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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 | |
| 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. | |
| 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 | |
| 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. | |
| 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 | |
| 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. | |
| G | **Education style** | |
| learning and teaching methods | | Interactive lectures, explanation, demonstrations, viewing material and so on |
| assessment methods | | Teoretical evaluation |
| Language of instruction | | English |