



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 (FOOTBALL)				
2.2.	Discipline code: DC II 11S4M				
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: Lect. Univ. dr. Elisabeta Nicolae				
2.7. Year of study	II	2.8. Semester	III, IV	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	-

5. Conditions (where applicable)

5.1. to conduct the lecture	
5.2. to conduct the seminar / laboratory	Football pitch, goals, balls, sports equipment, auxiliary materials.

6. Learning outcomes

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

7. Course objectives (aligned with the learning outcomes)

7.1. General objective	By the end of the year, the student must have general knowledge of football techniques and tactics
7.2. Specific objective	The student must acquire skills useful in everyday life and be able to use the game for leisure activities.

8. Contents

8.1. Lecture	Teaching methods	Observations
Recent Bibliography		
8.2. Laboratory/ practical lesson	Teaching methods	Observations
Semester III <i>Lesson 29</i> - Relay exercises	Demonstration and explanation accompanied by verbal instruction	1 h
<i>Lessons 30</i> - Exercises for organising the attack.		1 h
<i>Lessons 31-35</i> - Exercises for improving the counterattack; bilateral game.		5 h
<i>Lessons 36-37</i> - Set-piece situations; bilateral game		2 h

Lessons 38–42 - Bilateral game.		5 h
Semester IV Lessons 43 - Feinting movements; bilateral game.	Demonstration and explanation accompanied by verbal instruction	1 h
Lessons 44 - Bilateral game (improving positioning and movement on the pitch for attack and defence, with emphasis on speed of movement).		1 h
Lessons 45 - Bilateral game (with emphasis on performing multiple dribbles at maximum speed on the counterattack).		1 h
Lesson 46 - Bilateral game (with emphasis on dispossessing the opponent)		1 h
Lesson 47 - Bilateral game (with emphasis on ball control and shielding).		1 h
Lesson 48-49 - Football game.		2 h
Lesson 50 - Partial testing – <i>physical tests</i>		1 h
Lessons 51-55 - Football game.		5 h
Lesson 56 - Final testing and assessment – <i>specific tests</i> .		1 h
Recent bibliography COLIBABA, D., BOTA, I., (1998), Jocuri sportive. Teorie și metodică, Ed. Aldin ELISABETA, NICOLAE, (2012), Fotbal curs de bază, editura Printech CIOLCĂ, SORIN, (2008), Fotbal. Fundamente teoretice și metodice, editura ANEFS		

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	I. Dribbling the ball while running through cones (5 cones placed 1.5 m apart); passing the ball and receiving it back from a teammate (positioned at a distance of 7–	

		<p>8 m); shooting at goal with the instep (the ball must enter the goal – in case of failure, the shot will be repeated). Evaluation will be based on both technical execution and execution time.</p> <p>II. Successive instep shots of 5 balls (placed in a line, 1 m apart) from a distance of 12–13 m from the goal. The distance between the starting line and the line of the balls is 5 m, with the player required to return quickly to the starting line after each shot on goal. The balls must not fall short of the goal before crossing the line. Both successful attempts and execution time will be scored.</p> <p>III. Bilateral game. Evaluation will consider technical achievements under game conditions, positioning on the pitch, and movement off the ball.</p>	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