**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: Programming and planning in kinesiology RE1223** | | | | | | | |
| **2.2.** | **Module leader:** Associate professor Mariana Rotariu, Ph-D | | | | | | | |
| **2.3.** | **Seminar leader:** Assist drd. Avram Iustina | | | | | | | |
| **2.4. Year of study** | | **2** | **2.5. Semester in which is taught** | **II** | **2.6. Evaluation type** | colloquium | **2.7. Subject status** | Elective/ D.S. |

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

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| **3.1.Number of hours / week** | 3 | **3.2. Courses number of hours / week** | 2 | **3.3.Seminar / l practical classes** | 1 |
| **3.4. Total number of learning hours** | 42 | **3.5. Courses** | 28 | **3.6. Seminar / practical classes** | 14 |
| **3.7. Distribution of the available time** | | | | | Hours |
| **Study based on the manual, lecture support, bibliography and hand notes** | | | | | 2 |
| **Supplementary documentation in the library, using specialized platforms via internet and by field work** | | | | | 2 |
| **Preparation for seminars / practical classes, study themes, reviews, portfolio, and essays** | | | | | 2 |
| **Tutorship** | | | | | 2 |
| **Examinations** | | | | | 2 |
| **Other activities** | | | | | 2 |
| **3.8. Total hours of individual study** | | | | | 8 |
| **3.9. Total hours pes semester** | | | | | 50 |
| **3.10. Number of credits** | | | | | 2 |

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 | Logistic video support |
| **5.2.** for seminars / practical classes | Kinetotherapy room, special equipment |

1. **Specific competences acquired**

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| Professional competences (expressed as knowledge and abilities) | C1.3 Application of kinetotherapy programs related to the functional diagnosis and according to the physician's indications, also performing secondary  C1.4 Use of adequate parameters in the techniques to increase articular mobility, muscle force, coordination, balance, to improve certain altered parameters: cardiovascular |
| Transverse competences (of role, of professional development, personal) | competent institutional organization and human resource management  - to participate in group work;  - to organize activities with groups of preschoolers and adults;  -to organize time, space and resources of the institution;  - to promote the establishment of agreements / partnerships, to collaborate with other teachers /and abroad;  -to plan educational activities |

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

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| **7.1.** General objective | General and specialized knowledge in the field of movement pedagogy to allow the comprehension, analysis and realization of new competences in this field, as well as familiarization with the professional activities performed in this field, with specialized pedagogic language, by defining the fundamental concepts/notions of the theory and methodology of training, namely the theory and methodology of evaluation; |  |
| **7.2.** Specific objectives | Capacity of processing and interpretation of certain information from the field of pedagogy of movement (clinical data, physiological parameters, etc.) in view of supporting and taking decisions and of applying certain principles and ideas in this field; realization of recovery programs. |  |

1. **Contents**

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| **8.1. Lecture** | **Teaching methods** | **Observations** |
| 1. Terminology of movement – glossary, definitions. Motor qualities, motor habits, motor skills. | PowerPoint presentation, video presentations, interactive discussions, practical demonstrations, applications | 2 hours |
| 2. Indications and counter-indications of movement.. | 2 hours |
| 3. Characteristics of movement | 2 hours |
| 4. Theoretical bases of the motor activity; basic and specific motor habits of space use, relation between the body and machine / object / another body; | 2 hours |
| 5. Positions used in kinetotherapy | 2 hours |
| 6. Rules for the description of exercises in gymnastics. | 2 hours |
| 7. The management of movement in the kinetotherapy session; techniques and procedures regarding practical habits and team work | 2 hours |
| 8. Rules of writing of physical exercises |  | 2 hours |
| 9.Rules for drawing exercise |  | 4 hours |
| 10. Rules for drawing up the lesson plan |  | 2 hours |
| 11. Rules for drawing up the kinetotherapy session plan |  | 2 hours |
| 12 Rules for drawing up the recovery plan |  | 4 hours |
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| **Bibliography**  **mandatory**  1.Terapii – tehnici – metode complementare de relaxare, decontracturare folosite in kinetoterapie, University Lecturer, Main Professor Kinetotherapy at Oradea University, PASZTAI ZOLTAN and University Graduate Assistant, PASZTAI ANDREA; LOGOS Printing House, 2001  **selective**  2. Ghid de medicina fizica si recuperare medicala Georgiana-Ozana Tache, under the supervision of Mircea Beuran – Collection of the Resident Doctor  3. Kinetologie profilactica, terapeutica si de recuperare, Tudor Sbenghe, Editura Medicala, Bucharest, 1937  4. Introducere in kinetologie – course notes; Veronica Balteanu, “Al. I. Cuza” University Printing Press, Iasi 2004  5. Ghid de medicina fizica si recuperare medicala- Georgiana-Ozana Tache, under the supervision of Mircea Beuran - Collection of the Resident Doctor | | |
| **8.2. Seminar / practical classes** | **Teaching methods** | **Observations** |
| 1. Graphic representation of physical exercises. Physical exercise, definition, content, classification. Structure of the therapeutic exercise | PowerPoint presentation, video presentations, interactive discussions, demonstrations, practical applications in the kinetotherapy room | 2 hours |
| 2. Anatomical and functional bases of movement. The physical education class, links. Pacing effort, testing | 2 hours |
| 3. Kinetic-structure program, creation. Recovery plan. Realization of kinetotherapy session plan. Drawing up | 2 hours |
| 4. Realization of recovery plans for back deficiencies in frontal, sagittal plane. Presentation of a lesson plan for back deficiencies in frontal, sagital plane. | 4 hours |
| 5. Drawing up the recovery plan | 4 hours |
| **Bibliography**  **mandatory**  1.Terapii – tehnici – metode complementare de relaxare, decontracturare folosite in kinetoterapie, University Lecturer, Main Professor Kinetotherapy at Oradea University, PASZTAI ZOLTAN and University Graduate Assistant, PASZTAI ANDREA; LOGOS Printing House, 2001  **selective**  2. Ghid de medicina fizica si recuperare medicala Georgiana-Ozana Tache, under the supervision of Mircea Beuran – Collection of the Resident Doctor  3. Kinetologie profilactica, terapeutica si de recuperare, Tudor Sbenghe, Editura Medicala, Bucharest, 1937  4. Introducere in kinetologie – course notes; Veronica Balteanu, “Al. I. Cuza” University Printing Press, Iasi 2004  5. Ghid de medicina fizica si recuperare medicala- Georgiana-Ozana Tache, under the supervision of Mircea Beuran - Collection of the Resident Doctor | | |

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** | Familiarization with theoretical notions and aspects introduces during the course. | Written exam | 50% |
| **Seminar/practical classes** | Themes of practical works | Practical Test | 40% |
| Activity during semester |  | 10**%** |
| **Minimal performance standard:** Promotion with a grade of minimum 5   * knowledge of the general mechanism of locomotion * knowledge of the role of physical effort in adaptation   knowledge of movement amplitude assessment and of the practical bases of recovery. | | | |

**Date: Signature of head of discipline**

23.09.2019 Associate professor Mariana Rotariu, Ph-D

Assist. drd. Avram Iustina

**Department approval date**

30.09.2019 **Signature of department director**

Lecturer Daniela-Viorelia Matei, Ph-D