



## 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 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)
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)

<b>I. University training</b>						
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
<b>II. Preparation/ individual study</b>						
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						12
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
<i>C1. Describes the physiological effects of physical exercise on the human body;</i>	<i>A1. Applies correctly basic physical exercises specific to university programs;</i>	<i>RA1. Demonstrates a responsible attitude towards personal health through the regular practice of physical exercise;</i>
<i>C2. Explains the role of physical activity in preventing chronic diseases and maintaining health;</i>	<i>A2. Uses simple methods of self-assessment of physical fitness;</i>	<i>RA2. Observes safety regulations and fair-play rules in sports activities;</i>
<i>C3. Identifies the main types of physical activities and their benefits for physical and mental health.</i>	<i>A3. Adapts the intensity of physical activity to one's own level of preparation.</i>	<i>RA3. Collaborates effectively in team sports activities.</i>

#### 7. Discipline objectives (correlated with learning outcomes)

7.1. General objective	<ul style="list-style-type: none"><li>• <i>Preserving and improving students' health, fostering harmonious physical development, and optimizing their motor potential;</i></li><li>• <i>Acquiring knowledge of hygiene related to the practice of physical exercise;</i></li><li>• <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></li><li>• <i>Providing recreation for students and compensating for the intellectual effort required during study hours;</i></li><li>• <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></li><li>• <i>Cultivating integrity, perseverance, and self-control;</i></li><li>• <i>Reducing psychological tension and anxiety caused by daily stress and competition, thereby avoiding hostility and frustration in life in a beneficial manner;</i></li></ul>
------------------------	--

	<ul style="list-style-type: none"> <li>• <i>Contributing effectively to the development of intellectual, aesthetic, moral, and civic traits and qualities.</i></li> </ul>
<b>7.2. Specific objectives</b>	<ul style="list-style-type: none"> <li>• <i>Development and education of basic and specific motor capacities that enable students to adapt to the demands of professional and social life;</i></li> <li>• <i>Enhancement of knowledge, skills, and motor abilities, both general and sport-specific;</i></li> <li>• <i>Improvement of coordination, agility, neuromuscular elasticity, balance, spatio-temporal orientation, and aerobic and anaerobic endurance;</i></li> <li>• <i>Cultivation of moral-volitional and intellectual qualities, aesthetic appreciation, and social responsibility;</i></li> <li>• <i>Demonstration of ambition, perseverance, and self-improvement under conditions of competitiveness;</i></li> <li>• <i>Improvement of coordination capacity, strengthening of immunity, support for the proper functioning of the cardio-respiratory system, and promotion of healthy sleep quality.</i></li> </ul>

## 8. Contents

8.1. Lecture	Teaching methods	Observations
Recent bibliography:		
8.2. Practical classes/ seminar	Teaching methods	Observations
<b>BASKETBALL</b>		
LP 29 - Strengthening the basics of basketball that were learned in the first year, regarding individual tactics in attack.	<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, observation of the execution of other subjects, iconographic materials.</p>	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.		1 h
LP 34 - Practising Crossover in concrete bilateral game conditions, as a collective attacking tactic.		1 h
LP 35 - Blocking and leaving the jam practised in 3x3 bilateral game conditions.		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.	
<b>LP 40</b> - Outnumbered Defence. A bilateral game with an emphasis on applying collective tactics in defence during the game.		1 h
<b>LP 41</b> - The Jumping Triangle. Bilateral game With emphasis on the application during the game of the collective tactic in defence, the jump triangle.		1 h
<b>LP 42.</b> Colloquium. • <b>Physical fitness tests.</b>		1 h
<b>HANDBALL</b>		
<b>LP 29.</b> Competitive drills	Demonstration and explanation accompanied by verbal communication	1 h
<b>LP 30.</b> Drills for organizing the attack.		1 h
<b>LP 31–32.</b> Shooting drills from the semicircle; bilateral game		2 h
<b>LP 33.</b> Long-distance shooting drills; bilateral game.		1 h
<b>LP 34–35.</b> Long-distance shooting drills; bilateral game.		2 h
<b>LP 36.</b> Drills for improving sustained counterattack; bilateral game		1 h
<b>LP 37–38.</b> Drills for improving blocking; bilateral game..		2 h
<b>LP 39.</b> Drills for improving blocking and initiating movement from the block; bilateral game.		1 h
<b>LP 40–41.</b> Bilateral game		2 H
<b>LP 14.</b> Colloquium. • <b>Physical fitness tests.</b>		1 h
<b>Recent bibliography:</b>		
<b>Basketball</b>		
<b>Hector L., Frazzei M.H.,</b> (2002), Programa de studii pe ramuri de sport pentru învățământul superior medical, Editura Universitară „Carol Davila” București.		
<b>Moanță, A.D.,</b> (2005), Baschet - Metodică, Editura Alpha, Buzău.		
<b>Predescu T., Netolitzchi M., Petreanu A Ghe., Grădinaru C.,</b> (2016), Baschet: Fundamente tehnico tactice instruire – învățare, Editura Printech, București.		
<b>Petreanu A. Ghe.,</b> (2014), Baschet – Curs de bază, Editura BREN, București		
<b>Petreanu A. Ghe.,</b> (2014), Pregătirea echipei universitare de baschet, Editura BREN, București		
<b>Petreanu A. Ghe.,</b> (2014), Baschet – îndrumar practico metodic pentru pregătirea studenților, Editura BREN.		
<b>Răchită, C.</b> (2013), BASCHET – Îndrumar practico-metodic pentru studenții în medicină, Editura Printech.		
<b>Răchită, C.</b> (2011), Manual pentru lecția de educație fizică și sport a studenților în medicină, Editura Printech.		
<b>Răchită, C.</b> (2008), Relația dintre standardizarea și individualizarea mijloacelor de antrenament în jocurile sportive, Editura BREN.		
<b>Handball</b>		
<b>Pițigoi, G., Petrescu, O.,</b> (2018), Handbal – caiet de lucrări practice, ed. Discobolul		
<b>Drăgănescu, .E,</b> (2005), Antrenamentul și jocul portarului de handbal, Ed. Bren, București		
<b>Pițigoi, G.,</b> (2015), Handbal curs de bază, ediția a-II-a, editura Printech, București		
<b>Pițigoi, G.,</b> (2013), Handball manual – english module, editura Didactică și Pedagogică		
<b>Pițigoi, G.,</b> (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	Colloquy physical trials	- <b>Abdominal muscle</b> testing – no. repetitions in 30 sec. - <b>Upper train muscle</b> testing:- push-ups – boys; tilted plane push-ups - girls - <b>Complex jump</b> – 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.			