: practice	Sequences of aerobic steps - march, jogging, skip and step touch; straddle push-up, push-up
CR 31. Skill - development of coordination capacity; perfecting elements of difficulty	Verbal methods: explanation; conversation; Intuitive methods: demonstration; Practical method: practice	Sequences of aerobic steps - march, jogging, skip and step touch; straddle push-up in different combinations At choice, the formation of teams in groups of 5 to 10 students and the choice of the specific test
CR 32. Aerobics – perfecting specific aerobic and dance steps; elements of difficulty	Verbal methods: - explanation; conversation; Intuitive methods: demonstration; Practical method: practice	Sequences of aerobic steps - jumping jack and grap-fine; single leg circle
CR 33. Aerobics - perfecting specific aerobic and dance steps; team exercise; force - the development of general strength	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic steps - long, knee-lift, kick lift; create the aerobic steps
CR 34. Aerobics - repeat specific aerobic steps and dance; team exercise; strength - the development of abdominal muscles	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic steps in different combinations; choosing the musical background within the team
CR 35. Aerobic step - perfecting specific steps; repeat exercise in the team; strength - the development of the muscles of the lower train	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic steps in different combinations; creating sequences of steps, partnerships and exercise elements



CR 36. Aerobic step – perfecting specific steps; repeat exercise in the team; strength - the development of the muscles of the upper train	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic steps at / per step in different combinations; creating sequences of steps, partnerships, constructions
CR 37. Aerobic step - perfecting specific steps; repeat exercise in the team; strength - the development of the posterior muscles	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic steps at / per step in different combinations; group exercise repetition learning;
CR. 38. Aerobic step - perfecting specific steps; repeat exercise in the team;	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Sequences of aerobic steps at / per step in different combinations; Repeating the whole exercise, synchronizing the movements on the music
CR 39. Mobility - the development of joint mobility and muscle elasticity; the specific test	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Pilates - Basic Exercises Group exercise presentation on rehearsals - dance aerobics and step aerobics; I and II Cup competitions
CR 40. Mobility - development of joint mobility and muscle elasticity; perfecting the elements of difficulty	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Pilates - basic level exercises; elements of mobility and balance - vertical split, split, sagittal scales
CR 41. Mobility - development of joint mobility and muscle elasticity; perfecting the elements of difficulty	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Pilates - basic level exercises; 1/1 turn, low pirouette; stretching exercises and Yoga
CR 42. Aerobic latino (zumba); learning dance steps; elements of difficulty; force - the development of general strength	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	Sequences of aerobic and Latin steps (mambo and cha-cha) in different combinations; push – up, straddle push-up, single leg circle
CR 43. Aerobic latino (zumba); perfecting dance steps; elements of	Verbal methods: explanation; conversation, individual study	Sequences of aerobic and Latin steps



difficulty; strength - the development of abdominal muscles	Intuitive methods: demonstration; the use of iconographic and video materials Practical method: practice.	(samba and salsa) in different combinations; tuck jump, scissors kick / 2 hours
CR 44. Latin aerobics (zumba); perfecting dance steps; elements of difficulty; group executive; strength - the development of the muscles of the lower train	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Sequences of aerobic and Latin steps (jive) in different combinations; 1/1 turn, low pirouette; repeat the exercise in a group / 2 hours
CR 45. Latin aerobics (zumba); perfecting dance steps; elements of difficulty; group executive; strength - the development of the muscles of the upper train	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Sequences of aerobic and Latin steps (jive) in different combinations; vertical split, split, sagitale scale; repeat the exercise in a group / 2 hours
CR 46. Latin aerobics (zumba); perfecting dance steps; elements of difficulty; group executive; strength - the development of back muscles	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Secvente de pasi aerobici si latino in diferite combinatii; repetare exercitiu in grup;
CR 47. Aerobic dance - perfecting specific aerobic and dance steps; Lifts learning	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; using iconographic and video materials, observing the execution of other subjects Practical method: practice.	Sequences of aerobic and dance steps (street dance), links of steps with elements, lifts
CR 48. Aerobic dance – perfecting specific aerobic and dance steps; Partnerships	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	Sequence of aerobic and dance steps (street dance); different partnerships, routine in the group
CR 49. Aerobic dance – perfecting specific aerobic and dance steps;	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	Sequence of aerobic and dance steps (street dance); different partnerships, routine in the group
CR 50. Aerobic dance – perfecting specific aerobic and dance steps;	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	Sequence of aerobic and dance steps (street dance); routine in the group
CR 51. Aerobic dance – perfecting specific aerobic and dance steps; group routine - specific test	Practical method: practice.	„Carol Davila” Competition
CR 52. Program with gymnastic rope - perfecting in object handling;	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	Jumping over the rope; exercise for testing the abdominal muscles
CR 53. Program with gymnastic rope - perfecting in object handling;	Verbal methods: explanation; conversation, individual study	Jumping over the rope; test - complex



	Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	jump in 4 strokes
CR 54. Program with gymnastic rope - perfecting in object handling;	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	Jumping over the rope; test – push-ups
CR 55. Program with gymnastic rope - perfecting in object handling;	Verbal methods: explanation; conversation, individual study Intuitive methods: demonstration; observing the execution of other subjects Practical method: practice.	Jumping over the rope;
CR. 56. Assessments on the activity	Verbal methods: explanation; conversation; Intuitive methods: demonstration, use of iconographic and video materials	-

Bibliography for course and clinical rotation

Petreanu Manuela (2014), Basic cours - aerobic gymnastics, Editura Bren, Bucuresti
Petreanu Manuela (2014), Aerobic gymnastics – practical workbook, Editura Bren, Bucuresti
Kassandra Ferguson, (2017), Aerial Yoga Conditioning Manual, Kindle Edition
Vlaicu Dan Marius, (2016), Aerobic gymnastics, editura Universitatea Lucian Blagadin Sibiu
Facultatea de Științe, Specializarea Educație Fizică și Sport

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

The conception on which the didactic process is based within the practical-methodical lessons of gymnastics, in general and medical, in particular, puts in the foreground the professional training of students with the consequences and tangents that aim at physical and intellectual capacity, health and work capacity of future pharmacists. The specific requirements that physical education in higher education through aerobic gymnastics is called to solve, gives it, along with other scientific disciplines, an important place in the complete and complex training of future specialists, as well as increasing human performance.

By applying the aerobic gymnastics program proposed by us with contents aimed at all aspects related to obtaining a "well-being", implicitly improving the quality of life of students in the medical academic environment lead to learning superior behaviors, developing the sides and aspects of life which are required in future professional activity.

The brief picture of the harmful factors characteristic of life and current society leads to the conclusion that the realities of the present and future prospects make us understand more clearly that maintaining health, tempering the body, increasing its resistance to disease, harmonious physical development of students, and improving quality the lives of this category of population have become real requirements in university life.

10. Assessment

Type of activity	Assessment criteria	Assessment methods	Assessment weighting within the final grade
Course			
Clinical rotation	Physical tests	1. exercise for testing the abdominal muscles (no. repetitions / 30 sec.) 2. testing the muscles of the upper train (no. push-ups repetitions) 3. complex jump in 4 strokes (number of	40 %



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

		repetitions / 30 sec.)	
	Participation in lessons / Frequency		60 %
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**