

DISCIPLINE SHEET**ACADEMIC YEAR****2022- 2023****1. DATA ABOUT THE STUDY PROGRAM**

1.1 Institution of higher education	UNIVERSITY OF MEDICINE AND PHARMACY OF CRAIOVA
1.2 Faculty	MEDICINE
1.3 Department	1
1.4 Study Domain	HEALTH
1.5 Study cycle	LICENCE
1.6 Study program/Qualification	MEDICINE

2. DATA ABOUT THE DISCIPLINE

2.1 DISCIPLINE NAME	PHYSICAL EDUCATION		
2.2. Discipline code	MED21209		
2.3 The holder of course activities			
2.4 The holder of seminar activities	CIUVAT DRAGOS, SCHIOPU ANCA STEFANIA, GEORGESCU OVIDIU CIPRIAN		
2.5.Academic degree	Lecturer/Teaching Assistant/Teaching Assistant		
2.6.Employment (base norm/associate)	base norm		
2.7. Year of study	II	2.8. Semester	I II
		2.9. Course type (content)	
		2.10. Regime of discipline (compulsoriness)	CCD

3. THE ESTIMATED TOTAL TIME (teaching hours per semester)– SEMESTER I – SEMESTER II

3.1 Number of hours per week	2	3.2 From which course	-	3.3 seminary/laboratory	2
3.4 Total hours in the curriculum	28	3.5 From which course	-	3.6 seminary/laboratory	28
Allocation of time (number of hours)					
Study of textbook, course support, bibliography, and notes					
Additional documentation in the library, on specialized electronic platforms and, in the practical field					
2					
Training seminars / labs, homework, reports, portfolios, and essays					
Tutoring					
2					
Examinations					
2					
Other activities, counselling, student study groups					
16					
3.7 Total hours of individual study	22				
3.9 Total hours per year	50				
3.10 Number of credits	2				

4. PREREQUISITES (where necessary)

4.1 curriculum	Students must be medically fit to undergo the hours of Physical Education
4.2 competency	

5. CONDITIONS(where appropriate)

5.1. of course development	-
5.2. of seminary/ lab development	

6. SPECIFIC COMPETENCES ACCRUED

PROFESSIONAL ABILITIES	C4 – to tackle specific health/ sickness issues from the point of view of community particularities in direct relation to the social, economical and/or cultural conditions specific to the community
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TRANSVERSAL ABILITIES	<p>CT1. Autonomy and responsibility</p> <ul style="list-style-type: none"> - to acquire some moral principles, to acquire professional and civic attitudes that will enable the students to be fair, sincere, non-aggressive, cooperative, empathetic about suffering, willing to help people, interested in community development; - to know, respect and contribute to the progress of moral values and professional deontology - to know how to identify a problem when it arises and to offer responsible solutions to it <p>CT2 Social interaction</p> <ul style="list-style-type: none"> - to acknowledge and show respect towards diversity and multiculturalism - to own or to learn how to expand team work abilities - to be able to communicate in a verbal or written form the requests, the working procedure, the results; to consult the team - to take part in volunteer activities, to be acquainted with the real problems of the community <p>CT3. Personal and professional development</p> <ul style="list-style-type: none"> - to be receptive to life-long learning - to understand the necessity of individual study as a starting point for the personal autonomy and professional development; - to creatively enhance one's personal potential through implication in collective activities with the best results - to know how to use information and communication technology
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7. DISCIPLINE OBJECTIVES (based on the grid of specific competences acquired)

7.1 The general objective of the discipline	<p>General aims</p> <ul style="list-style-type: none"> - promoting health; - physical development in a harmonious way and correction of some physical disabilities; - maintaining a proper physical posture; the anlitical and systematical working of body parts, the toning of body muscles; - development of basic motility abilities - the acquisition of the some specific elements in gymnastics - developing and consolidation of motility skills and abilities in volleyball - initiation, acquisition, retention, consolidation and improvement of elements, tehnicl procedures and tactic actions with the aim of the overall practice of volleyball and the implementation of these components in independent activities and university competitions
7.2 The specific objectives of the discipline	<p>Specific aims:</p> <ul style="list-style-type: none"> - developing practical skills in physical activity and promoting a healthy lifestyle

8. CONTENTS

8.1 Course (content units)	Nr. ore
8.2 Practical work (topics / themes) – SEMESTER I + SEMESTER II	
1. Presentation of the physical education activity (requests, tests, control rules)	2
2. Athletics-the standing long jump-initial test	2
3. Athletics-the 50 meter standing sprint -50m-initial test	2
4. Athletics-long distance running 6'(F)- 10'(B)-initial test	2
5. Athletics-consolidation of the standing start and of the accelerating running pace	2
6. Athletics-consolidation of the standing long jump	2
7. Athletics-Consolidation of the long distance runningfrom a standing start on progressively longer distances (coordination between the running pace and the correct breathing)	2
8. Preparation for the tests	2
9. Optional subject (volleyball, basketball)	6
10. Assessment - the 50 meter standing sprint	2
11. Assessment - optional subject	2
12. Assessment - the standing long jump and the long-running 6'(F)- 10'(B)	2
BIBLIOGRAPHY	
.Balaiş,F., Păcuraru, A., Vâlsan,T - Curs de volei- Tehnica și tactica jocului Universitatea "Dunărea de Jos",Galați,1994; .	
2. Ciorbă,C-„Baschet curs grafic”Editura Pim,Iași,2006;	
3. Grapă,F.,Mârza,D-"Volei în învățământ" Editura Plumb, Bacău, 1998;	
4. Hânsa,C.,Călin,L-"Baschet-tehnică și tactică”,Editura Fundației Universitare,,Dunărea de Jos” Galați, 2004;	
5. Moanță,A-"Baschet-metodică”,Editura Alpha,2005;	

9. CORROBORATING THE COURSE CONTENT WITH THE EXPECTATIONS OF EPISTEMIC COMMUNITY REPRESENTATIVES, PROFESSIONAL ASSOCIATIONS AND EMPLOYEE REPRESENTATIVES OF THE FIELDS RELATING TO THIS PROGRAM

<ul style="list-style-type: none"> ▪ The Physical Education subject is a complementary subject, though mandatory for a student aiming to become a

<p>doctor</p> <ul style="list-style-type: none"> ▪ The knowledge, practical skills and attitudes that are taught by this subject offer help for the future doctor in the following activities: - knowledge, understanding, explanation, interpretation; - knowledge and understanding of regulation; - knowledge and understanding of the basic technical elements; - knowledge and understanding of tactics; - knowledge and understanding of the body functions in every day life.

10. METHODOLOGICAL LANDMARKS

Types of activity	Teaching Techniques / learning materials and resources: In case of special situations (states of alert, emergency situations, other types of situations that limit the physical presence of people) the activity can be carried out online using online platforms approved by the faculty / university. The online education process will be adapted accordingly to ensure the fulfilment of all the objectives provided in the discipline file.
Course	The following combined methods are used:
Practical work	The following combined methods are used:practical applications
Individual study	Before every practical work

11. RECOVERY PROGRAM

Absences recoveries	No. absences that can be recovered	Location	Period	In charge	Scheduling of topics
	3	The gym hall/online	The last week of the semester	The group assisntent	According to the schedule
Schedule of consultations / Group study	2 hours/ 2 weeks/teacher	The gym hall/online	Weekly	All teachers	The theme of the specific week
Schedule for the poorly trained students	2 hours/ 2 weeks	The gym hall/online	Weekly	All teachers	According to each student's situation

12. ASSESMENT

Activity	Types of assesment	Methos of evaluation	Percentage from final grade
Lecture			
Practical work	Periodic assesment during the semester Summative assesment during the exam	Practical exam	80%
Periodic assesment			20%
Assesment of individual activity			
Minimum performance standard	At least 50% for each component of the evaluation		

13. GUIDANCE AND COUNSELLING PROGRAMS

Professional guidance and counselling programs (2 hours/monthly)		
Scheduling the hours	Location	In charge
The last Friday of every month	The gym hall	The course instructors

Endorsement date in the department: 20.09.2022

Department Director,
Prof. Ion MÎNDRILĂ

Coordinator of study program,
Prof. Marius Eugen CIUREA

Discipline holder,
Lecturer Dragos Vasile CIUVĂȚ

