**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| **1.1.** | **GRIGORE T. POPA UNIVERSITY OF MEDICINE AND PHARMACY IASI** | | | | | | | |
| **1.2.** | **FACULTY OF MEDICAL BIOENGINEERING** | | | | | | | |
| **1.3.** | **PROGRAMME:** Physio-kinetotherapy and rehabilitation | | | | | | | |
| **1.4.** | **STUDY FIELD:** Health | | | | | | | |
| **1.5.** | **STUDY CYCLE**: UNDERGRADUATE | | | | | | | |
| **1.6.** | **STUDY PROGRAMME:** INENGLISH | | | | | | | |
| 1. **Subject data** | | | | | | | | |
| **2.1.** | **Subject: PHYSICAL EDUCATION RE1127** | | | | | | | |
| **2.2.** | **Module leader:** Associate professor Mariana Rotariu, Ph-D | | | | | | | |
| **2.3.** | **Seminar leader:** Assist Ionite Catalin Ph-D | | | | | | | |
| **2.4. Year of study** | | **I** | **2.5. Semester in which is taught** | **II** | **2.6. Evaluation type** | colloquium | **2.7. Subject status** | Mandatory  DD |

1. **Estimated total time (hours/semester of didactic activity)**

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| --- | --- | --- | --- | --- | --- |
| **3.1.Number of hours / week** | 2 | **3.2. Courses number of hours / week** | - | **3.3.Seminar / l practical classes** | 2/2 |
| **3.4. Total number of learning hours** | 56 | **3.5. Courses** | - | **3.6. Seminar / practical classes** | 28/28 |
| **3.7. Distribution of the available time** | | | | | Hours |
| **Study based on the manual, lecture support, bibliography and hand notes** | | | | |  |
| **Supplementary documentation in the library, using specialised platforms via internet and by field work** | | | | |  |
| **Preparation for seminars / practical classes, study themes, reviews, portofolio, and essays** | | | | |  |
| **Tutorship** | | | | | 1 |
| **Examinations** | | | | | 2 |
| **Other activities** | | | | |  |
| **3.8. Total hours of individual study** | | | | |  |
| **3.9. Total hours pes semester** | | | | | 25 |
| **3.10. Number of credits** | | | | | 1 |

1. **Preconditions (where applicable)**

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| **4.1.** of curriculum | - |
| **4.2.** of competences | - |

1. **Conditions (where applicable)**

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| **5.1.** for lectures |  |
| **5.2.** for seminars / practical classes | bascketball, volleyballs, tennis rackets, badminton rackets, banks gym etc |

1. **Specific competences acquired**

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| Professional competences (expressed as knowledge and abilities) | After going through the instructive-educational process the students improve their motion potential regarding their professional training, their basic motion habits, applied utilitarian habits and those specific to certain types of sports. |
| Transverse competences (of role, of professional development, personal) | * They form the habit of exercising independently during their free time.   Social integration through positive attitude based on teamwork and fair play, tolerance, respect for self and of others. |

1. **Objectives of the study discipline (according to the grid of specific competences acquired)**

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| **7.1.** General objective | Optimising the moving ability according to professional requirements. |
| **7.2.** Specific objectives | Knowing ways of preventing, correcting and recovering the problems and deficient/flawed attitudes met as a doctor.  The role of physical education in the daily programme of the university student, the future doctor.  Forming the ability to exercise independently in your free time.  The objectives above can be met by using methods and means that are specific to physical education and sports. |

1. **Contents**

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| **8.1. Lecture** | | **Teaching methods** | | **Observations** |
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| **Bibliography** | | | | |
| **8.2. Seminar / practical classes** | | **Teaching methods** | | **Observations** |
|  | |  | |  |
| The requirements of the Physical Education course. Specific regulations for work protection | Verbal methods: explanation | | 2 hours | |
| Initial testing motion abilities | Verbal methods: explanation  Intuitive methods (nonverbal): demonstration, observation | | 4 hours | |
| Developing motion abilities: force, speed, rezistence, coordination, mobility | Verbal methods: explanation  Intuitive methods (nonverbal): demonstration, observation | | 8 hours | |
| Motion habits of specific types of sports: basketball, voleyball, football, badminton | Verbal methods: explanation  Intuitive methods (nonverbal): demonstration, observation | | 6 hours | |
| Applied utilitarian motion habits | Verbal methods: explanation  Intuitive methods (nonverbal): demonstration, observation | | 4 hours | |
| Final testing motion abilities | Verbal methods: explanation  Intuitive methods (nonverbal): demonstration, observation | | 4 hours | |
| **Bibliography**  1. Biddle S., Mutrie N.: *Psychology of Physical Activity and Exercise*, Springer Verlag, London, **1991**.  2. Mathews K.D., Fox E.L.: *The physiological bases of physical education and athletics*, Saunders, Philadelphia, **1983**.  3. Parisi P.: *European Survey on Young People’s Lyfestyles and Sedentariness,* Rome University for Movement Science, **2004**. | | | | |

1. **Correlation of the discipline contents with the expectations of the epistemic community, professional associations, and representative employers from the afferent program field**

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| Knowledge and abilities are established as didactic objectives and specified as such in the analytic programs that are revised yearly. After their analysis by the study discipline staff, these are discussed and approved in the Curricular Committee, towards curricular harmonization among the various study disciplines. Along this entire process systematic evaluation is performed, directly if possible, regarding the correspondence of the contents to the expectations of the academic community and of the representatives of the social community, professional associations, and employers. |

1. **Evaluation**

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| **Type of activity** | **Type of activity** | **Evaluation methods** | **Contribution to the final grade** |
| **Lecture** |  |  |  |
| **Seminar/practical classes** | The tests for the practical work assessment, the recording of the progress from the initial to the final testing | Initial tests  Final tests | 50% |
| Current tests and grades for the practical work | Current tests | 40% |
|  | Other criteria for assessment: participation in sports competitions, cultural-artistically and university sports activities, respecting the rules specific for every sport (equipment, participation), active and serious participation |  | 10% |
|  |  |  |  |
| * **Minimal performance standard:** Respecting the rules specific for every sport (equipment, participation)   The tests for the practical work assessment | | | |

**Date: Signature of head of discipline**

23.09.2019 Associate professor Mariana Rotariu, Ph-D

Assist. Ionite Andrei Catalin Ph-D

**Department approval date**

30.09.2019 **Signature of department director**

Lecturer Daniela-Viorelia Matei, Ph-D