



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 Medicine and Rehabilitation
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 AND SPORT (GYMNASTICS)				
2.2.	Discipline code: DC I 10 S2M				
2.3.	Discipline type (FD/SD/CD): CD				
2.4.	Discipline regimen (MD/OPD/):				
2.5.	The holder of the course activities -				
2.6.	The holder of the seminar activities : PETREANU MANUELA (PhD) – Assistant Professor Geambasu Diana (PhD) – Assistant Professor				
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

I. Academic training (teaching, practical application, assessment)						
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						
II. Self preparation/study						
Time allocation						hours
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			

3.10. Number of credits	2
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4. Preconditions (where applicable)

4.1. of curriculum	
4.2. of competences	

5. Conditions (where applicable)

5.1. to conduct the lecture	-
5.2. to conduct the seminar / laboratory	Gym, audio / video sound system, specific sports teaching materials - mattresses, steppers, gymnastics objects, gym benches, pilates balls, etc

6. Learning outcomes

Knowledge	Skills	Responsibility and autonomy
<p>At the end of the practical lessons, the student must know:</p> <p>C 1 the physiological effects of physical exercise on the body; the fundamental principles of movement and correct execution</p> <p>C2. the importance of practicing gymnastics - the effects and role of gymnastics in maintaining health and preventing diseases; notions of hygiene related to physical effort;</p> <p>C3. General knowledge of the branches of gymnastics;</p>	<p>At the end of the practical lessons the student will be able to:</p> <p>A1 correctly apply basic physical exercises specific to the curriculum; Acquire motor skills specific to basic gymnastics, aerobic gymnastics, rhythmic gymnastics and dance: specific steps and specific elements;</p> <p>Coordinate movements within a simple choreographic structure; develop motor skills;</p> <p>A3. use simple methods of self-assessment of physical condition;</p> <p>A4. adapt the intensity of physical activity to one's own level of training</p>	<p>At the end of the practical lessons the student will be able to:</p> <p>AR1. demonstrate a responsible attitude towards their own health by constantly practicing physical exercise;</p> <p>RA2. respect the norms and principles of safety and health, the rules of fair play in sports activities;</p> <p>RA3. participate actively and efficiently in the team in group exercises, demonstrating a spirit of collaboration, respect and responsibility towards colleagues and the activity;</p> <p>RA4. To correctly and autonomously apply knowledge and skills acquired in practical lessons and other specific gymnastics activities, adapting them to one's own level of training and individual needs.</p> <p>RA5. To promote the importance of physical activities in the training of future doctors, as a model of health and balance for patients;</p>

7. Course objectives (aligned with the learning outcomes)

7.1. General objective	The development of motor skills, of an optimal physical condition, as well as of certain skills and abilities specific to gymnastics, in order to maintain health, psycho-physical balance and preparation for professional effort specific to the medical field. Attracting and stimulating interest in the systematic and independent practice of physical activities for comforting purposes
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7.2. Specific objective	<ul style="list-style-type: none"> - Development of general and specific motor skills for gymnastics; -Acquisition of motor skills and abilities specific to aerobic, rhythmic gymnastics and dance; -Acquisition of general knowledge regarding the rules for conducting aerobic gymnastics competitions, notions from the technical rules, acquisition of terminology specific to aerobic gymnastics, notions related to judging in competitive aerobic gymnastics; - Knowledge of several forms of practicing aerobic gymnastics; -Educating the artistic side and musical sense through the use of musical accompaniment, developing imagination, creativity in specific movements through teamwork; -Acquiring basic knowledge about the physiology of physical effort and its benefits in preventive medicine - understanding the relationship between movement and health; -Educating moral-volitional, intellectual qualities and traits, the desire for self-improvement in specific conditions of competitiveness and social responsibility.
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8. Contents

8.1. Lecture	Teaching methods	Observations
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Recent Bibliography		
8.2. Laboratory/ practical lesson	Teaching methods	Observations
First Year, Semester I		
LP 1. Organizational lesson; harmonious physical development		1h
LP 2. Aerobics – learning specific aerobic steps and elements of basic gymnastics		1h
LP 3. Aerobics – learning aerobic steps and dance; Skill – developing coordination skills;		1h
LP 4. Aerobics – learning specific aerobic and dance steps; elements of aerobic gymnastics		1h
LP 5. Aerobics – learning specific aerobic and dance steps; strength – developing general strength		1h
LP 6. Aerobics – repeating specific aerobic and dance step sequences; strength – developing abdominal muscles	Verbal methods: exposition – explanation; conversation; Intuitive methods: demonstration; use of iconographic and video materials, observation of the performance of other subjects Practical method: practice, individual and group/team study	1h
LP 7. Aerobic step – learning specific steps; strength – developing lower body muscles		1h
LP 8. Aerobic step – learning specific steps; strength – developing upper body muscles		1h
LP 9. Aerobic step – learning specific steps; strength – developing back muscles		1h
LP 10. Aerobic step - learning specific steps; strength - developing general strength		1h

LP 11. Aerobic step – specific step sequences; Supple – development of joint mobility and muscle elasticity;	Verbal methods: exposition – explanation; conversation; Intuitive methods: demonstration; use of iconographic and video materials, observation of the performance of other subjects Practical method: practice, individual and group/team study	1h
LP 12. Supple – development of joint mobility and muscle elasticity; learning difficult aerobic gymnastics elements		1h
LP 13. Supple – development of joint mobility and muscle elasticity; learning aerobic gymnastics elements		1h
LP 14. Supple – development of joint mobility and muscle elasticity; learning aerobic gymnastics elements		1h
Semester II		
LP 15. Aerobic dance - learning dance steps; difficulty elements; group exercise; strength - developing abdominal muscles	Verbal methods: exposition – explanation; conversation; Intuitive methods: demonstration; use of iconographic and video materials, observation of the performance of other subjects Practical method: practice, individual and group/team study	1h
2. LP 16. Aerobic dance - learning dance steps; difficulty elements; group exercise; strength - developing lower body muscles		1h
LP 17. Aerobic dance - learning dance steps; group exercise; strength - developing upper body muscles		1h
LP 18. Aerobic dance - learning dance steps; group exercise; strength - developing back muscles		
LP 19. Aerobic dance - learning specific aerobic steps and dance; coordination - spatio-temporal orientation		1h
LP 20. Aerobic dance - learning specific aerobic steps and dance; group exercise; coordination - spatio-temporal orientation		1h
LP 21. Aerobic dance - learning specific aerobic steps and dance; group exercise evaluation – specific test		1h
LP 22. Program with gymnastic objects - initiation in object handling; resistance		1h
LP 22. - Partial testing – <i>physical tests</i>		1h
LP 23 - 26. Program with gymnastic objects – initiation into object handling; resistance		2h
LP 28. Final testing and assessment – <i>specific tests</i>		1h
Recent bibliography House, Isacowitz R., Clippinger K. (2017), Anatomia Pilates, Editura Lifestyle Publishing Macovei S., Butu I.M., (2018), Object handling technique in rhythmic gymnastics training, Craiova University Press Niculescu Georgeta (2008), Aerobic gymnastics - in-depth, "Romania de maine" Foundation Publishing House, Bucharest Petrea A., (2016), Basic gymnastics - practical-methodical guide, "Stefan cel Mare" University Publishing House, Suceava		

Petreanu Manuela (2007), Aerobic gymnastics in non-professional higher education, Printech Publishing House, Bucharest
 Petreanu Manuela (2014), Basic Course - Aerobic Gymnastics, Bren Publishing House, Bucharest
 Petreanu Manuela (2014), Aerobic gymnastics – practical workbook, Bren Publishing House, Bucharest
 Rodriguez J. (2007), Metoda Pilates – J.H. Pilates, Editura Teora, Bucharest
 Reid A., (2017), The science of stretching, The Crowood Press Ltd

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	Performing a group gymnastics routine with certain specific requirements	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%
9.6. Minimum performance standard			
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