



## 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 <sup>th</sup> 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:VOLLEY-BALL                                     |               |      |                         |                |                             |       |
| 2.2.               | Location of the discipline: Faculty of Medicine, Eroilor Sanitari Blvd., Sports Gym   |               |      |                         |                |                             |       |
| 2.3.               | Course tenured coordinator:   |               |      |                         |                |                             |       |
| 2.4.               | Practicals/clinical rotations tenured coordinator:<br>Associate Professor PhD- Iulian-Doru TUDOR<br>Lecturer PhD- Maria TUDOR |               |      |                         |                |                             |       |
| 2.5. Year of study | I-II  | 2.6. Semester | I-IV | 2.7. Type of assessment | Practical Exam | 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<br>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 | Volleyball court, volleyball balls |

### 6. Acquired specific competencies

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|--|---|
| Professional competencies (expressed through knowledge and skills) | <ul style="list-style-type: none"> <li>Ability to practice the game of volleyball in regular conditions, respecting the structure of the game (the 3 shots);</li> </ul> |
|--|---|



|   |  |
|---|--|
|   | <ul style="list-style-type: none"> <li>• The ability to practice volleyball independently for health, prophylactic or corrective, recreational and compensatory purposes;</li> <li>• Ability to referee a game of volleyball, at elementary level;</li> <li>• A wide range of basic and specific motor skills and abilities; a level of motor skills to ensure their adequacy to the demands of professional and social life;</li> <li>• Theoretical knowledge of exercise physiology, hygiene of sports activities, knowledge on the use of physical exercise for health, prophylactic and curative purposes;</li> <li>• Theoretical knowledge related to the game systems used in volleyball at beginner level;</li> </ul> |
| <b>Transversal competencies (of role, of professional and personal development)</b> | <ul style="list-style-type: none"> <li>• Improving moral-volitional and intellectual qualities, self-image, aesthetic sense, initiative and team spirit, social responsibility, etc ..</li> </ul>  |

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

|  |   |
|--|---|
| <b>7.1. General learning objective</b>   | <ul style="list-style-type: none"> <li>• Preserving and improving health, harmonious physical development, and optimizing the motor potential of the students;</li> </ul>   |
| <b>7.2. Specific learning objectives</b> | <ul style="list-style-type: none"> <li>• Acquiring and consolidating the individual and collective basic technical and tactical actions of the volleyball game (service, receiving, setting and attack) corresponding to model I and II of the game, and their application in bilateral game with reduced or complete team-componence;</li> <li>• Development of motor skills that will allow students to adapt to the demands of professional and social life,</li> <li>• Improving the baggage of basic and specific motor knowledge, skills and abilities;</li> <li>• Recreating students and compensating for the intellectual effort made during study hours;</li> <li>• Acquiring theoretical, organizational and regulatory knowledge that will allow students to practice of volleyball independently, for recreational and compensatory purposes;</li> <li>• Acquiring theoretical knowledge related to physical exercise (anatomical, physiological, prophylactic, curative, hygiene), which should make students aware of the close connection that exists between sports and health.</li> </ul> |

### 8. Content

| 8.1. Course   | Teaching methods | Observations |
|---|------------------|--------------|
|   |                  |              |
| 8.2. Clinical rotation  | Teaching methods | Observations |
| <b>I YEAR</b>   |                  |              |
| CR 1- Presentation of the volleyball game - general notions. Presentation of the first model of the game.     |                  |              |
| CR 2- Fundamental positions and field movement in volleyball. Ball School (volley-ball habituation exercises) |                  |              |
| CR 3 - Upper pass (setting) -   |                  |              |





|   |  |  |
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| initiation  |  |  |
| CR 4- Upper pass (setting) – fixation   |  |  |
| CR 5- Forearm pass – initiation   |  |  |
| CR 6 - Forearm pass – fixation  |  |  |
| CR 7- Preparatory games with the theme: sending over the net the ball thrown from the opponent's court, by upper pass or forearm pass; a fall of the ball is allowed. 1x1 game under the specified conditions, with two strokes each (control pass and pass over the net)               |  |  |
| CR 8- Preparatory games with the theme: sending over the net the ball thrown from the opponent's court, by upper pass or forearm pass; emphasis on moving towards the ball and stopping in a fundamental position under the trajectory of the ball; a fall of the ball is allowed.      |  |  |
| CR 9 - Passing the ball over the net with one or two hands, from the jump.  |  |  |
| CR 10 - Organizing the 3 hits: receiving the ball from the throw, setting, passing the ball over the net with one or two hands from the jump; a fall of the ball is allowed. (with and without control pass).   |  |  |
| CR 11 - Volleyball Game with small number of players (4x4, 3x3) on half of the field, with the ball „served” with a pass and sending the third hit over the net with a jump pass, with one or two hands.  |  |  |
| CR 12 - The low serve and serve receive – Initiation-fixation   |  |  |
| CR 13 - Volleyball Game with small number of players (4x4) on half of the field, with low serve   |  |  |
| CR 14 - <b>Control Tests - Physical Tests</b>   |  |  |
| CR 15 - Volleyball Game with small number of players (4x4, 3x3) on half of the field, having as theme the practice of the technical-tactical elements acquired: low serve, serve receive, organizing the 3 hits, sending the ball over the net with a jump pass, with one or two hands. |  |  |
| CR 16 - Volleyball Game with small number of players (4x4, 3x3) on half   |  |  |



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| of the field,, having as theme the practice of the technical-tactical elements acquired: low serve, serve receive, organizing the 3 hits, sending the ball over the net with a jump pass, with one or two hands.   |  |  |
| CR 17 - Organizing the attack with the setter on zone 3 and forward sett on zone 4 or zone 2   |  |  |
| CR 18 - Acquiring the technical-tactical actions corresponding to the second structure of the game (game on serve receive). W 5-player receiving formation, with the setter on zone 3 and organising the attack from forward setting on zone 4 or zone 2.                              |  |  |
| CR 19 - Acquiring the technical-tactical actions corresponding to the second structure of the game (game on serve receive). W 5-player receiving formation, with the setter on zone 3 and organising the attack from forward setting on zone 4 or zone 2.. Optional, overhead setting. |  |  |
| CR 20 - Acquiring the technical-tactical actions corresponding to the structure I of the game (game at serve), with the player from zone 3 at the net, center 2 advanced and the side players from line I withdrawn at 3 m.  |  |  |
| CR 21 - Acquiring the technical-tactical actions corresponding to the structure I of the game (game at serve), with the player from zone 3 at the net, center 2 advanced and the side players from line I withdrawn at 3 m.  |  |  |
| CR 22 - The Attack Hit (Spike) - initiation  |  |  |
| CR 23 - Volleyball game with full compliance of Game Model I   |  |  |
| CR 24 - Volleyball game with full compliance of Game Model I   |  |  |
| CR 25 - Volleyball game with full compliance of Game Model I   |  |  |
| CR 26 - Volleyball game with full compliance of Game Model I   |  |  |
| CR 27 - Volleyball game with full compliance of Game Model I   |  |  |
| CR 28 - Control Tests - Technical  |  |  |





| Tests  |  |  |
|--|--|--|
| <b>II YEAR</b>   |  |  |
| CR 29. Upper pass (setting) – consolidation  |  |  |
| CR 30. Upper pass (setting) – consolidation  |  |  |
| CR 31. Forearm pass – consolidation  |  |  |
| CR 32. Forearm pass – consolidation  |  |  |
| CR 33. The Attack Hit (Spike) - fixation and Individual Block- initiation- fixation  |  |  |
| CR 34. The Attack Hit (Spike) - fixation and Individual Block- initiation- fixation  |  |  |
| CR 35. Volleyball Game on small formations (3x3 and 4x4) on small court (4,5x4,5 m), with serve, serve receive, setting, attack, individual block.   |  |  |
| CR 36. The Digg (forearm attack receive) – initiation  |  |  |
| CR 37. High Frontal Serve – initiation<br>Serve receive – consolidation  |  |  |
| CR 38. High Frontal Serve – fixation<br>Serve receive – consolidation  |  |  |
| CR 39. Volleyball Game according to Game Model I, attack system with the setter on zone 3, with forward or overhead pass at zones 2 and 4; defense system with advanced center 2, individual block |  |  |
| CR 40. Volleyball Game according to Game Model I, attack system with the setter on zone 3, with forward or overhead pass at zones 2 and 4; defense system with advanced center 2, individual block |  |  |
| CR 41. Volleyball Game according to Game Model I, attack system with the setter on zone 3, with forward or overhead pass at zones 2 and 4; defense system with advanced center 2, individual block |  |  |
| <b>CR 42. Control Tests - Physical Tests</b>   |  |  |
| CR 43. Presentation of the Game Model II   |  |  |
| CR 44. Organizing the attack with short forward setting from zone 2 to zone 3, and long forward setting from zone 2 to zone 4  |  |  |
| CR 45. Acquiring the collective technical-tactical actions corresponding to the second structure of the game (game when receiving the serve).  |  |  |



|   |  |  |
|---|--|--|
| according to Game Model II.<br>Organizing the attack with short forward setting from zone 2 to zone 3, and long forward setting from zone 2 to zone 4   |  |  |
| CR 46. Acquiring the collective technical-tactical actions corresponding to the second structure of the game (game when receiving the serve), according to Game Model II.<br>Organizing the attack with short forward setting from zone 2 to zone 3, and long forward setting from zone 2 to zone 4 |  |  |
| CR 47. Acquiring the collective technical-tactical actions corresponding to the first structure of the game (at serve), according to Game Model II, with line I players at the net for individual block and second line center intermediate.  |  |  |
| CR 48. Acquiring the collective technical-tactical actions corresponding to the first structure of the game (at serve), according to Game Model II, with line I players at the net for individual block and second line center intermediate.  |  |  |
| CR 49. Volleyball game with full compliance of Game Model II  |  |  |
| CR 50. Volleyball game with full compliance of Game Model II  |  |  |
| CR 51. Volleyball game with full compliance of Game Model II  |  |  |
| CR 52. Volleyball game with full compliance of Game Model II  |  |  |
| CR 53. Volleyball game with full compliance of Game Model II  |  |  |
| CR 54. Volleyball game with full compliance of Game Model II  |  |  |
| CR 55. Volleyball game with full compliance of Game Model II  |  |  |
| CR 56. <b>Control Tests - Technical Tests</b>   |  |  |

#### Bibliography for course and clinical rotation

1. Tudor, Iulian-Doru, - *Educația Fizică și Sportul în Învățământul Superior de neprof়il – Coordonate teoretice*, Editura Printech, București, 2011, ISBN 978-606-521-745-4
2. Tudor, Iulian-Doru, - *Volei - Manual pentru studenții din universitățile de neprof়il*, Editura Printech, București, 2011, ISBN 978-606-521-810-9
3. Tudor, Iulian-Doru, - *Volei – Îndrumar metodic pentru învățarea rapidă a jocului în învățământul superior*, Editura Printech, București, 2011, ISBN 978-606-521-809-3
4. Tudor Iulian-Doru, - *Volleyball – Methodology Guide for quick learning of the game in universities*, Editura Printech, București, 2012, ISBN 978-606-521-878-9
5. Tudor, Maria, - *Volei – Noțiuni teoretice pentru studenții Mediciniști*, Editura Printech, București, 2015, ISBN 978-606-23-0485-0





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

#### 10. Assessment

| Type of activity  | Assessment criteria  | Assessment methods   | Assessment weighting within the final grade |
|-------------------|--|--|---|
| Course            |  |  |   |
| Clinical rotation | <p>1. <b>Physical Tests</b><br/>(sem I and III)</p> <p>2. <b>Volleyball Tests</b><br/>(sem II and IV)</p> <p>3. <b>Participation in lessons</b><br/>(sem I, II, III, IV)</p> | <ul style="list-style-type: none"> <li>Abdominal muscles Test - no. repetitions in 30 sec.</li> <li>Upper Body muscles Test: <ul style="list-style-type: none"> <li>Push-ups - boys;</li> <li>Inclined Push-ups - girls.</li> </ul> </li> <li>Complex jump (4 times) - no. repetitions in 30 sec</li> <li>* The sum of the performances achieved in the 3 tests gives the number of points for the physical tests</li> <li>Serve (Low serve - year I, High serve - year II):<br/>6 executions, with grade 4 ex officio. Each success adds a point (1 successful execution = grade 5, 6 successful executions = grade 10).</li> <li>Volleyball Game - in compliance with the game model expected in each year of study. Grade is awarded.</li> <li>* The average grade for Serve and Game turns into points as follows:<br/>Average 10 = 40 points<br/>Average 9 = 35 points<br/>Average 8 = 30 points, etc.</li> </ul> <p>To receive a grade, the student must attend at least 10 lessons each semester.</p> | <p>Aprox. 40%</p> <p>Aprox 60%</p>          |



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| <b>Minimum performance standard</b>  |
| To graduate the P.E Course, the student must participate in at least <b>10 lessons per semester</b> and take the <b>Control Tests</b> for that semester. |

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