



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: Conf. univ. dr. Petrescu Silviu, Asist. Univ. dr. Sima Diana				
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	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
<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 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 III	Demonstration and explanation accompanied by verbal instruction	
<i>Lesson 29</i> - Various exercises using both front crawl and backstroke.		1 h
<i>Lessons 30</i> - Consolidation exercises for front crawl and backstroke; practice with starting blocks; practice of turns in front crawl and backstroke.		1 h
<i>Lessons 31</i> - Consolidation exercises for front crawl and backstroke; practice with starting blocks; practice of turns in front crawl and backstroke.		1 h
<i>Lessons 32</i> - Exercises for learning the breaststroke technique.		1 h
<i>Lessons 33</i> Exercises for learning breaststroke; various drills and competitions using front crawl and backstroke		1 h
<i>Lessons 34</i> Exercises for learning breaststroke.		1 h
<i>Lessons 35</i> Practice of breaststroke		1 h
<i>Lessons 36</i> Practice of breaststroke; practice of the breaststroke start.		1 h
<i>Lessons 37</i> Practice of breaststroke and block start; consolidation drills for front crawl and backstroke		1 h
<i>Lessons 38-39</i> Breaststroke improvement exercises; practice of the breaststroke start; learning the breaststroke turn.		2 h
<i>Lessons 40-42</i> - Various drills for practising front crawl and backstroke; consolidation of breaststroke technique.		3 h
Semester IV		Demonstration and explanation accompanied by verbal instruction
<i>Lessons 43-44</i> - Exercises for learning the butterfly stroke (optional); practice of front crawl, backstroke and breaststroke.	2 h	
<i>Lessons 45-46</i> - Practice of front crawl, backstroke and breaststroke; practice of the butterfly stroke (optional).	2 h	
<i>Lessons 47</i> - Practice of front crawl, backstroke and breaststroke; improvement exercises for the butterfly stroke (optional).	1 h	
<i>Lesson 48-50</i> - Various drills for consolidating front crawl, backstroke and breaststroke; improvement exercises for the	2 h	

butterfly stroke (optional); practice of the butterfly start (optional).		
<i>Lesson 51</i> - Partial testing – <i>physical tests</i>		1 h
<i>Lesson 52</i> - Various drills for consolidating front crawl, backstroke and breaststroke; practice of turns for the butterfly stroke (optional).		1 h
<i>Lessons 53-55</i> - Different relay exercises for consolidating front crawl, backstroke and breaststroke; various drills for improving the butterfly stroke (optional).		2 h
<i>Lesson 56</i> - Final testing and assessment – <i>specific tests</i> .		1 h
<p>Recent bibliography Marinescu, Gh, Bălan, V. (2008). MDS. Natație și Nautice. Editura Discobolul Marinescu, Gh., (2002), Natație, tempo și 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</p>		

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	Initial Test 50 m time trial in the stroke learned (and improved) during Year I. Final Test 50 m time trial in the stroke refined in the previous year or learned during Year II. Compared to the initial result, the final measurement will determine the level of progress and correction of technical errors. Technical Accuracy Test Swimming over a distance of 10–15 m, without speed requirements. Focus will be	20%

		on technical correctness, which will also be graded. Start and Turn Test Performing a start in the basic stroke and returning to the starting point in another stroke, using a simple turn. The entire exercise is carried out at a moderate pace.	
	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