



## DISCIPLINE SHEET

### 1. Program Data

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| 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. | FIELD OF STUDY: HEALTH - SECTORALLY REGULATED IN THE EU. |
| 1.6. | CYCLE OF STUDIES: BACHELOR'S DEGREE                      |
| 1.7. | STUDY PROGRAM: MEDICINE                                  |

### 2. Discipline Data

|                    |  |               |      |                               |   |
|--------------------|--|---------------|------|-------------------------------|---|
| 2.1.               | Name of the subject in the curriculum: Physical Education and Sport (BASKETBALL)   |               |      |                               |   |
| 2.2.               | Codul disciplinei: DC I 10 S2M   |               |      |                               |   |
| 2.3.               | Tipul disciplinei (DF/DS/DC): DC   |               |      |                               |   |
| 2.4.               | Discipline regime (DOB/DOP/DFA): DOB   |               |      |                               |   |
| 2.5.               | The holder of the course activities:   |               |      |                               |   |
| 2.6.               | Lecturer of the seminar activities: Carmen Rachita, Lecturer Univ. Dr.<br>Adrian Gheorghe Petreanu, Assistant. Univ. Dr. |               |      |                               |   |
| 2.7. Year of study | 1  | 2.8. Semester | I-II | 2.9. Type of assessment (E/C) | C |

### 3. Total estimated time (hours/semester of teaching activity and individual preparation/study)

| I. University training (teaching, practical application, assessment)   |          |           |             |                            |       |
|--|----------|-----------|-------------|----------------------------|-------|
| 3.1. Number of hours per week  | 1/week   | of which: | 3.2. Course | 3.3. Seminars/Laboratories | 1     |
| 3.4. Total hours in the curriculum   | 14 hours | of which: | 3.5. Course | 3.6. Seminars/Laboratories | 14    |
| Evaluation (n. hours) : 2 hours  |          |           |             |                            |       |
| II. Individual training/study  |          |           |             |                            |       |
| Time Pool Distribution   |          |           |             |                            | hours |
| Study of course materials, textbooks, books, study of the recommended minimum bibliography                       |          |           |             |                            | 2     |
| Additional documentation in the library, documentation via the Internet  |          |           |             |                            | 2     |
| Carrying out specific activities of preparation for the project, laboratory, preparation of assignments, reports |          |           |             |                            | 1     |
| Preparation for presentations or verifications, preparation for final examination                                |          |           |             |                            | 1     |
| Tutoring   |          |           |             |                            | 2     |
| Other activities   |          |           |             |                            | 14    |
| 3.7. Total hours of individual study   |          |           |             |                            | 22    |
| 3.9. Total hours per semester (3.4.+ 3.7.)   |          |           | 36          |                            |       |
| 3.10. Number of credits  |          |           | 2*          |                            |       |

#### 4. Preconditions (where applicable)

|                         |  |
|-------------------------|--|
| <b>4.1. Curriculum</b>  |  |
| <b>4.2. Competences</b> |  |

#### 5. Conditions (where applicable)

|   |   |
|---|---|
| <b>5.1. Course Planning</b>                     |   |
| <b>5.2. Conducting the seminar / laboratory</b> | Sports Games Room - Faculty of Medicine |

#### 6. Learning Outcomes\*

| <b>Knowledge</b>   | <b>Skills</b>  | <b>Responsibility and autonomy</b>   |
|--|--|--|
| - Assimilation of the fundamental notions regarding the rules of the game, the competitive structure and the organizational principles of basketball. - Understanding the biomechanical and physiological mechanisms involved in the specific movements of the game (running, jumping, throwing, dribbling, pivoting).       | - Development of general motor skills: coordination, reaction speed, endurance, strength and mobility. - Correct acquisition of fundamental technical procedures: passing, catching, dribbling, throwing to the basket, moving with and without the ball.  | - Autonomous application of knowledge and skills acquired during practical activities and self-training.- Observance of rules, colleagues and principles of safety and health.- Self-evaluation of performance and adaptation of motor behaviors to the proposed objectives. |
| - Knowledge of basic technique and tactics (individual and collective defense, positional attack, counterattack).- Principles of injury prevention and physical effort hygiene in medical students.- The link between sports activity, physical health and mental balance, in the context of comprehensive medical training. | - Formation of tactical skills: team integration, application of simple attack and defense strategies, adaptation to game situations.- Practicing strategic thinking and the ability to make quick decisions.- Development of social skills: communication, collaboration, fair play, management of conflicts and emotions in competition. | - Promoting the importance of sports and physical education in the training of the future doctor, as a model of health and balance for patients. - Manifesting initiative and team spirit by assuming active roles in the conduct of games and training.                     |

#### 7. Objectives of the discipline (correlated with learning outcomes)

|                                 |  |
|---------------------------------|--|
| <b>7.1. General objective</b>   | To form a solid base of knowledge, skills and attitudes through basketball, contributing to the physical, mental and social development of medical students and to the cultivation of a healthy lifestyle, necessary for the future professional in the medical field. |
| <b>7.2. Specific objectives</b> | - Acquiring the fundamental rules and principles of the game of basketball.- Developing basic motor skills (strength, endurance, speed,  |

|  |   |
|--|---|
|  | <p>coordination, mobility).</p> <p>- Acquiring basic technical-tactical skills (passing, dribbling, shooting at the basket, defending and attacking).- Stimulating team spirit, communication and respect for rules and fair play.- Forming responsibility and autonomy in practicing sports activities, with a focus on injury prevention and maintaining health.- Developing the ability to self-evaluate and adapt to the demands of the game and to one's own health and performance goals.</p> |
|--|---|

## 8. Contents

| 8.1. Course  | Method de predare  | Observations  |
|--|--|---|
| -  | -  | -   |
| <b>Recent bibliography:</b>  |  |   |
| 8.2. Laboratory/practical work   | Method de predare  | Observations  |
| <b>8.2.1. Practical Paper YEAR I (Semester I)</b>  | <p>The teaching methods during the practical basketball lessons for the topics presented are as follows:</p> <p>Verbal methods: explanation; description; Call;</p> <p>Nonverbal methods: demonstration, observation, observation of the execution of other subjects, iconographic materials.</p> <p>Practical method: grouped, separate, analytical practice.</p> | <p>The lessons allocated to the first semester emphasize learning basic techniques in the game of basketball.</p> |
| <b>LP 1</b> - Learning the ballless technique of the game of basketball - the fundamental position.  |  |   |
| <b>LP 2</b> - Learning the technique of moving movements on the basketball court.  |  |   |
| <b>LP 3</b> - Learning specific exercises on the technique of changes of direction in the game of basketball.  |  |   |
| <b>LP 4</b> - Learning the ballless technique of the game of basketball - pirouette.   |  |   |
| <b>LP 5</b> – Learning the jumps specific to the game of basketball in individual actions.   |  |   |
| <b>LP 6</b> - Learning to play footwork and arm work specific to defense in 5x5 basketball.  |  |   |
| <b>LP 7</b> - Learning the ball technique of the game of basketball. Holding, catching and passing the ball.   |  |   |
| <b>LP 8</b> - Learning the dribbling technique specific to the game of basketball.   |  |   |
| <b>LP 9</b> – Learning the dribbling stops in one go, specific to individual actions.  |  |   |
| <b>LP 10</b> – Learning two-step dribbling stops, specific to individual actions.  |  |   |
| <b>LP 11</b> – Learning the technique of pivots in the game of basketball.   |  |   |
| <b>LP 12</b> – Learning the technique of throwing at the basket at a 45-degree angle, with emphasis on performing the last two steps and taking the correct detachment on the kick leg with raising the opposite knee at a 90-degree angle and bringing the arm correctly to the basket. |  |   |
| <b>LP 13</b> – Learning the technique of throwing to the basket at a 45-degree angle, with emphasis on correctly closing the throw from the hand joint.  |  |   |

|   |  |   |
|---|--|---|
| LP 14 – Learning the technique of free throws to the basket, perpendicular to the basketball board.   |  |   |
| <b>8.2.2. Practical Paper YEAR I (Semester II)</b>  |  |   |
| LP 15 - Learning the basket throwing technique from running, at a 45-degree angle with an emphasis on the correct completion of the throw, with the extension of the throwing arm from the elbow joint. | <p>The teaching methods during the practical basketball lessons for the topics presented are as follows:</p> <p>Verbal methods: explanation; description; Call;</p> <p>Nonverbal methods: demonstration, observation, observation of the execution of other subjects, iconographic materials.</p> <p>Practical method: grouped, separate, analytical practice.</p> | <p>The lessons allocated to the second semester emphasize learning new basic techniques from the game of basketball and repeating specific exercises of the technique learned in the previous semester.</p> |
| LP 16 - Learning the technique of throwing to the basket from running, with emphasis on the correct execution of the last two steps of the throw before the actual throw to the basket.                 |  |   |
| LP 17 - Learning the technique of throwing to the basket preceded by catching the ball from the pass.   |  |   |
| LP 18 - Learning the technique of throwing to the basket preceded by catching the ball from dribbling.  |  |   |
| LP 19 - Learning the technique of throwing to the basket from jumping.  |  |   |
| LP 20 - Learning the technique of throwing to the basket from a distance (2-5 meters) and throwing to the basket from a distance (over 5 meters).   |  |   |
| LP 21 - Learning to throw in the basket with the panel.   |  |   |
| LP 22- Partial testing – <i>physical tests</i>  |  |   |
| LP 23- Learning to throw to the basket directly with the ring.  |  |   |
| LP 24 - Learning to throw in the basket through special procedures.   |  |   |
| LP 25 - Learning to throw to the basket from jumping, preceded by moving and stopping in time.  |  |   |
| LP 26 - Learning to shoot the basket preceded by changing direction, stopping in two halves and receiving the pass from the side.   |  |   |
| LP 27 - Learning individual tactics in attack - demarcation.  |  |   |
| LP 28 - Final testing and assessment – <i>specific tests</i>  |  |   |

## 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/<br>practical activity | <i>Partial testing</i><br>– physical tests | - Abdominal muscle test – number of repetitions in 30 seconds.<br><br>- Upper body muscle test: push-ups – boys; inclined-plane push-ups – girls. | 20%                                |

|   |  |   |      |
|---|--|---|------|
|   |  | - Complex jump – 4-count – number of repetitions in 30 seconds.   |      |
|   | <i>Final testing and assessment</i><br>– specific tests  | - Physical-technical complex on 1/1 field = 72 m<br>- Throws from the free throw line (100% of 10 throws)<br>- Bilateral play and participation in basketball competitions. | 20%  |
|   | Class attendance   | To be eligible for a grade, the student must attend at least 20 lessons per year  | 60%  |
| <b>9.5.1. Individual project</b><br>(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. |  |   |      |

**Completion date:**

**Signature of the course holder**

**Signature of the laboratory holder**

**Date of approval in the Department Council:**

**Signature of the department director**