



## 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 PROGRAME: MEDICINE – ENGLISH MODULE

### 2. 2. Data about discipline

2.1.	Name of the discipline in the educational plan: PHYSICAL EDUCATION (HANDBALL)				
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. Pițigoi Gabriel, Conf. univ. dr. Petrescu Oana, Asist. univ. dr. Bușe Paul				
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			
3.10. Number of credits			2			

#### 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	Handball goals, handball court, handball balls, cones, whistle.

#### 6. Learning outcomes

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

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

7.1. General objective	<ul style="list-style-type: none"> <li>- Development/education of basic and specific motor skills.</li> <li>- Formation of a wide system of motor abilities and competences.</li> <li>- Development and even improvement of the capacity, and especially the habit, of practising physical exercises systematically, correctly, and consciously.</li> </ul>
7.2. Specific objective	<ul style="list-style-type: none"> <li>- Maintaining an optimal state of health for those who consciously and systematically practise physical exercise, as well as enhancing their work and life potential.</li> <li>- Effective contribution to the development of intellectual, aesthetic, moral, and civic traits and qualities.</li> <li>- May contribute to enriching knowledge about one's own reactions in extreme situations and to correcting them under favourable conditions.</li> </ul>

#### 8. Contents

8.1. Lecture	Teaching methods	Observations
<b>Recent Bibliography</b>		
8.2. Laboratory/ practical lesson	Teaching methods	Observations
Semester I <i>Lesson 1</i>		1 h

- Study of safety, hygiene, and occupational health regulations. - Introduction to the Handball course and its requirements.		
<i>Lessons 2</i> - Learning the fundamental position for attack and defence; ball familiarisation and movement exercises.	Demonstration and explanation accompanied by verbal instruction	1 h
<i>Lessons 3</i> - Movement on the court for attacking play; simple ball-passing exercises.		1 h
<i>Lessons 4</i> - Movement on the court for defensive play; simple ball-passing exercises.		1 h
<i>Lessons 5-9</i> - Ball-passing exercises.		5 h
<i>Lessons 10</i> - Exercises for learning shooting at goal.		3 h
<i>Lesson 11</i> - Exercises for passing the ball during successive breakthroughs; competitive exercises.		1 h
<i>Lesson 11</i> - Exercises for passing the ball during successive breakthroughs; bilateral game		1 h
<i>Lesson 11</i> - Exercises for engaging players at the semicircle; bilateral game.		1 h
<i>Lesson 11</i> - Bilateral game.		1 h
<b>Semester II</b>		
<i>Lessons 15</i> - Bilateral game.	Demonstration and explanation accompanied by verbal instruction	1 h
<i>Lessons 16</i> - Exercises for practising dribbling, passing, and shooting at goal; bilateral game.		1 h
<i>Lessons 17-19</i> - Bilateral game		3 h
<i>Lessons 20</i> Exercises for learning and improving the counterattack		1 h
<i>Lessons 21</i> Exercises for learning and improving the counterattack; bilateral game		1 h
<i>Lesson 22</i> - Partial testing – <i>physical tests</i>		1 h
<i>Lesson 23</i> - Exercises for learning defensive play; bilateral game.		1 h
<i>Lesson 24-25</i> - Exercises for learning defensive play; bilateral game.		2 h
<i>Lessons 26-27</i> - Bilateral game		2 h
<i>Lesson 28</i> - Final testing and assessment – <i>specific tests</i> .		1 h

<b>Recent bibliography</b> PIȚIGOI, G., PETRESCU, O., (2018), Handbal – caiet de lucrări practice, ed. Discobolul COLIBABA, D., BOTA, I., (1998), Jocuri sportive. Teorie și metodică, Ed. Aldin DRĂGĂNESCU, ELENA, (2005), Antrenamentul și jocul portarului de handbal, Ed. Bren, București PIȚIGOI, G., (2015), Handbal curs de bază, ediția a-II-a, editura Printech, București PIȚIGOI, G., (2013), Handball manual – english module, editura Didactică și Pedagogică PIȚIGOI, G., (2013), Handbal caiet de lucrări practice, editura Didactică și Pedagogică	

## 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	The evaluation of technical tests is based on self-improvement, as follows: - Dribbling through 5 cones placed 3 metres apart along the length of the court, followed by a shot at goal (technique of choice), 30 metres. - Bilateral game.	20%
	Class attendance		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. - 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%
			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