



## 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 IV				
2.2.	Discipline code: MD02C16EN				
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	IV	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						12
3.7. Total hours of individual study						-
3.8. Total hours per semester (3.4.+3.7.)						25

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

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

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

## 8. Contents

<b>8.1. Lecture</b>	<b>Teaching methods</b>	<b>Observations</b>
Recent bibliography:		
<b>8.2. Practical classes/ seminar</b>	<b>Teaching methods</b>	<b>Observations</b>
<b>BASKETBALL</b>		
<b>LP 43</b> - Learning the technique of throwing to the basket from running, at a 45-degree angle with emphasis on the correct completion of the throw, with the extension of the throwing arm from the elbow joint.		1 h
<b>LP 44</b> - Learning the technique of throwing to the basket from running, with emphasis on the correct execution of the last two steps of the stroke before the actual throw to the basket.		1 h
<b>LP 45</b> - Learning the technique of throwing to the basket preceded by catching the ball from the pass.	The teaching methods during the basketball practice lessons for the topics presented are the following:  Verbal methods: explanation; the description; conversation;  Nonverbal methods: demonstration, observation,	1 h
<b>LP 46</b> - Learning the technique of throwing to the basket, preceded by catching the ball by dribbling.		1 h
<b>LP 47</b> - Learning the basket throwing technique from jumping.		1 h
<b>LP 48</b> - Learning the technique of throwing to the basket from a distance (2-5 meters) and throwing to the basket from a distance (over 5 meters).		1 h
<b>LP 49</b> - Learning to throw to the basket with the board.		1 h

LP 50 - Learning to throw to the basket directly with the ring.	observation of the execution of other subjects, iconographic materials.  Practical method: group, separate, analytical practice.	1 h
LP 51 - Learning to throw in the trash by special procedures.		1 h
LP 52 - Learning to throw to the basket from jumping, preceded by moving and stopping in time.		1 h
LP 53 - Learning to throw to the basket preceded by changing direction, stopping in two steps and receiving the pass from the side.		1 h
LP 54 - Learning individual tactics in attack - demarcation.		1 h
LP 55 - Learning to go out to the ball as an individual tactic in attack.		1 h
LP 56. Colloquium. • specific test.		1 h

## HANDBALL

LP 43. Drills for learning defense in handball; bilateral game.	Demonstration and explanation accompanied by verbal communication	1 h
LP 44. Bilateral game (improving movement patterns on the court for attack and defense, with emphasis on execution speed).		1 h
LP 45. Bilateral game (with emphasis on performing multiple dribbles at maximum speed during counterattack)		1 h
LP 46. Bilateral game (improving marking with emphasis on performing it during retreat/defensive transition).		1 h
LP 47. Bilateral game (with emphasis on off-the-ball movement relative to opponents)		1 h
LP 48–55. Handball game.		8 h
LP 56. Colloquium. • specific test.		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 lectia 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  
 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		
<b>9.4. Lecture</b>					
<b>9.5. Practical classes/ seminar</b>	<i>Colloquy specific samples</i>	<p><b>BASKETBALL</b>            Control tests specific to the basketball sport branch and participation in student competitions (speed of movement; technical execution; involvement in sports activity).</p> <p>1. Physical - technical complex on 1/1 land = 72 m;            2. Throws from the free throw line (% of 10 throws);            3. Bilateral game and participation in basketball competitions</p> <p><b>HANDBALL</b>            Scoring of technical tests is based on self-improvement, as follows:</p> <ul style="list-style-type: none"> <li>• Dribbling through 5 cones spaced 3 meters apart along the length of the court, followed by a shot at the goal (choice of technique), 30 meters;</li> <li>• Bilateral game.</li> </ul>	40%		
	<i>Participation in lessons</i>	To receive a grade, the student must attend a minimum of 10 lessons per year	60%		
<b>9.5.1. Individual project (if any)</b>	<ul style="list-style-type: none"> <li>➢ Active participation, with a minimum attendance of 80%, in the training sessions organized for the university's representative team;</li> <li>➢ 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.</li> </ul>		100% 100%		
<b>Minimum performance standard</b>					
To pass, the student must have attended at least 10 lessons per year and pass the physical and technical tests.					