



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 (TENNIS)				
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: Lector univ. dr. Ion Anna-Maria				
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	Personal tennis racket.

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	<p>At the end of the practical sessions, the student should acquire/possess:</p> <ul style="list-style-type: none"> - basic theoretical knowledge regarding the game of tennis; - basic knowledge of the rules of tennis; - the technical elements and procedures specific to the game of tennis; - movement skills on the court during the game; - motor skills and abilities specific to the game of tennis; - theoretical knowledge, learning and improvement of the techniques of physical exercises included in the curriculum.
7.2. Specific objective	<ul style="list-style-type: none"> - maintaining an optimal state of health among students and improving their resistance to environmental factors and the specific demands of professional activity; - ensuring superior indicators of correct and harmonious physical development of the body; - improving motor skills, abilities and knowledge related to the practice of tennis; - cultivating students' habits and routines to practise independently, in their free time, tennis exercises and games for corrective, strengthening, recreational or compensatory purposes;

	<ul style="list-style-type: none"> - engaging the student body in the systematic practice of physical exercise and sport; - enhancing moral-volitional and intellectual qualities, aesthetic sense and social responsibility; - acquiring knowledge of the characteristics and particularities of the game of tennis; - possessing specific motor skills and demonstrating practical knowledge related to the technique of tennis strokes; - applying the technical knowledge acquired during bilateral play; - observing the basic rules of the game of tennis; - participating in tennis competitions organised within the university; - demonstrating genuine education and development of ambition, willpower and self-improvement under specific competitive conditions.
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8. Contents

8.1. Lecture	Teaching methods	Observations	
Recent Bibliography			
8.2. Laboratory/ practical lesson	Teaching methods	Observations	
Semester III			
<i>Lesson 29</i> - Recap of basic notions regarding the rules of the game; re-familiarisation with the court using running school exercises.	1. Verbal: explanation, description, discussion	1 h	
<i>Lessons 30</i> Re-familiarisation with the court surface: - variations of walking and running with the ball and racket; - movement games with ball, racket, and cones.		1 h	
<i>Lessons 31</i> Learning preparation techniques for side strokes – backhand: a) racket grip, b) body position, c) weight transfer.		1 h	
<i>Lessons 32</i> Learning preparation techniques for side strokes – backhand: a) trunk action, b) footwork action. Learning ball positioning and repositioning on the court.		2. Non-verbal: demonstration, observation, watching the execution by other subjects	1 h
<i>Lessons 33</i> Learning the backhand stroke technique – execution without ball: a) specific preparation, b) actual stroke, c) follow-through. Improvement of footwork technique.		1 h	
<i>Lessons 34</i>		1 h	

Learning the backhand stroke technique – execution with ball dropped by the teacher. Improvement of running school exercises.	3. Practical: individual, group, and analytical practice	
<i>Lesson 35</i> Learning the backhand stroke technique – execution with ball dropped by the student. Improvement of running school exercises.		1 h
<i>Lesson 36</i> Learning the backhand stroke technique – execution with ball tossed by the teacher. Improvement of running school exercises		1 h
<i>Lesson 37</i> Improving the backhand stroke technique – racket backswing: - execution with ball tossed by the teacher from the opposite side of the net. Improvement of preparation techniques: ready position.		1 h
<i>Lesson 38</i> Learning the backhand stroke technique – actual stroke, racket-ball impact: - execution with ball tossed by the teacher from the opposite side of the net. Improvement of preparation techniques: foot positioning during the stroke.		1 h
<i>Lesson 39</i> Learning the backhand stroke technique from the service box and on the move – follow-through: - execution with ball tossed by the teacher’s racket from the opposite side of the net. Improvement of preparation techniques: ready position and foot positioning during the stroke.		1 h
<i>Lesson 40</i> Improving the backhand stroke technique from the baseline: - execution with ball tossed by the teacher’s racket from the opposite side of the net; - sending the ball down the line. Improvement of movement techniques: stepping.		1 h
<i>Lesson 41</i> Improving the backhand stroke technique from the baseline: - execution with ball tossed by the teacher’s racket from the opposite side of the net; - sending the ball cross-court. Improvement of movement techniques: starting step.		1 h
<i>Lesson 42</i> Improving the overhead stroke technique – Service: execution without ball: a) stroke preparation, b) ball toss, c) actual stroke,		1 h

d) follow-through. Improvement of movement techniques: side step.			
Semester II <i>Lessons 43</i> Improving the overhead stroke technique – Service: execution with ball from the service line: a) racket backswing, b) ball toss. Improvement of movement techniques: cross step.	1. Verbal: explanation, description, discussion	1 h	
<i>Lessons 44</i> Improving the overhead stroke technique – Service: execution with ball from the service line: a) actual stroke, b) follow-through. Improvement of movement techniques: jump on both feet (split step)..		1 h	
<i>Lessons 45</i> Improving the overhead stroke technique – Service: execution with ball from the baseline: a) racket backswing, b) ball toss, c) actual stroke, d) follow-through. Improvement of movement techniques: sliding, gliding.		2. Non-verbal: demonstration, observation, watching the execution by other subjects	1 h
<i>Lesson 46</i> Improving the overhead stroke technique – Service: execution with ball from the baseline: - improvement of racket backswing. Improvement of movement techniques: lunging.			1 h
<i>Lesson 47</i> Improving the overhead stroke technique – Service: execution with ball from the baseline: - improvement of ball toss. Improvement of movement techniques: pivoting.			1 h
<i>Lesson 48</i> Improving the overhead stroke technique – Service: execution with ball from the baseline: - improvement of the actual stroke, racket-ball impact. Development of speed.		3. Practical: individual, group, and analytical practice	1 h
<i>Lesson 49</i> Improving the overhead stroke technique – Service: execution with ball from the baseline: - improvement of follow-through. Development of strength.			1 h
<i>Lesson 50</i> - Partial testing – <i>physical tests</i>			1 h
<i>Lessons 51</i> Improving the overhead stroke technique – Service: execution with ball from the baseline: - alternating the sides on which the serve is performed.			1 h

Development of endurance.		
<i>Lesson 52</i> Practising forehand and backhand strokes under bilateral game conditions: - from the service box, sending the ball down the line. Development of explosive strength.		1 h
<i>Lesson 53</i> Practising forehand and backhand strokes under bilateral game conditions: - from the service box, sending the ball cross-court (diagonal). Improvement of the service: execution with ball from the baseline.		1 h
<i>Lesson 54</i> Practising forehand and backhand strokes under bilateral game conditions: - from the baseline, sending the ball down the line. Development of dexterity.		1 h
<i>Lesson 55</i> Practising forehand and backhand strokes under bilateral game conditions: - from the baseline, sending the ball cross-court (diagonal). Development of dexterity.		1 h
<i>Lesson 56</i> - Final testing and assessment – <i>specific tests</i> .		1 h
Recent bibliography Antonescu, D., Moise, D., G., (2002), Teoria tenisului modern Volumul I. București: PrintNet Antonescu D., Moise G., (2002), Teoria tenisului modern Volumul II. București: PrintNet Barbu, C., Stoica, M., (2000), Metodica predării exercițiilor de atletism în lecția de educație fizică. București: Editura Printech Bârcu, J., (2005), Pregătirea fizică, tehnico-tactică și mentală în tenis. București: Editura Fundației de Măine Finta A., M., (2011), Indrumar practico-metodic de tenis specific studentilor din invatamantul superior de neprofil. Bucuresti: Editura Morosan		

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	<ul style="list-style-type: none"> - Fan - 10 balls in a confined space 	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)	<ul style="list-style-type: none"> - 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