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| BACHELOR DEGREE**PHYSICAL EDUCATION AND SPORTS**1ST YEAR OF STUDY, 2nd SEMESTER |

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| **Course title** | **KINESIOLOGY** |
| Course code | SL1111235 |
| Course type | tutorial |
| Course level | 1st cycle (bachelor’s degree) |
| Year of study, semester | 1st year of study, 2nd semester |
| Number of ECTS credits | 5 |
| Number of hours per week | 4 (2 lecture hours + 2 seminar hours) |
| Name of lecture holder | OPREAN ALEXANDRU |
| Name of seminar holder | OPREAN ALEXANDRU |
| Prerequisites | Advanced level of English  |
| A | **General and course-specific competences** |
|  | **General competences**:* Modular design (Physical and sports education, Sport and motor performance, Kinetotherapy and special motor skills) and planning the basic contents of the field with interdisciplinary orientation
* The assessment of physical growth and development and the quality of the motor according to the specific requirements / objectives of the physical and sports education, the attitude towards the independent practice of the physical exercise

**Course-specific competences**:* Organization of sport related activities for people of different ages and levels of training under qualified assistance conditions, respecting the rules of professional ethics and deontology
* Fulfillment of efficient and effective work tasks for organizing and conducting sports activities
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| B | **Learning outcomes** |
|  | * Implementation of a system of theoretical and applied knowledge in the field of kinesiology in order to be used later in the professional activity of students.
* Acquiring the scientific knowledge specific to the discipline;
* The possibility of analyzing and synthesizing some cases given by kinesiology problems;
* Formation of a correct thinking in the field for solving the problem of motility;
* Integration of the related disciplines studied.
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| C | **Lecture content** |
|  | * Introduction to kinesiology
* History of physical activities
* Mechanics of movement
* The forces involved in body movements
* Couples and cinematic chains
* Functional changes in physical exercise conditions
* Anatomical basis of neuro muscle artro kinetic
* Motor transmission ways
* Motor control
* Application of kinesiology in physical education
* Applying kinesiology in sport
* Applying kinesiology in force development training
* Exercise specificity
* Application of kinesiology in sports and recovery medicine
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| D | **Recommended reading for lectures** |
|  | * Hamilton, N., Luttgens, K., Kinesiology: scientific basis of human motion, McGraw-Hill, Canada, 2002.
* Hoffman S., şi col. Introduction to Kinesiology. USA. Human Kinetics, 2005.
* Neumann, D., Kinesiology of the musculoskeletal system, Mosby Published, 2002Jivan, I., Îndrumar metodic de înot, Editura IEFS, Bucureşti, 1990.
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| E | **Seminar content** |
|  | * Mechanics of movement
* The forces involved in body movements
* Couples and cinematic chains
* Functional changes in physical exercise conditions
* Anatomical basis of neuro muscle artro kinetic
* Motor transmission ways
* Application of kinesiology in physical education
* Applying kinesiology in sport
* Applying kinesiology in force development training
* Exercise specificity
* Application of kinesiology in sports and recovery medicineAnalysis of human walking
* Analysis of the running step
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| F | **Recommended reading for seminars** |
|  | * Hamilton, N., Luttgens, K., Kinesiology: scientific basis of human motion, McGraw-Hill, Canada, 2002.
* Hoffman S., şi col. Introduction to Kinesiology. USA. Human Kinetics, 2005.
* Neumann, D., Kinesiology of the musculoskeletal system, Mosby Published, 2002Jivan, I., Îndrumar metodic de înot, Editura IEFS, Bucureşti, 1990.
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| G | **Education style** |
| learning and teaching methods | Interactive lectures, explanation, demonstrations, viewing material and so on |
| assessment methods | Teoretical evaluation |
| Language of instruction | English |