



**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 II				
2.2.	Locațiōn: Sports Base – Polytechnic of UMF "Carol Davila", 4B Doinea Cornea Blvd 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.	I	2.6.	II	2.7.	2.8.
Study year		Semester		Evaluation	Type of discipline DO/DC
				Practical Examination COLLOQUY	

3. Estimated total time (hours/semester)

No. hours/week	2h	out of which	Lecturer: -	Laboratory session: 2h
Total hours out of learning schedule	28	out of which	Lecturer: -	Laboratory session: 28

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	26
Tutorial activity	-
Examinations	2
Other activities	-
Total hours of individual study	-
Textbook study, lecture support, bibliography and notes	28
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 15, 16. Taking possession of the ball	4	explanation accompanied by verbal communication	
Lesson 17, 18, 19. Exercises for practicing dribbling, passing and shooting at the gate; bilateral game	6		

Lesson 20, 21.22. Bilateral game	6		
Lesson 23, 24, 25, 26, 27. Bilateral game	10		
Lesson 28. Colloquy - specific test	2		
BASKETBALL			
Lesson 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.	2	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 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.	2		
Lesson 17. Learning the basket throwing technique preceded by catching the ball from the pass.	2		
Lesson 18. Learning the basket throwing technique preceded by catching the ball in dribbling.	2		
Lesson 19. Learning the technique of jumping.	2		
Lesson 20. Learning the technique of half-distance basket throwing (2-5 meters) and long-distance basket throwing (over 5 meters).	2		
Lesson 21. Learning to throw the basket with the panel.	2		
Lesson 22. Learning to throw in the basket directly with the ring.	2		
Lesson 23. Learning to throw in the basket through special procedures.	2		
Lesson 24. Learning to throw the basket from the jump, preceded by moving and stopping for a while.	2		
Lesson 25. Learning to throw the basket preceded by a change of direction, stopping in two strokes and receiving the pass from the side.	2		
Lesson 26. Learning individual tactics in attack - demarcation.	2		
Lesson 27. Learning to go to the ball as an individual tactic in attack.	2		
Lesson 28. Colloquy - specific test	2		

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 specific samples</i>	<i>SOCCKER</i> I. Running the ball between the posts (5 in number, placed at a distance of 1.5m); Passing the ball and retrieving it by taking it from a teammate (placed at a distance of 7-8 m); Out at the goal with the lace full (the ball must enter the goal - in case of failure, the shot will be restarted. The assessment will be made for the technical execution as well as for the execution time.	40%

		<p>II. Successive hitting with the full face of 5 balls (placed in a line with a distance of 1 m between them) - at a distance of 12 - 13 m from the goal. The distance between the starting line and the line of balls is 5 m, the player having to speed back to this starting line after each shot at the goal. Shot balls must not fall before entering the goal. Both successes and execution time are scored.</p> <p>III. Bilateral game. Technical achievements in playing conditions, positioning in the field, movement without the ball are appreciated.</p>	
		<p>BASKETBALL Control tests specific to the basketball sport branch and participation in student competitions (speed of movement; technical execution; involvement in sports activity). 1. Physical - technical complex on 1/1 land = 72 m; 2. Throws from the free throw line (% of 10 throws); 3. Bilateral game and participation in basketball competitions</p>	
	<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**