



## DISCIPLINE SHEET

### 1. Data about the programme

1.1.	“CAROL DAVILA” UNIVERSITY OF MEDICINE AND PHARMACY
1.2.	FACULTY OF MEDICINE
1.3.	DEPARTMENT 9 - PHYSICAL AND REHABILITATION MEDICINE
1.4.	DISCIPLINE PHYSICAL EDUCATION AND SPORT
1.5.	DOMAIN OF STUDY: HEALTH – Sectorally regulated within the European Union
1.6.	STUDY CYCLE: LICENCE
1.7.	STUDY PROGRAMME: MEDICINE – ENGLISH MODULE

### 2. 2. Data about discipline

2.1.	Name of the discipline in the educational plan: PHYSICAL EDUCATION (MARTIAL ARTS – JUDO, TAEKWONDO)				
2.2.	Discipline code: DC I 10S2M				
2.3.	Discipline type (FD/SD/CD): CD				
2.4.	Discipline regimen (MD/OPD/):DOB				
2.5.	The holder of the course activities				
2.6.	The holder of the seminar activities: Prof. univ. dr. Păunescu Cătălin Constantin; Lector univ. dr. Mircică Maria- Liliana				
2.7. Year of study	I	2.8. Semester	I, II	2.9. Type of evaluation (E/C)	C

### 3. Total estimated time (hours/semester of didactic activity an self preparation/study

<b>I. Academic training (teaching, practical application, assessment)</b>						
3.1. Nr hours/week	1	From which:	3.2. lecture		3.3. seminary/ laboratory	1
3.4. Total hours of educational plan	14	From which:	3.5. lecture		3.6. seminary/ laboratory	14
Evaluation (nr. of hours ) : 2						
<b>II. Self preparation/study</b>						
<b>Time allocation</b>						<b>hours</b>
Study of course materials, textbooks, books, study of the recommended minimal bibliography						2
Additional research in the library, research through the internet						2
Performing specific activities for preparing projects, laboratories, elaborating reviews or other tasks						1
Specific preparation activities for projects, laboratory work, assignments, and reports						1
Tutoring						2
Other activities						14
3.7. Total individual study hours						22
3.9. Total hours per semester (3.4.+ 3.7.)			36			

<b>3.10. Number of credits</b>	2
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#### 4. Preconditions (where applicable)

<b>4.1. of curriculum</b>	-
<b>4.2. of competences</b>	Average mobility of the lower limbs

#### 5. Conditions (where applicable)

<b>5.1. to conduct the lecture</b>	
<b>5.2. to conduct the seminar / laboratory</b>	Rackets, training pads, and mats

#### 6. Learning outcomes

<b>Knowledge</b>	<b>Skills</b>	<b>Responsibility and autonomy</b>
<ul style="list-style-type: none"> <li>• <b>C1.</b> Describes the physiological effects of physical exercise on the body.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>A1.</b> Applies basic physical exercises correctly, specific to university programmes.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>RA1.</b> Demonstrates a responsible attitude towards personal health through regular physical exercise.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>C2.</b> Explains the role of physical activity in the prevention of chronic diseases and the maintenance of health.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>A2.</b> Uses simple methods to self-assess physical fitness.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>RA2.</b> Complies with safety standards and fair-play rules in sports activities.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>C3.</b> Identifies the main types of physical activities and their benefits for physical and mental health.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>A3.</b> Adapts the intensity of physical activity to their own level of fitness.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>RA3.</b> Collaborates effectively in team sports activities.</li> </ul>

#### 7. Course objectives (aligned with the learning outcomes)

<b>7.1. General objective</b>	<ul style="list-style-type: none"> <li>- Development/education of basic and specific motor skills.</li> <li>- Formation of a broad range of motor abilities and competencies.</li> <li>- Development and, in particular, improvement of the capacity and habit of performing physical exercises systematically, correctly, and consciously.</li> </ul>
<b>7.2. Specific objective</b>	<ul style="list-style-type: none"> <li>- Maintaining an optimal state of health for those who engage in physical exercise consciously and systematically, as well as enhancing their work and life potential.</li> <li>- Development of coordination, agility, neuromuscular flexibility, balance, spatio-temporal orientation, and aerobic and anaerobic endurance.</li> <li>- Integrity, perseverance, self-control, loyalty, and an indomitable spirit; fostering good character and a non-violent attitude by learning politeness, obedience, integrity, respect for others, courage, and stress self-regulation.</li> <li>- Reduction of psychological tension and anxiety caused by daily or competition-related stress, thereby avoiding hostility and frustration in life in a beneficial manner.</li> </ul>

## 8. Contents

8.1. Lecture	Teaching methods	Observations	
<b>Recent Bibliography</b>			
8.2. Laboratory/ practical lesson	Teaching methods	Observations	
<b>Semester I</b>	Demonstration and explanation accompanied by verbal instruction		
<i>Lesson 1</i> - Study of ethics, hygiene, and occupational safety regulations; - Introduction to the course (Judo, Taekwondo) and its requirements.			1 h
<i>Lessons 2–5</i> - General principles of training in Judo/Taekwondo; - Etiquette in martial arts halls, attire, protective equipment, general and specific warm-up, self-protection and safety techniques, stances, guard, movement, and contact with the opponent.			4 h
<i>Lessons 6–14</i> - Ukemi (break-falls and rolling fall techniques); - Learning and refining attacking, defensive and counter-attacking techniques with the upper and lower limbs, including simple combinations; - Grips and off-balancing (kumi-kata and kuzushi); - Standing fighting / standing techniques: ashi-waza (leg/foot techniques), koshi-waza (hip techniques), kata-waza (shoulder techniques) and te-waza (hand techniques).			9 h
<b>Semester II</b>	Demonstration and explanation accompanied by verbal instruction		
<i>Lessons 15–18</i> - Refinement of technical actions performed with the lower limbs.			4 h
<i>Lessons 19–21</i> - Osae-komi-waza (immobilisation techniques); - Practice of defensive techniques performed with the upper limbs: arae makki, momtong an makki, olgul makki; - Practice of attacking techniques performed with the upper limbs: jireugi; - Learning of Poomsae Taegeuk II Jang.			3 h
<i>Lesson 22</i> Partial testing – <i>physical tests</i>			1 h
<i>Lessons 23–25</i> - Refinement of attacking and defensive techniques performed with the upper and lower limbs; - Learning of Poomsae Taegeuk II Jang.			3 h
<i>Lessons 26–27</i> - Refinement of attacking and defensive techniques performed with the upper and lower limbs; - Practice of Poomsae Taegeuk II Jang (first form).			2 h
<i>Lesson 28</i> Final testing and assessment			1 h

– <i>specific tests.</i>		
<b>Recent bibliography</b>		
Păunescu, C., C., (2023), Ghid tehnico-metodic de implementare a modulului de taekwondo wt (clasele V-IX), ed. Universitaria		
Mircică, M., L., (2021), Tendințe metodologice privind influențele practicării taekwondo-ului asupra unor caracteristici ale studenților mediciști, ed. Discobolul		
Păunescu, C., (2013), Taekwondo manual - english module, editura Didactică și Pedagogică		
Păunescu, C., (2011), Taekwondo curs de bază, editura Printech		
Păunescu, C., (2011), Judo, îndrumar metodic, editura Printech		
Păunescu C., (2018), Pregătire athletică și tehnico-metodică. editura Discobolul		

## 9. Evaluation

Activity type	9.1. Evaluation criteria	9.2. Evaluation methods	9.3. Percentage in the final grade
9.4. Lecture	-	-	-
9.5. Seminary/ practical activity	<i>Partial testing</i> – physical tests	- Abdominal muscle test – number of repetitions in 30 seconds.  - Upper body muscle test: push-ups – boys; inclined-plane push-ups – girls.  - Complex jump – 4-count – number of repetitions in 30 seconds.	20%
	<i>Final testing and assessment</i> – specific tests	- Execution of five technical actions at an intermediate level, both on the left and right sides. - Kata/Poomsae – Taegeuk Il Jang.	20%
	Class attendance	To be eligible for a grade, the student must attend at least 20 lessons per year	60%
9.5.1. Individual project (if applicable)	- Active participation, with a minimum attendance of 80%, in training sessions organised for the university's representative team.		100%
	- Participation in at least 80% of chess classes is mandatory for students who follow this recommendation, based on a medical certificate issued by an accredited medical institution.		100%
<b>9.6. Minimum performance standard</b>			
To pass the course, the student must have attended at least 20 lessons per year and successfully complete the physical and technical assessments.			

Date of completion :

Signature of the course holder

Signature of the laboratory holder

Date of approval by the Department Council:

Signature of the Department Director