



DISCIPLINE SHEET

1. Study programme

1.1.	"CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY BUCHAREST
1.2.	FACULTY OF MEDICINE
1.3.	DEPARTMENT 9 – PHYSICAL MEDICINE AND REABILITATION
1.4.	DISCIPLINE PHYSICAL EDUCATION AND SPORT
1.5.	STUDY DOMAIN: Health, sectoral regulated within the European Union
1.6.	STUDY LEVEL: I (Bachelor's degree) and II (Master's degree)
1.7.	STUDY PROGRAMME: DENTAL MEDICINE IN ENGLISH

2. Discipline

2.1.	Discipline name according to the study curriculum: PHYSICAL EDUCATION I				
2.2.	Discipline code: MD01C07EN				
2.3.	Discipline type (FD/SD/CD): CD				
2.4.	Discipline optionality (COD/ED/FAD): COD				
2.5.	Lectures tenure:				
2.6.	Practical classes / seminar tenure: Basket-ball: <i>Lecturer Phd. Răchită Carmen; Asistent Phd. Petreanu Adrian Gheorghe</i> Handball: <i>Asistent Phd. Buşe Paul</i>				
2.7. Year of study	I	2.8. Semester	I	2.9. Evaluation (E/C/V)	C

3. Estimated total time (hours/ semester of teaching and training activity /individual study)

I. University training						
3.1. Number of hours per week	1	from which:	3.2. lecture	-	3.3. practical class/ seminar	1
3.4. Total hours in the study curriculum	14	from which:	3.5. lecture	-	3.6. practical class/ seminar	14
II. Preparation/ individual study						
Time distribution						hours
Study of lecture materials, textbooks, books, study of the minimum recommended bibliography						-
Additional documentation activity in the library, on online platforms						-
Specific preparation activities for projects, practical classes, preparation of assignments, reports						-
Preparation for presentations or evaluations, preparation for the final examination						-
Tutoring activity						-
Other activities						-
3.7. Total hours of individual study						-
3.8. Total hours per semester (3.4.+3.7.)						14

3.9. Number of credits	1
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4. Prerequisites (where appropriate)

4.1. curriculum	
4.2. proficiencies	

5. Conditions (where appropriate)

5.1. for lecture activity	
5.2. for practical class/ seminar activity	Equipment and materials specific to the conduct of class activities, according to the sport discipline

6. Learning outcomes*

Knowledge	Skills	Responsibility and autonomy
C1. <i>Describes the physiological effects of physical exercise on the human body;</i>	A1. <i>Applies correctly basic physical exercises specific to university programs;</i>	RA1. <i>Demonstrates a responsible attitude towards personal health through the regular practice of physical exercise;</i>
C2. <i>Explains the role of physical activity in preventing chronic diseases and maintaining health;</i>	A2. <i>Uses simple methods of self-assessment of physical fitness;</i>	RA2. <i>Observes safety regulations and fair-play rules in sports activities;</i>
C3. <i>Identifies the main types of physical activities and their benefits for physical and mental health.</i>	A3. <i>Adapts the intensity of physical activity to one's own level of preparation.</i>	RA3. <i>Collaborates effectively in team sports activities.</i>

7. Discipline objectives (correlated with learning outcomes)

7.1. General objective	<ul style="list-style-type: none"> ● <i>Preserving and improving students' health, fostering harmonious physical development, and optimizing their motor potential;</i> ● <i>Acquiring knowledge of hygiene related to the practice of physical exercise;</i> ● <i>Understanding the effects of physical exercise and recommending it as a prophylactic means of maintaining health or as a supportive factor in functional recovery;</i> ● <i>Providing recreation for students and compensating for the intellectual effort required during study hours;</i> ● <i>Maintaining an optimal state of health among those who practice physical exercise consciously and systematically, as well as increasing their work and life potential;</i> ● <i>Cultivating integrity, perseverance, and self-control;</i>
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	<ul style="list-style-type: none"> ● Reducing psychological tension and anxiety caused by daily stress and competition, thereby avoiding hostility and frustration in life in a beneficial manner; ● Contributing effectively to the development of intellectual, aesthetic, moral, and civic traits and qualities.
7.2. Specific objectives	<ul style="list-style-type: none"> ● Development and education of basic and specific motor capacities that enable students to adapt to the demands of professional and social life; ● Enhancement of knowledge, skills, and motor abilities, both general and sport-specific; ● Improvement of coordination, agility, neuromuscular elasticity, balance, spatio-temporal orientation, and aerobic and anaerobic endurance; ● Cultivation of moral-volitional and intellectual qualities, aesthetic appreciation, and social responsibility; ● Demonstration of ambition, perseverance, and self-improvement under conditions of competitiveness; ● Improvement of coordination capacity, strengthening of immunity, support for the proper functioning of the cardio-respiratory system, and promotion of healthy sleep quality.

8. Contents

8.1. Lecture	Teaching methods	Observations
Recent bibliography:		
8.2. Practical classes/ seminar	Teaching methods	Observations
BASKETBALL		
LP 1. Learning the ballless technique of the basketball game: Fundamental position.	<p>The teaching methods during the basketball practice lessons for the topics presented are the following:</p> <p>Verbal methods: explanation; the description; conversation;</p> <p>Nonverbal methods: demonstration, observation,</p>	1 h
LP 2. Learning the technique of moving movements on the basketball court.		1 h
LP 3. Learn specific exercises on the technique of change of direction in the game of basketball.		1 h
LP 4. Learning the ballless technique of the game of basketball - pirouette.		1 h
LP 5. Learning the specific jumps of the basketball game in individual actions.		1 h
LP 6. Learning the game of feet and arm work specific to defense in 5x5 basketball.		1 h
LP 7. Learn the ball technique of the basketball game. Holding, catching and passing the ball.		1 h
LP 8. Learning the dribbling technique specific to the game of basketball.		1 h
LP 9. Learning to stop dribbling in one time, specific to individual actions.		1 h

LP 10. Learning two-stroke dribbling stops, specific to individual actions.	observation of the execution of other subjects, iconographic materials. Practical method: group, separate, analytical practice.	1 h
LP 11. Learning the technique of pivoting in the game of basketball.		1 h
LP 12. Learning the technique of throwing the basket at an angle of 45 degrees, with emphasis on performing the last two steps and the correct detachment on the batting foot with raising the opposite knee at an angle of 90 degrees and correctly leading the arm to the basket.		1 h
LP 13. Learning the technique of throwing the basket at an angle of 45 degrees, with emphasis on the correct closing of the throw in the wrist joint.		1 h
LP 14. Colloquium. • Physical fitness tests.		1 h
HANDBALL		
LP 1. Processing of safety, hygiene, and occupational protection rules; - Introduction to the discipline of handball and its specific requirements.	Demonstration and explanation accompanied by verbal communication	1 h
LP 2. Learning the fundamental position for attack and defense; adaptation and ball-handling exercises.		1 h
LP 3. Court movement for attack play; basic passing drills.		1 h
LP 4. Court movement for defense play; basic passing drills.		1 h
LP 5–9. Passing drills.		5 h
LP 10. Shooting drills (learning how to throw at the goal).		1 h
LP 11. Passing drills in successive penetration; competitive exercises.		1 h
LP 12–13. Passing drills in successive penetration; - Engagement drills at the semicircle; bilateral play.		2 h
LP 14. Colloquium. • Physical fitness tests.		1 h
Recent bibliography:		
Basketball Hector L., Frazzei M.H., (2002), Programa de studii pe ramuri de sport pentru învățământul superior medical, Editura Universitară „Carol Davila” București. Moanță, A.D., (2005), Baschet - Metodică, Editura Alpha, Buzău. Predescu T., Netolitzchi M., Petreanu A Ghe., Grădinaru C., (2016), Baschet: Fundamente tehnico tactice instruire – învățare, Editura Printech, București. Petreanu A. Ghe., (2014), Baschet – Curs de bază, Editura BREN, București Petreanu A. Ghe., (2014), Pregătirea echipei universitare de baschet, Editura BREN, București Petreanu A. Ghe., (2014), Baschet – îndrumar practico metodic pentru pregătirea studenților, Editura BREN. Răchită, C. (2013), BASCHET – Îndrumar practico-metodic pentru studenții în medicină, Editura Printech. Răchită, C. (2011), Manual pentru lecția de educație fizică și sport a studenților în medicină, Editura Printech. Răchită, C. (2008), Relația dintre standardizarea și individualizarea mijloacelor de antrenament în jocurile sportive, Editura BREN.		
Handball Pițigoi, G., Petrescu, O., (2018), Handbal – caiet de lucrări practice, ed. Discobolul Drăgănescu, E., (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		

9. Assessment

Activity type	9.1. Evaluation criteria	9.2. Evaluation methods	9.3. Percentage of final grade
9.4. Lecture			
9.5. Practical classes/ seminar	Colloquy physical trials	- Abdominal muscle testing – no. repetitions in 30 sec. - Upper train muscle testing:- push-ups – boys; tilted plane push-ups - girls - Complex jump – 4 times – no. repetitions in 30 sec	40%
	Participation in lessons	To receive a grade, the student must attend a minimum of 10 lessons per year	60%
9.5.1. Individual project (if any)	☐ Active participation, with a minimum attendance of 80%, in the training sessions organized for the university’s representative team;		100%
	☐ Attendance of at least 80% of chess classes is mandatory for students benefiting from this recommendation, based on a medical certificate issued by an accredited medical institution.		100%
Minimum performance standard			
To pass, the student must have attended at least 10 lessons per year and pass the physical and technical tests.			