**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 | **Physical education and sport** | **RE1127** |
| 2.2. Teaching staff in charge with lectures | **-** |
| 2.3. Teaching staff in charge with practical activities | Lecturer Bogdan Anton-Prisacariu, PhD |
| 2.4. Year of study | **I** | 2.5. Semester | **1** | 2.6. The type of assessment | **Colloquium, C1** |
| 2.7. Discipline type | **Mandatory** | **Complementary 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 | **2** |  | **2** |
| Semester 2 |  |  |  |
| 3.4. Total number of learning hours: | **28** | 3.5. Of which: Courses |  | 3.6. Of which: Seminars / practical classes: | **28** |
| 3.7. Distribution of individual study time: | Hours sem. 1 | Hours sem. 2 |
| Study time using course book materials, bibliography and hand notes |  |  |
| Supplementary documentation in the library, using specialised platforms via internet and by field work |  |  |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays |  |  |
| Tutorship | 1 |  |
| Examinations | 2 |  |
| Other activities |  |  |
| Total hours of individual study (*without examinations*) |  |  |
| 3.8. Total hours per semester | **28** |  |
| 3.9. Number of credits | **1** |  |

**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 | Basket balls, volley, football, tennis, shuttlecocks, wall bars, carpets, cords, net, tennis rackets, badminton rackets, gymnastics benches |

**6. Specific competences acquired**

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| **Professional competencies** | **C1.4** | Doing physical exercises and practicing sport from a prophylactic point of view with a view to improving the motor potential (from a professional point of view)Doing physical exercises and practicing sport in order to better the basic, applied, pragmatic and sport-oriented motor abilitiesKnowing the manners of maintain a correct body posture. |

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| **Transversal****competencies** | **CT1** | Knowing the values and implementing the somatic and functional indices with a view to maintaining one’s health and fighting various affectionsKnowing some specific program of physical education and sport from a prophylactic/bettering of some deficiencies/affectionsThe independent practice of sport and physical education, as pastime activitiesSocial integration through a positive attitude based on team spirit and fair-play, tolerance, self-esteem and respect towards surrounding you. |

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

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| 7.1. General objective | Increasing the motor potential based on the requirements of the professional profile. |
| 7.2. Specific objectives | Knowing the ways of fighting the affections and attitudes deficiently encountered in the medical system. The emergence of the ability of independent practice of the physical exercise, as pastime activities. The development of personality features needed to a favourable social and professional integrationGrowing aware of the beneficial effects of practicing the physical exercise through involvement in the process of health promotion through movement. |

**8. Contents**

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| **8.2. Practical activities - practical class**  | **Teaching methods** | **Observations** |
| 1 | The requirements of the physical education course. Specific norms of work safety | Verbal methods: explanationIntuitive methods (nonverbal): demonstration, observation | 2 hours |
| 2 | Initial assessment (testing) of the motor ability | 4 hours |
| 3 | The development of motor abilities: force, speed, resistance, coordination, mobility (flexibility) | 8 hours |
| 4 | Motor abilities specific to sport sections: basketball, volleyball, soccer, badminton | 8 hours |
| 5 | Applied and pragmatic motor abilities | 4 hours |
| 6 | Final assessment of motor abilities | 2 hours |

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

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| 1. Vanvu, G., Educaţia fizică şi sportul în învăţământul universitar de neprofil. Editura UMF „Grigore T. Popa”, Iaşi, 20132. Nelson, A.G., Anatomia stretchingului, Ed. Lifestyle, 20183. Lieberman, D.E., O istorie naturală a exercițiului fizic, Ed. Polirom, Iași, 20224. Note lucrari practice, platforma de e-Learning |

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| ***Elective:*** |
| 1. Vanvu, G., Colecţia pentru studenţi Sănătos prin mişcare. Exerciţii profilactice pentru deficienţe cervicale, Editura UMF „Gr.T. Popa”, Iaşi, 20172. Vanvu, G., Colecţia pentru studenţi Sănătos prin mişcare. Exerciţii profilactice pentru deficienţe ale coloanei vertebrale - cifoza, Editura UMF „Gr.T. Popa”, Iaşi, 20173. Manocchia, P., Anatomia antrenamentului fizic. Editura Litera, Bucureşti, 20154. Manocchia, P., Anatomia antrenamentului de forță. Editura Litera, Bucureşti, 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**  | **10.1. Evaluation criteria:**  | **10.2. Methods of evaluation** | **10.3. Percentage of final grade** |
| **10.4. Lecture** | - |  |  |
| **10.5. Seminar / Laboratory** | Assessment norms and challenges for the practical evaluation, the recording of progress between initial assessment and final assessment | Practical tests. Final assessments and notes | 50% |
| On-going (current) tests and notes, practical activities and individual study. | On-going assessments and notes | 20% |
| Other assessment criteria:Taking part in sportive competitions, volunteering activities, art, cultural and academic activities, abiding by the in-house rules specific of the field (logistics, attendance), active and aware participation in the activities |  | 30% |
| The students who have inappropriate medical condition (doctor-based evidence), either permanent or partial - should show info regarding their diagnosis (illness or deficiency) and the role of physical exercise in improving their condition (besides the support at the physical education lessons |  | 100%\* |
| **Minimum standard of performance: at least grade 5 to pass the discipline**Compliance with the in-house rules specific to the field (logistics, attendance)Control challenges and norms as part of the practical assessment |

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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 11.09.2024 |  | Lecturer Bogdan Anton-Prisacariu, PhD  |

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| Date of approval in the Department Council/Teaching Council,  |
| 19.09.2024 |  | Department director / signature, |
|  |  | Associate Professor Daniela-Viorelia Matei, MD, PhD |