



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 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: Prof. univ. dr. Pițigoi Gabriel, Conf. univ. dr. Petrescu Oana, Asist. univ. dr. Bușe Paul				
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	Handball goals, handball court, handball balls, cones, whistle.

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	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - Maintaining an optimal state of health for those who consciously and systematically practise physical exercise, as well as enhancing their work and life potential. - Effective contribution to the development of intellectual, aesthetic, moral, and civic traits and qualities. - May contribute to enriching knowledge about one's own reactions in extreme situations and to correcting them under favourable conditions.

8. Contents

8.1. Lecture	Teaching methods	Observations
Recent Bibliography		
8.2. Laboratory/ practical lesson	Teaching methods	Observations
Semester III <i>Lesson 29</i> - Competition-style exercises.		1 h

<i>Lessons 30</i> - Exercises for organising the attack.	Demonstration and explanation accompanied by verbal instruction	1 h
<i>Lessons 31-32</i> - Exercises for shooting at goal from the semicircle; bilateral game.		2 h
<i>Lessons 33</i> - Exercises for shooting at goal from distance; bilateral game.		1 h
<i>Lessons 34-35</i> - Exercises for shooting at goal from distance; bilateral game.		2 h
<i>Lessons 36-37</i> - Exercises for improving sustained counterattacks; bilateral game.		2 h
<i>Lesson 38-39</i> - Exercises for improving blocking; bilateral game.		2 h
<i>Lesson 40</i> - Exercises for improving blocking and movement from the block; bilateral game.		1 h
<i>Lesson 41</i> - Bilateral game.		1 h
<i>Lesson 42</i> - Bilateral game.		1 h
Semester III		Demonstration and explanation accompanied by verbal instruction
<i>Lessons 43</i> - Exercises for learning defensive play in handball; bilateral game.	1 h	
<i>Lessons 44</i> - Bilateral game (improving movement patterns on the court for attack and defence, with emphasis on execution speed).	1 h	
<i>Lessons 45</i> - Bilateral game (with emphasis on performing multiple dribbles at maximum speed during the counterattack).	1 h	
<i>Lessons 46</i> - Bilateral game (improving marking, with emphasis on performing it during retreat).	1 h	
<i>Lessons 47</i> - Bilateral game (with emphasis on off-ball movement relative to opponents).	1 h	
<i>Lessons 48-49</i> - Handball game	2 h	
<i>Lesson 50</i> - Partial testing – <i>physical tests</i>	1 h	
<i>Lesson 51-55</i> - Handball game.	2 h	
<i>Lesson 56</i> - Final testing and assessment – <i>specific tests</i> .	1 h	
Recent bibliography 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%
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