**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| 1.1. Higher education institution | Grigore T. Popa University of Medicine and Pharmacy Iasi |
| 1.2. Faculty | Medical Bioengineering |
| 1.3. Department | Biomedical Sciences |
| 1.4. Field of study | Health |
| 1.5. The cycle of studies | Bachelor |
| 1.6. Study program / qualification | Balneo-physiokinetotherapy and rehabilitation – english language / Physiokinetotherapist |

**2. Discipline data**

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| 2.1. Name of the discipline / Code | **Fitness** | **RE1125** |
| 2.2. Teaching staff in charge with lectures | **-** |
| 2.3. Teaching staff in charge with practical activities | **Lecturer Iustina Condurache, PhD** |
| 2.4. Year of study | **I** | 2.5. Semester | **2** | 2.6. The type of assessment | **Colloquium, C2** |
| 2.7. Discipline type | **Elective** | **Specialty discipline** |

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

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| 3.1. Number of hours / week: | 3.2. Courses number of hours / week | 3.3. Seminars / practical classes number of hours / week |
| Semester 1 |  |  |  |
| Semester 2 | **1** |  | **1** |
| 3.4. Total number of learning hours: | **14** | 3.5. Of which: Courses |  | 3.6. Of which: Seminars / practical classes: | **14** |
| 3.7. Distribution of individual study time: | Hours sem. 1 | Hours sem. 2 |
| Study time using course book materials, bibliography and hand notes |  | 6 |
| Supplementary documentation in the library, using specialised platforms via internet and by field work |  | 14 |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays |  | 10 |
| Tutorship |  | 2 |
| Examinations |  | 1 |
| Other activities |  | 6 |
| Total hours of individual study (*without examinations*) |  | **36** |
| 3.8. Total hours per semester |  | **50** |
| 3.9. Number of credits |  | **2** |

**4. Preconditions (where applicable)**

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| 4.1. of curriculum |  |
| 4.2. of competences |  |

5. **Conditions (where applicable)**

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| 5.1. for lectures |  |
| 5.2. for seminars / practical classes | Physiotherapy room, equipped with specialized equipment; |

**6. Specific competences acquired**

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| **Professional competencies** | **C 1.3** | The application of physical therapy programs correlated with the functional diagnosis and according to the doctor's indications, also carrying out secondary prophylaxis.Monitoring of participants during the training process. |
| **C 1.4** | Use of appropriate parameters in techniques to increase joint mobility, muscle strength, coordination and balance.Training of participants in aerobic-fitness classes. |

7**.** **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 understanding, analysis and conception of new knowledge in this field, as well as familiarization with the professional activities carried out in this field, with the specialized pedagogical language, by defining the fundamental concepts/notions of the theory and training methodology, respectively theory and evaluation methodology. |
| 7.2. Specific objectives | Identifying roles and responsibilities in a multidisciplinary team.Application of relationship techniques.Efficiency in teamwork and in the relationship with patients.Fulfillment in terms of efficiency and effectiveness for the organization of tasks and activities specific to therapy interventions. |

**8. Contents**

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| **8.1. Practical activities - practical class** | **Teaching methods** | **Observations** |
| 1 | Knowing and defining fitness capacity. The relationship between health, exercise and fitness. The principle of performing movement with energy economy, methodologies for training execution skills, demonstration and teaching of physical exercises for different purposes. | Power point presentation, video presentations, interactive discussions, demonstrations, practical applications | 4 hours |
| 2 | Factors influencing physical activity and sports performance.Effort in physical and sports activity. | Power point presentation, video presentations, interactive discussions, demonstrations, practical applications | 2 hours |
| 3 | Creating a personalized training plan. | Power point presentation, video presentations, interactive discussions, demonstrations, practical applications | 4 hours |
| 4 | Fitness room management plan. | Power point presentation, video presentations, interactive discussions, demonstrations, practical applications | 2 hours |
| 5 | Post-training recovery strategies. | Power point presentation, video presentations, interactive discussions, demonstrations, practical applications | 2 hours |

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| **8.3. Bibliography:** |
| ***Mandatory:***

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| 1. Notes of practical works, the e-Learning platform.2. Vanvu, G., Fitness, Editura "Gr. T. Popa" UMF Iaşi, 2018.3. [Pagliarulo](https://www.books-express.ro/michael-a-pagliarulo/c/710959) M.A. Introduction to Physical Therapy. Paperback, 2020. |

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| ***Elective:***4. Hagiu B. A. Kinetoprofilaxie, Iaşi, Editura Universităţii Alexandru Ioan Cuza, 2019.5. Rusu O., Bălteanu V., Comunicare şi relaţionare în kinetoterapie, Iaşi, Editura Universităţii Alexandru Ioan Cuza, 2017.6. Moraru C.E. și colab., Gimnastică în reabilitatea fizică posttraumatică, Ed. Universității Alexandru Ioan Cuza, Iași, 2015. |

**9. *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. |

**10. Evaluation**

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| Type of activity | Assessment criteria | Evaluation methods | Contribution to the final grade |
| Lectures | Acquiring theoretical notions and presented in the course | Written exam. MCQ Examination |  |
| Practical activities | Activities carried out in laboratory and conducted quality essays. | Colloquium practical activity | 80 % |
| Individual study | Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays.Study time using coursebook materials, bibliography and hand notes, documentation in the library, using specialised platforms via internet and by field work. | Tests during the semester | 20 % |
| Minimal performance standard:* Practical and theoretical knowledge related to the graphic representation of physical exercises;
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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 12.09.2024 |  | Lecturer Iustina Condurache, PhD |
| Date of approval in the Department Council/Teaching Council,  |
|  |  | Department director / signature, |
| 19.09.2024 |  | Associate Professor Daniela-Viorelia Matei. MD, PhD |