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 (SWIMMING)				
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: Conf. univ. dr. Petrescu Silviu, Asist. Univ. dr. Sima Diana				
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					

4. Preconditions (where applicable)

4.1. of curriculum	-
4.2. of competences	Intermediate – Advanced level (minimum one swimming stroke).

5. Conditions (where applicable)

5.1. to conduct the lecture	
5.2. to conduct the seminar / laboratory	Swimming pool, kickboard with handles, foam swimming belt, foam swimming rod, standard kickboard, hand paddles, swim fins, stopwatch, whistle.

6. Learning outcomes

Knowledge	Skills	Responsibility and autonomy
• **C1.** Describes the physiological effects of physical exercise on the body.	• **A1.** Applies basic physical exercises correctly, specific to university programmes.	• **RA1.** Demonstrates a responsible attitude towards personal health through regular physical exercise.
• **C2.** Explains the role of physical activity in the prevention of chronic diseases and the maintenance of health.	• **A2.** Uses simple methods to self-assess physical fitness.	• **RA2.** Complies with safety standards and fair-play rules in sports activities.
• **C3.** Identifies the main types of physical activities and their benefits for physical and mental health.	• **A3.** Adapts the intensity of physical activity to their own level of fitness.	• **RA3.** Collaborates effectively in team sports activities.

7. Course objectives (aligned with the learning outcomes)

7.1. General objective	- Development/education of basic and specific motor skills. - Formation of a wide system of motor abilities and competences. - Development and even improvement of the capacity, and especially the habit, of practising physical exercises systematically, correctly, and consciously.
7.2. Specific objective	- Maintaining an optimal state of health for those who practise swimming consciously and systematically, as well as enhancing their work and life potential. - Prevention of various conditions through the use of swimming exercises. - Effective contribution to the development of intellectual, aesthetic, moral, and civic traits and qualities. - Improves coordination, enhances immunity, supports proper cardio-respiratory function, and positively influences sleep quality.

8. Contents

8.1. Lecture	**Teaching methods**	**Observations**
Recent Bibliography		
8.2. Laboratory/ practical lesson	**Teaching methods**	**Observations**

Semester I *Lesson 1* - Study of safety regulations and occupational health; - Introduction to the Swimming course and its requirements.	Demonstration and explanation accompanied by verbal instruction	1 h
Lessons 2 - Familiarisation with water; learning aquatic breathing.		1 h
Lessons 3 - Practice of aquatic breathing; floating and gliding on water.		1 h
Lessons 4 - Acclimatisation to the aquatic environment; balance and breathing in water; learning leg movements and coordination with breathing; practising the floating position with emphasis on head position.		1 h
Lessons 5-7 - Exercises for learning the CRAWL technique.		1 h
Lessons 8 - Practice of the CRAWL technique.		1 h
Lesson 9 - Practice of the CRAWL technique; familiarisation with water entry.		1 h
Lesson 10-14 - Exercises for improving the CRAWL technique; familiarisation with water entry from standing, poolside, and starting block.		5 h
Semester II *Lessons 15* - Exercises for consolidating the CRAWL technique; practice of starts from outside the water, from above, and from the starting block in different positions.	Demonstration and explanation accompanied by verbal instruction	1 h
Lessons 16 - Exercises for consolidating the CRAWL technique; practice of starts from outside the water, from above, and from the starting block in different positions.		1 h
Lessons 17 - Practice of turns in the CRAWL technique; exercises for learning the BACKSTROKE technique.		1 h
Lessons 18 - Exercises for consolidating the CRAWL technique; exercises for learning the BACKSTROKE technique		1 h
Lessons 19 - Consolidation of the CRAWL technique; practice of the BACKSTROKE technique.		1 h
Lessons 20 Practice of the BACKSTROKE technique; practice of starts for the BACKSTROKE		1 h
Lessons 21 Practice of the BACKSTROKE technique; practice of starts for the BACKSTROKE; practice of turns in the BACKSTROKE.		1 h

Lesson 22 - Partial testing – *physical tests*		1 h
Lesson 23 - Consolidation of the CRAWL technique; exercises for improving the BACKSTROKE technique.		1 h
Lesson 24 - Consolidation of the CRAWL technique; exercises for improving the BACKSTROKE technique.		1 h
Lessons 25 - Assessment of the ability to swim CRAWL and BACKSTROKE over 50 m distances.		1 h
Lessons 26-27 Exercises for consolidating the CRAWL and BACKSTROKE techniques with starts from the starting block; competition-style exercises.		2 h
Lesson 28 - Final testing and assessment – *specific tests.*		1 h

Recent bibliography

Marinescu, Gh, Bălan, V. (2008). MDS. Natație și Nautice. Editura Discobolul
Marinescu, Gh., (2002), Natatie, tempo si ritm, Ed. Dareco
Petrescu, S., (2015). Înot curs de bază, Editura Didactică și Pedagogică
Petrescu, S., (2016), Înot – Caiet de lucrări practice anii I și II, pentru studenții din UMF "Carol Davila"
Sima, D., (2011), Înotul – în lecția de educație fizică a studenților din U.M.F. "Carol Davila", editura Universității de Medicină și Farmacie Carol Davila

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	*Partial testing* – 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%
	Final testing and assessment – specific tests	- Evaluation of technical tests is based on self-improvement, as follows: - Initial test: 50 m timed swim using the preferred technique. - Final test: 50 m timed swim using the learned technique. - Assessment of execution correctness: swimming over a distance of 10–15 m	20%

		without speed requirements; both technique and quality will be evaluated. - Start and return from the start, followed by swimming at moderate tempo using the basic technique.	
	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%
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**