



## 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 MEDICINE AND REHABILITATION
1.4.	DISCIPLINE: PHYSICAL EDUCATION AND SPORTS
1.5.	DOMAIN OF STUDY: HEALTH – Sectoral 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 AND SPORTS – VOLLEYBALL				
2.2.	Discipline code: DC II 11 S4M				
2.3.	Discipline type: CD				
2.4.	Discipline regimen: MD				
2.5.	The holder of the course activities Prof....				
2.6.	The holder of the seminar activities: Conf. univ. dr. Tudor Iulian-Doru; Lector univ. dr. Tudor 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

<b>I. Academic training (teaching, practical application, assessment)</b>						
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						
<b>II. Self preparation/study</b>						
<b>Time allocation</b>						<b>hours</b>
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

<b>Other activities</b>	14
<b>3.7. Total individual study hours</b>	22
<b>3.9. Total hours per semester (3.4.+ 3.7.)</b>	36
<b>3.10. Number of credits</b>	2

#### 4. Preconditions (where applicable)

<b>4.1. of curriculum</b>	
<b>4.2. of competences</b>	

#### 5. Conditions (where applicable)

<b>5.1. to conduct the lecture</b>	
<b>5.2. to conduct the seminar / laboratory</b>	Material conditions: Volleyball court, volley balls, net, whistle Student conditions: Students must attend the lessons in appropriate sports equipment, in accordance with the instructions given at the opening lessons

#### 6. Learning outcomes

<b>Knowledge</b>	<b>Skills</b>	<b>Responsibility and autonomy</b>
C1. Students will have theoretical knowledge of exercise physiology, being able to identify the physiological effects of physical effort upon the body; C2. Knowledge of hygiene rules for sports activities; C3. Knowledge of the use of physical exercise for health-genetic, prophylactic and curative purposes; C4. Knowledge of the main types of physical activities and their benefits for physical and mental health; C5. Basic knowledge of volleyball game rules; C6. Theoretical knowledge of the game systems used in volleyball at the beginner level.	A1. A wide range of basic and specific motor skills and abilities for volleyball; A2. A level of motor capacity that provides adequacy to the demands of the professional and social life; A3. The ability to adapt the intensity of the effort in physical and sports activities to one's own level of preparation; A4. The ability to correctly perform basic physical exercises, as well as technical elements specific to volleyball A5. The ability to practice volleyball under regulatory conditions, respecting the structure of the game (the 3 hits); A6. The ability to practice volleyball with the organization of the game in accordance with the game models I and II, specific to beginners	RA1. Students will acquire a responsible attitude towards their own health, manifested in constant practice of physical exercise; RA2. The ability to independently practice the game of volleyball for health-promoting, prophylactic or corrective, recreational and compensatory purposes; RA3. The ability to organize the team according to one of the game models for beginners (I or II), in conditions of independent practice of volleyball RA4. The ability to referee a volleyball game, at an elementary level; RA5. The habit of respecting safety standards and fair play rules in sports activities; RA6. The ability to collaborate effectively within team sports activities; RA7. Students will benefit from improving moral-volitional and intellectual qualities and traits, self-image, aesthetic sense, initiative and team spirit, social responsibility, etc.

#### 7. Course objectives (aligned with the learning outcomes)

<b>7.1. General objective</b>	Preservation and improvement of health, harmonious physical development and optimization of students motor potential;
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<b>7.2. Specific objective</b>	<ul style="list-style-type: none"> <li>• Mastering and consolidating basic technical-tactical actions, individual and collective, of volleyball (serving, passing, setting and spiking) corresponding to the I and II game models and their application in bilateral games with reduced or full team;</li> <li>• Developing motor capacities that will allow students to adapt to the demands of professional and social life</li> <li>• Improving the basic and specific motor skills and abilities;</li> <li>• Recreation of students and compensation for the intellectual effort made by them during study hours;</li> <li>• Mastering theoretical, organizational and game-regulation knowledge that will allow students to independently practice the game of volleyball, for recreational and compensatory purposes;</li> <li>• - Acquiring theoretical knowledge related to physical exercise (anatomical, physiological, prophylactic, curative, hygienic), which will make students aware of the close connection between Physical-education and their future medical profession.</li> </ul>
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## 8. Contents

8.1. Lecture	Teaching methods	Observations
<b>Recent Bibliography</b>		
8.2. Laboratory/ practical lesson Year II, Semester III	Teaching methods	Observations
1. Upper pass (setting) – consolidation	- Explanation method  - Demonstration method  - Practice method	1 h
2. Upper pass (setting) – consolidation		1 h
3. Forearm pass – consolidation		1 h
4. Forearm pass – consolidation		1 h
5. The Attack Hit (Spike) - fixation and Individual Block- initiation- fixation		1 h
6. The Attack Hit (Spike) - fixation and Individual Block- initiation- fixation		1 h
7. Volleyball Game on small formations (3x3 and 4x4) on small court (4,5x4,5 m), with serve, serve receive, setting, attack, individual block.		1 h
8. The Digg (forearm attack receive) – initiation		1 h
9. High Frontal Serve – initiation Serve receive – consolidation		1 h
10. High Frontal Serve – fixation Serve receive – consolidation		1 h
11. Volleyball Game according to Game Model I, attack system with the setter on zone 3, with forward or overhead pass at zones 2 and 4; defense system with advanced center 2, individual block		1 h
12. Volleyball Game according to Game Model I, attack system with the setter on zone 3, with forward or overhead pass at zones 2 and 4; defense system with advanced center 2, individual block		1 h
13. Volleyball Game according to Game Model I, attack system with the setter on zone 3, with forward or overhead pass at zones 2 and 4; defense system with advanced center 2, individual block		1 h
14. Volleyball Game according to Game Model I, attack system with the setter on zone 3, with forward or overhead pass at		1 h

zones 2 and 4; defense system with advanced center 2, individual block		
<b>Year II, Semester IV</b>		
15. Presentation of the Game Model II		1 h
16. Organizing the attack with short forward setting from zone 2 to zone 3, and long forward setting from zone 2 to zone 4		1 h
17. Acquiring the collective technical-tactical actions corresponding to the second structure of the game (game when receiving the serve), according to Game Model II. Organizing the attack with short forward setting from zone 2 to zone 3, and long forward setting from zone 2 to zone 4	- Explanation method	1 h
18. Acquiring the collective technical-tactical actions corresponding to the second structure of the game (game when receiving the serve), according to Game Model II. Organizing the attack with short forward setting from zone 2 to zone 3, and long forward setting from zone 2 to zone 4	- Demonstration method	1 h
19. Acquiring the collective technical-tactical actions corresponding to the first structure of the game (at serve), according to Game Model II, with line I players at the net for individual block and second line center intermediate.		1 h
20. Acquiring the collective technical-tactical actions corresponding to the first structure of the game (at serve), according to Game Model II, with line I players at the net for individual block and second line center intermediate.	- Practice method	1 h
<b>21. Partial testing – Physical tests</b>		1 h
22. Volleyball game with full compliance of Game Model II		1 h
23. Volleyball game with full compliance of Game Model II		1 h
24. Volleyball game with full compliance of Game Model II		1 h
25. Volleyball game with full compliance of Game Model II		1 h
26. Volleyball game with full compliance of Game Model II		1 h
27. Volleyball game with full compliance of Game Model II		1 h
<b>28. Final testing and assessment - Volleyball tests</b>		1 h
<b>Recent bibliography</b>		
<ol style="list-style-type: none"> <li>1. Tudor, Iulian-Doru, - <i>Educația Fizică și Sportul în Învățământul Superior de neprofil – Coordonate teoretice</i>, Editura Printech, București, 2011, ISBN 978-606-521-745-4</li> <li>2. Tudor, Iulian-Doru, - <i>Volei - Manual pentru studenții din universitățile de neprofil</i>, Editura Printech, București, 2011, ISBN 978-606-521-810-9</li> <li>3. Tudor, Iulian-Doru, - <i>Volei – Îndrumar metodic pentru învățarea rapidă a jocului în învățământul superior</i>, Editura Printech, București, 2011, ISBN 978-606-521-809-3</li> <li>4. Tudor Iulian-Doru, - <i>Volleyball – Methodology Guide for quick learning of the game in universityes</i>, Editura Printech, București, 2012, ISBN 978-606-521-878-9</li> <li>5. Tudor, Maria, - <i>Volei – Noțiuni teoretice pentru studenții Mediciniști</i>, Editura Printech, București, 2015, ISBN 978-606-23-0485-0</li> <li>6. Mugurel Niculescu, Ionela Ioana Niculescu, Larisa Rada - <i>Fundamentele jocului de volei</i>, Editura Pro Universitaria, Bucuresti, 2014, ISBN 978-606-26-0000-6</li> <li>7. Joel Dearing - <i>Volleyball Fundamentals</i>, Second Edition, Human Kinetics Publisers, 2018, ISBN 9781492567295</li> </ol>		

## 9. Evaluation

<b>Activity type</b>	<b>9.1. Evaluation criteria</b>	<b>9.2. Evaluation methods</b>	<b>9.3. Percentage in the final grade</b>
<b>9.4. Lecture</b>			
<b>9.5. Seminary/ practical activity</b>	<b>1. Physical Tests</b>	<ul style="list-style-type: none"> <li>• Abdominal muscles Test - no. of repetitions in 30 seconds.</li> <li>• Upper Body muscles Test: <ul style="list-style-type: none"> <li>○ Push-ups - boys;</li> <li>○ Inclined Push-ups – girls.</li> </ul> </li> <li>• Complex jump (Burpee) - no. of repetitions in 30 seconds</li> </ul>	20%
	<b>2. Volleyball Tests</b>	<ul style="list-style-type: none"> <li>• <b>Serve:</b> Low serve</li> <li>• <b>Volleyball Game</b> - in compliance with the expected game model - Model I</li> </ul>	20%
	<b>Participation in lessons</b>	<b>To receive a grade, the student must attend at least 20 lessons per year.</b>	60%
<b>9.5.1. Individual project</b>	<ul style="list-style-type: none"> <li>• Participation in the training sessions of the university's volleyball representative team, with a minimum frequency of 80%</li> </ul>		100%
	<ul style="list-style-type: none"> <li>• Participation in chess classes, for students who benefit from this recommendation, based on a medical certificate issued by the medical unit accredited in this regard, with a minimum frequency of 80%.</li> </ul>		100%
<b>9.6. Minimum performance standard</b>			
• <b>To graduate</b> the P.E Course, the student must participate in at least <b>20 lessons</b> and take the <b>Control Tests</b> .			

**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**