



## 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 Physical education and sport/ Basket-ball
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: Basket-ball						
2.2.	Location of the discipline: Faculty of Medicine, Sports Hall, 9 Eroilor Sanitari Blvd.						
2.3.	Course tenured coordinator: CARMEN RĂCHITĂ – Lecturer Phd PETREANU ADRIAN GHEORGHE– Asistent Phd						
2.4.	Practicals/clinical rotations tenured coordinator:						
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 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	Sports games room / Faculty of Medicine

### 6. Acquired specific competencies

Professional competencies (expressed through knowledge and skills)	At the end of the practical work, the student must have knowledge and skills regarding: <ul style="list-style-type: none"> <li>initiation, acquisition and execution of the basic technical elements and procedures of the basketball game;</li> <li>application of technical procedures in the bilateral game;</li> </ul>
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	<ul style="list-style-type: none"> <li>• knowledge of the game rules;</li> <li>• the development of the cohesion of the future doctors through the effects of practicing the basketball sport game on the personality characteristics of the student;</li> <li>• acquiring the practical-methodical and theoretical knowledge of the basketball game;</li> </ul>
<b>Transversal competencies (of role, of professional and personal development)</b>	<ul style="list-style-type: none"> <li>• to acquire the terminology specific to the general field of the basketball game;</li> <li>• to know the possibilities of playing the game of basketball;</li> <li>• to form a vocabulary specific to the field of basketball game with which to communicate;</li> <li>• to develop communication skills of acquired knowledge;</li> <li>• have the ability to practice the game of basketball and describe its characteristics;</li> <li>• to have the capacity to adapt the particularities of the basketball game to the level of knowledge and skills accumulated in the practical activity;</li> <li>• have the ability to perform in a practical, correct manner the technical elements and procedures of the game of basketball and to distinguish between them;</li> <li>• be able to recognize and demonstrate in practice the execution of technical elements and procedures;</li> <li>• have the ability to perform a variety of technical procedures specific to the game of basketball;</li> <li>• to have optimal indexes of the motor capacity specific to the basketball game and necessary for the execution of the technical elements and procedures;</li> <li>• to have the ability to execute technical elements and procedures specific to the game of basketball, with and without the ball;</li> <li>• have the skills to perform the basic technical elements in the game of basketball;</li> <li>• to have the ability to perform correctly from a practical point of view, the methodical route of learning the ball technique;</li> <li>• have the ability to apply during the game the elements and technical procedures learned and to comply with the rules of the game;</li> <li>• to have the ability to play in a team, not individually;</li> </ul> <p>to demonstrate during the game, a high degree of cohesion of the formed teams.</p>

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

<b>7.1. General learning objective</b>	<p>At the end of the practical work, the student must know:</p> <ul style="list-style-type: none"> <li>- theoretical notions about the game of basketball;</li> <li>- elements and technical procedures specific to the game of basketball;</li> <li>- basic technical-tactical actions of attack and defense in basketball;</li> <li>- skills and motor skills specific to the game of basketball;</li> </ul>
<b>7.2. Specific learning objectives</b>	<p>At the end of the practical work, the student must be able to:</p> <ul style="list-style-type: none"> <li>- holds specific motor luggage, necessary for the use of technical elements and procedures;</li> <li>- initiate technical-tactical actions in the bilateral game;</li> <li>- know the characteristics and peculiarities of the basketball game;</li> <li>- demonstrate specific practical knowledge related to the technique of the game of basketball;</li> </ul>





- perform technical elements and procedures during the bilateral game;
- follow the basic rules of the game of basketball;
- participates in basketball competitions organized at the university;
- shows a real education of the will in specific conditions of competitiveness.

## 8. Content

8.1. Course	Teaching methods	Observations
8.2. Clinical rotation	Teaching methods	Observations
<b>Clinical rotation YEAR I</b>		
CR 1 - Learning the ballless technique of the basketball game: Fundamental position.	<p>The teaching methods during the basketball practice lessons for the topics presented are the following:</p> <ol style="list-style-type: none"> <li>1. Verbal methods: explanation; the description; conversation;</li> <li>2. Nonverbal methods: demonstration, observation, observation of the execution of other subjects, iconographic materials.</li> <li>3. Practical method: group, separate, analytical practice.</li> </ol>	<p>The lessons assigned to the first semester focus on learning the basic techniques in the game of basketball.</p>
CR 2 - Learning the technique of moving movements on the basketball court.		
CR 3- Learn specific exercises on the technique of change of direction in the game of basketball.		
CR 4 -Learning the ballless technique of the game of basketball - pirouette.		
CR 5 - Learning the specific jumps of the basketball game in individual actions.		
CR 6- Learning the game of feet and arm work specific to defense in 5x5 basketball.		
CR 7 -Learn the ball technique of the basketball game. Holding, catching and passing the ball.		
CR 8- Learning the dribbling technique specific to the game of basketball.		
CR 9 - Learning to stop dribbling in one time, specific to individual actions.		
CR 10 - Learning two-stroke dribbling stops, specific to individual actions.		
CR 11- Learning the technique of pivoting in the game of basketball.		
CR 12 - Learning the technique of throwing the basket at an angle of 45 degrees, with emphasis on performing the last two steps and the correct detachment on the batting foot with raising the opposite knee at an angle of 90 degrees and correctly leading the arm to the basket.		
CR 13 - Learning the technique of free throws in the basket, perpendicular to the basketball court		



CR 14 - Learning the technique of free throws in the basket, perpendicular to the basketball court		
CR 15 - Learning the technique of throwing to the basket from running, at an angle of 45 degrees with emphasis on the correct completion of the throw with the extension of the throwing arm from the elbow joint.		
CR 16 - Learning the technique of throwing the basket from running, with emphasis on the correct execution of the last two beating steps before the actual throwing of the basketball hoop.		
CR 17 - Learning the basket throwing technique preceded by catching the ball from the pass.		
CR 18 - Learning the basket throwing technique preceded by catching the ball in dribbling.		
CR 19 - Learning the technique of jumping.		
CR 20 - Learning the technique of half-distance basket throwing (2-5 meters) and long-distance basket throwing (over 5 meters).		
CR 21 - Learning to throw the basket with the panel.		
CR 22 - Learning to throw in the basket directly with the ring.		
CR 23 - Learning to throw in the basket through special procedures		
CR 24 - Learning to throw the basket from the jump, preceded by moving and stopping for a while.		
CR 25 - Learning to throw the basket preceded by a change of direction, stopping in two strokes and receiving the pass from the side.		
CR 26 - Learning individual tactics in attack - demarcation.		
CR 27 - Learning to go to the ball as an individual tactic in attack.		
CR 28 - Learning to penetrate the game of basketball and the position of the triple threat in the individual tactics of the attack.		
<b>Clinical rotation YEAR II</b>		
CR 1- Consolidation of the basic elements of basketball that were mastered in the first year regarding the individual tactics in attack.		
CR 2 - Overcoming the opponent and offensive recovery in the attack of the basketball game.		





CR 3 - Individual tactics in defense - marking.

CR 4 - Defensive recovery in the game of basketball.

CR 5 - Collective tactics in attack, of two and three players with the practice of the simple combination - Give and go in concrete conditions of bilateral game.

CR 6 - Practicing Crossing in concrete conditions of bilateral play, as a collective attack tactic.

CR 7 - Blocking and leaving the blockage practiced in 3x3 bilateral game conditions.

CR 8 - Attack in numerical superiority. Bilateral game and the application in the game of collective tactics in numerical superiority.

CR 9 - Dubbing as a collective tactic and application in the game bilateral 5x5.

CR 10 - Collective tactics in defense - Sliding.

CR 11 - Closing the entrance corridor and applying this collective defense tactic in the bilateral 5x5 game.

CR 12 - Defense in numerical inferiority. Bilateral game with an emphasis on the application of collective tactics in defense during the game.

CR 13 - The jumping triangle. Bilateral game with an emphasis on the application of collective tactics in defense during the game - the jump triangle.

CR 14 - Changing the opponent. Bilateral game with the application of the opponent's exchange during the game.

CR 15 - Collective defense tactics - Flotation. Bilateral game with the application of collective tactics in the game: "Flotation".

CR 16 - Agglomeration. Bilateral game with the application of collective tactics in the game: "Agglomeration".

CR 17- Counterattack in the game of basketball. Bilateral game with the application of the counterattack in the game phases.

CR 18- The transition attack. Bilateral game with the application of the transition attack in the 5x5 game phases.

CR 19 - Positional attack. Bilateral

The teaching methods during the basketball practice lessons for the topics presented are the following:

1. Verbal methods: explanation; the description; conversation;

2. Nonverbal methods: demonstration, observation, observation of the execution of other subjects, iconographic materials.

3. Practical method: group, separate, analytical practice.

The lessons allocated to the fourth semester emphasize the consolidation and improvement of the technical-tactical elements of basketball and the consolidation of the collective tactical combinations of attack and defense in conditions of bilateral game for both 5x5 basketball and 3x3 basketball.



game with the application of positional attack in the game phases.
CR 20 - Defense against counterattack. Bilateral game with the application of defense against counterattack.
CR 21 - Human defense. Bilateral game with human-to-human defense.
CR 22 - Area Defense. Bilateral game with the application of zone defense.
CR 23 - Physical training specific to the game of basketball for the elements of movement on the field.
CR 24 - Development of specific strength for passes and basket throws.
CR 25 - Development of the speed specific to the attack and defense procedures in the basketball game.
CR 26 - Developing speed for passing, dribbling, basket throwing, in the game of basketball.
CR 27 - Development of resistance specific to the game of basketball. The little marathon in running and dribbling. Dribbling along the length of the field, passing in two along the length of the field combined with a 1 x 1 return. Dribbling with changes of direction on the entire surface of the field.
CR 28 - Development of coordinative capacity (skill) through basketball-specific means. Playing games to develop coordination, mobility and jumping.

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

1. Hector L., Frazzei M.H., (2002), Curriculum on sports for higher medical education, "Carol Davila" University Publishing House, Bucharest.
2. Moanț, A.D., (2005), Basketball - Methodology, Alpha Publishing House, Buzău.
3. Predescu T., Netolitzchi M., Petreanu A Ghe., Grădinaru C., (2016), Basketball: Technical and tactical foundations training - learning, Printech Publishing House, Bucharest.
4. . Petreanu A. Ghe., (2014), Baschet – Curs de bază, Editura BREN, București
5. . Petreanu A. Ghe., (2014), Pregătirea echipei universitare de baschet, Editura BREN, București
6. Petreanu A. Ghe., (2014), Baschet – îndrumar practico metodic pentru pregătirea studenților, Editura BREN.
7. Răchită, C. (2013), BASKETBALL - Practical-methodical guide for medical students, Printech Publishing House.
8. Răchită, C. (2011), Handbook for the physical education and sports lesson of medical students, Printech 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**

Appropriate training at the end of the Physical Education and Sports module gives the student a harmonious physical development, correct body posture, developed motor skills, knowledge on the values of using physical exercises for preventive, corrective and recuperative purposes, able to self-organize in free time and more. late in lifelong learning, helping to maintain optimal health.





Thus, the foundations of sports physical activity practiced in the family and professional environments of future doctors are laid, in the form of individual or team sports such as basketball or outdoor activities - all capitalizing on the knowledge and motor skills acquired during university studies.

Basketball being a team sports game, it is an important discipline of student sports activity, with a special educational value. It combines, on the one hand, the positive effects such as sport and exercise, and on the other hand, the educational effects of the game. This explains the motivation of the efficiency of the basketball game, which brings significant contributions in the harmonious development of students, in the development of motor qualities, specific skills and abilities and in the positive education of personality traits.

All this leads to the ideal of balance - "Mens sana in corpore sano", of the medical student.

#### 10. Assessment

Type of activity	Assessment criteria	Assessment methods	Assessment weighting within the final grade
Course			
Clinical rotation	<b>A. PHYSICAL TESTS</b>  General control tests (motor capacity / is based on the principle of self-overcoming).	1. Testing the abdominal muscles (no repetitions / 30s); 2. Speed endurance testing (complex jump in 4 strokes / 30s) 3. Testing the muscles of the upper train (floats / no repetitions).	40 %
	<b>B. THE PRESENCE OF CR</b>		60 %
<b>Minimum performance standard</b>			
• For promotion, the student must have participated in at least 10 lessons per semester and take the physical and specific / technical 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