



DISCIPLINE SHEET

1. Study programme

1.1.	"CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY BUCHAREST
1.2.	FACULTY OF DENTISTRY
1.3.	DEPARTMENT 9 – PHYSICAL MEDICINE AND REHABILITATION
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)
1.7.	STUDY PROGRAMME: DENTAL MEDICINE IN ENGLISH

2. Discipline

2.1.	Discipline name according to the study curriculum: PHYSICAL EDUCATION III
2.2.	Discipline code: MD02C09EN
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. Bușe Paul</i>
2.7. Year of study	II
2.8. Semester	III
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						13
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.)						28
3.9. Number of credits						1

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

7. Discipline objectives (correlated with learning outcomes)

7.1. General objective	<ul style="list-style-type: none"> Preserving and improving students' health, fostering harmonious physical development, and optimizing their motor potential; Acquiring knowledge of hygiene related to the practice of physical exercise; Understanding the effects of physical exercise and recommending it as a prophylactic means of maintaining health or as a supportive factor in functional recovery; Providing recreation for students and compensating for the intellectual effort required during study hours; Maintaining an optimal state of health among those who practice physical exercise consciously and systematically, as well as increasing their work and life potential; Cultivating integrity, perseverance, and self-control; Reducing psychological tension and anxiety caused by daily stress and competition, thereby avoiding hostility and frustration in life in a beneficial manner;
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	<ul style="list-style-type: none"> • 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 29 - Strengthening the basics of basketball that were learned in the first year, regarding individual tactics in attack.		1 h
LP 30 - Overtaking the opponent and recovering offensively in the attack of the basketball game.		1 h
LP 31 - Individual tactics in defence - marking.		1 h
LP 32 - Defensive recovery in the game of basketball.		1 h
LP 33 - Collective tactics in attack, two and three players, with the practice of the simple combination - Give and go in concrete conditions of bilateral play.	The teaching methods during the basketball practice lessons for the topics presented are the following:	1 h
LP 34 - Practising Crossover in concrete bilateral game conditions, as a collective attacking tactic.	Verbal methods: explanation; the description; conversation;	1 h
LP 35 - Blocking and leaving the jam practised in 3x3 bilateral game conditions.	Nonverbal methods: demonstration, observation, observation of the execution of other subjects, iconographic materials.	1 h
LP 36 - Attack in numerical superiority. Bilateral play and the application of collective tactics in numerical superiority in the game.		1 h
LP 37 - Doubling as a collective tactic and Its application in the 5x5 bilateral game.		1 h
LP 38 - Collective Tactics in Defence – Slipping		1 h
LP 39 - Closing the Entry Corridor		1 h

and the application of this collective defence tactic in the bilateral 5x5 game.	Practical method: group, separate, analytical practice.		
LP 40 - Outnumbered Defence. A bilateral game with an emphasis on applying collective tactics in defence during the game.		1 h	
LP 41 - The Jumping Triangle. Bilateral game With emphasis on the application during the game of the collective tactic in defence, the jump triangle.		1 h	
LP 42. Colloquium. • Physical fitness tests.		1 h	
HANDBALL			
LP 29. Competitive drills	Demonstration and explanation accompanied by verbal communication	1 h	
LP 30. Drills for organizing the attack.		1 h	
LP 31–32. Shooting drills from the semicircle; bilateral game		2 h	
LP 33. Long-distance shooting drills; bilateral game.		1 h	
LP 34–35. Long-distance shooting drills; bilateral game.		2 h	
LP 36. Drills for improving sustained counterattack; bilateral game		1 h	
LP 37–38. Drills for improving blocking; bilateral game..		2 h	
LP 39. Drills for improving blocking and initiating movement from the block; bilateral game.		1 h	
LP 40–41. Bilateral game		2 H	
LP 14. Colloquium. • Physical fitness tests.		1 h	
Recent bibliography:			
<i>Basketball</i>			
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.			
<i>Handball</i>			
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			
Pițigoi, G., (2013), Handbal caiet de lucrări practice, 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	<i>Colloquy physical trials</i>	<ul style="list-style-type: none"> - 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%
	<i>Participation in lessons</i>	To receive a grade, the student must attend a minimum of 10 lessons per year	60%
9.5.1. Individual project (if any)	<ul style="list-style-type: none"> ➤ <i>Active participation, with a minimum attendance of 80%, in the training sessions organized for the university's representative team;</i> ➤ <i>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.</i> 		100% 100%
Minimum performance standard		To pass, the student must have attended at least 10 lessons per year and pass the physical and technical tests.	