



**UNIVERSITATEA DE MEDICINĂ ȘI FARMACIE
„CAROL DAVILA” DIN BUCUREȘTI
Facultatea de Stomatologie**



DISCIPLINE GRID

1. Programme

1.1.	CAROL DAVILA UNIVERSITY OF MEDICINE AND PHARMACY BUCHAREST
1.2.	FACULTY OF MEDICINE / DEPARTMENT CLINIC 9 – PHYSICAL MEDICINE AND REABILITATION
1.3.	Division: Physical Education and Sport
1.4.	Study Domain: Health - Sectorally regulated within the European Union
1.5.	Study Level: LICENCE
1.6.	Study programme: DENTAL MEDICINE IN ENGLISH

2. Discipline

2.1.	Discipline name: Physical Education I		
2.2.	Locațiun: Sports Base – Polytechnic of UMF "Carol Davila", 4B Doinea Cornea Bldv Faculty of Medicine, Sports Hall, 9 Eroilor Sanitari Blvd		
2.3.	Lectures tenure - Lecturer:		
2.4.	Practical classes tenure: Soccer: Lecturer Phd. Elisabeta Nicolae Basket-ball: Lecturer Phd. Răchită Carmen; Asistent Phd. Petreanu Adrian Gheorghe		
2.5. Study year	I	2.6. Semester	I
		2.7. Evaluation	2.8. Type of discipline
		Practical Examination COLLOQUY	DO/DC

3. Estimated total time (hours/semester)

No. hours/week	1h	out of which	Lecturer: -	Laboratory session: 1h
Total hours out of learning schedule	14	out of which	Lecturer: -	Laboratory session: 14

Time distribution	hours
Textbook study, lecture support, bibliography and notes	-
Supplementary documentation activity in the library, on online platforms	-
Practical activity support material, homework, portfolio and essays	13
Tutorial activity	-
Examinations	1
Other activities	11
Total hours of individual study	-
Textbook study, lecture support, bibliography and notes	25
Credits	1

4. Preconditions

4.1. curriculum	-
4.2. proficiencies	-

5. Conditions

5.1. for lecture activity	-
5.2. for laboratory activity	Football pitch, gates, balls, sports equipment, aiding materials Sports games room / Faculty of Medicine

6. Accumulated skills

Proficiencies <i>(knowledge and abilities)</i>	I. Skills (functional dimension) *The ability to independently practice sports or physical exercises with sanogenetic, prophylactic or corrective, recreational and compensatory purposes; *A wide range of basic and specific motor skills and abilities; a level of motor capacity that ensures their adequacy to the requirements of professional and social life; * Acquisition of basic technical elements specific to the discipline practiced with applicability in recreational sports; * To use adequately and correctly muscle development exercises (by muscle groups);
Transversal skills <i>(role, professional and personal development)</i>	II. Professional, personal development skills * Improving moral-volitional and intellectual qualities and traits, self-image, aesthetic sense, initiative and team spirit, social responsibility; * To have the ability to use the accumulated notions in the future job; * Responsible execution of professional tasks; * Familiarization with the roles and needs of physical activities to increase the quality of life; * Awareness of the need for continuous training.

7. Objectives (based on the grid of acquired specific skills)

7.1. General objective	<p>- preservation and development of health status, harmonious physical development of students and optimization of their motor potential; - learning the notions of hygiene related to the practice of physical exercise; - knowledge of the effects of physical exercise practices and to recommend physical exercise as a prophylactic means of preserving health or as a factor helping to recover function; - recreation of students and compensation of the intellectual effort made by them during study hours; - maintaining an optimal state of health of those who practice physical exercise consciously and systematically, as well as increasing their work and life potential; - integrity, perseverance and self-control; - reduces mental tension and anxiety due to daily and competitive stress, thus avoiding hostility and frustration in life in a beneficial way; - effective contribution to the development of intellectual, aesthetic, moral and civic traits and qualities.</p>
7.2. Specific objectives	<p>- the development / education of basic and specific motor capacities that allow students to adapt to the demands of professional and social life; - improving knowledge, skills and basic and specific motor skills; - development of coordination, agility, neuromuscular elasticity, balance, spatial-temporal orientation, aerobic and anaerobic resistance; - the improvement of moral-volitional and intellectual qualities and traits, aesthetic sense and social responsibility. - demonstration of a real education and evolution of ambition, will and desire for self-improvement in specific conditions of competitiveness; - improves coordination capacity, increases immunity, supports the proper functioning of the cardio-respiratory system and influences the quality of sleep</p>

8. Content

8.1. Lecture	No. hrs/topic	Teaching method	Obs.
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8.2 Laboratory session	No. hrs/topic	Teaching method	Obs.
SOCCER			
Lesson 1. Processing of ethics, hygiene and labour protection rules; - presentation of taekwondo discipline	1	explanation accompanied by verbal communication	
Lesson 2, 3, 4. Basic elements of the school of running and jumping	3		
Lesson 5. The technique of playing without the ball	1		

Lesson 6, 7, 8. Exercises to accommodate the ball; Simple ball-passing exercises	3		
Lesson 9, 10. Field travel for the defensive game; Simple ball-passing exercises	2		
Lesson 11,12, 13. Ball bird exercises; exercises for learning to shoot at the gate	3		
Lesson 14. Colloquy - physical test	1		
BASKETBALL			
Lesson 1. Learning the ballless technique of the basketball game: Fundamental position.	1	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.	
Lesson 2. Learning the technique of moving movements on the basketball court.	1		
Lesson 3. Learn specific exercises on the technique of change of direction in the game of basketball.	1		
Lesson 4. Learning the ballless technique of the game of basketball - pirouette.	1		
Lesson 5. Learning the specific jumps of the basketball game in individual actions.	1		
Lesson 6. Learning the game of feet and arm work specific to defense in 5x5 basketball.	1		
Lesson .7 Learn the ball technique of the basketball game. Holding, catching and passing the ball.	1		
Lesson 8. Learning the dribbling technique specific to the game of basketball.	1		
Lesson 9. Learning to stop dribbling in one time, specific to individual actions.	1		
Lesson 10. Learning two-stroke dribbling stops, specific to individual actions.	1		
Lesson 11. Learning the technique of pivoting in the game of basketball.	1		
Lesson 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.	1		
Lesson 13. Learning the technique of throwing the basket at an angle of 45 degrees, with emphasis on the correct closing of the throw in the wrist joint.	1		
Lesson 14. Colloquy - physical test	1		

8.3. Bibliography for lectures and laboratory/practical sessions
Soccer Colibaba, D., Bota, I., (1998), Jocuri sportive. Teorie și metodică, Ed. Aldin Elisabeta, Nicolae, (2012), Fotbal curs de bază, editura Printech Ciolcă, Sorin, (2008), Fotbal. Fundamente teoretice și metodice, editura ANEFS
Basketball Hector L., Frazzei M.H., (2002), Programa de studii pe ramuri de sport pentru învățământul superior medical, Editura Universitară „Carol Davila” București. Moanță, A.D., (2005), Baschet - Metodică, Editura Alpha, Buzău. Predescu T., Netolitzchi M., Petreanu A Ghe., Grădinaru C., (2016), Baschet: Fundamente tehnico tactice instruire – învățare, Editura Printech, București.

Petreanu A. Ghe., (2014), Baschet – Curs de bază, Editura BREN, București
Petreanu A. Ghe., (2014), Pregătirea echipei universitare de baschet, Editura BREN, București
Petreanu A. Ghe., (2014), Baschet – îndrumar practico metodic pentru pregătirea studenților, Editura BREN.
Răchită, C. (2013), BASCHET – Îndrumar practico-metodic pentru studenții în medicină, Editura Printech.
Răchită, C. (2011), Manual pentru lecția de educație fizică și sport a studenților în medicină, Editura Printech.
Răchită, C. (2008), Relația dintre standardizarea și individualizarea mijloacelor de antrenament în jocurile sportive, Editura BREN.

9. Corroborating the contents of the discipline with the expectations of epistemic community representatives, professional associations and employers in the fields representative for the program

- Physical education and sports in general constitute a social activity with special contributions to the social-professional integration of the student. The formative function of physical education will contribute to the development of these attributes and capacities, which will allow the individual to carry out his chosen job as quickly and as well as possible, to practice it with increased efficiency, to be able to engage in various social activities and to can act independently and creatively on the environment and on his own person.
- The purpose of practicing sports also within the university is to give the student a harmonious physical development, a correct body posture, developed motor skills, knowledge on the values of using physical exercises with preventive, corrective and recuperative purposes. Thus, the student will be able to organize himself in his free time and later make sport part of his permanent activities, contributing to maintaining an optimal state of health.
- Due to its instructive and educational values, sport is considered an important means that positively solves some of the prophylactic tasks and increases the quality of life.
- Through its socio-cultural dimensions, university sports offer a unique opportunity to meet other students, to communicate with them, to assume different roles, to acquire moral attitudes, to accept attitudes related to the activity, to live of emotions that are more difficult to feel in other spheres of life, of accepting positive elements of the lifestyle of adapting to the proposed objective of becoming socially active through the performances of others. Practiced under competent guidance, it develops qualities of will such as tenacity, combativeness, courage, initiative, perseverance and moral qualities such as the attitude towards teammates, respect towards opponents, referees and the spirit of teamwork and helping each other, all under the remark "Mens sana in healthy body".

10. Evaluation

10.1. Evaluation			
Activity type	Assessment Criteria	Assessment methods	Assess,ent weighting within the final grade
Lecture	-	-	-
Laboratory session	<i>Colloquy physical trials</i>	- 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%
	<i>Participation in lessons</i>	To receive a grade, the student must attend a minimum of 10 lessons per year	60%

Minimum performance standard
<ul style="list-style-type: none">To pass, the student must have attended at least 10 lessons per year and pass the physical and technical tests.

Date:

**Chair of Physical Education and Sport Division,
Prof. univ. dr. Păunescu Cătălin Constantin**

Date of the approval in Department Board:

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**Signature of the department director,
Prof. univ. dr. Păunescu Cătălin Constantin**