Academic course description

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| BACHELOR ‘S PROGRAMME1st YEAR OF STUDY, 1st SEMESTER |

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| **Course title** | **Physical Education** |
| Course code |  |
| Course type | full attendance |
| Course level | 1st cycle (bachelor’s degree) |
| Year of study, semester | 1st year of study, 1st semester |
| Number of ECTS credits | 4 |
| Number of hours per week | 2 (0 lecture hours + 2 seminar hours) |
| Name of lecture holder | Assist. Muntianu Vlad-Alexandru |
| Name of seminar holder |  |
| Prerequisites | Intermediate level of English language |
| A | **General and course-specific competences** |
|  | **General competences**:* Fulfilling in efficiency and effectiveness conditions of work tasks to organise and perform sports activities

**Course-specific competences**:* Describe and demonstrate the specific physical education operational systems, according to age groups
* Evaluation of physics growth and development and motricity according to the specific objectives of sports and physical education and the attitude towards indepentently practiceing physical exercises
* Modular design (physical education) and planning the domains basic contents with disciplinary orientation according to material resources.
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| B | **Learning outcomes** |
|  | * Learning elementary notions of developing muscle tonus, body weight loss and maintaining an optimal physical condition.
* Learning various exercises for each major group muscle;
* Knowing physiological and ergophysiological principles in building an exercise program for different ages;
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| C | **Lecture content** |
|  | - |
| D | **Recommended reading for lectures** |
|  | - |
| E | **Seminar content** |
|  | Presenting the training base and the facility„Cardio” exercises – learning“Stretching ” method – learning„Pilates” method – learningExercises to enhance the abdominal and back muscles – learningExercises to develop upper and lower limbs muscles – learningMethodology of learning the main technical elements and procedures of team sports - FootballMethodology of learning the main technical elements and procedures of team sports - HandballMethodology of learning the main technical elements and procedures of team sports – BasketballMethodology of learning the main technical elements and procedures of team sports – Volleyball |
| F | **Recommended reading for seminars** |
|  | - |
| G | **Education style** |
| learning and teaching methods | Lecture, didactic explanation, heuristic conversation, video projection, problem solving method, case studies |
| assessment methods | * Practical evaluation
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| Language of instruction | English |