Academic course description

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

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| **Course title** | | **Foreign Language - English** |
| 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 | | 1 |
| Number of hours per week | | 2 |
| Name of lecture holder | | Assist. Muntianu Vlad-Alexandru |
| Name of seminar holder | | Assist. Muntianu Vlad-Alexandru |
| 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. | |
| B | **Learning outcomes** | |
|  | Learning various exercises for each major group muscle;  Knowing physiological and ergophysiological principles in building an exercise program for different ages; | |
| C | **Seminar content** | |
|  | Presenting the training base and the facility  „Cardio” exercises – learning  “Stretching ” method – learning  „Pilates” method – learning  Exercises to enhance the abdominal and back muscles – learning  Exercises to develop upper and lower limbs muscles – learning  Methodology of learning the main technical elements and procedures of team sports - Football  Methodology of learning the main technical elements and procedures of team sports - Handball  Methodology of learning the main technical elements and procedures of team sports – Basketball  Methodology of learning the main technical elements and procedures of team sports – Volleyball | |
| E | **Education style** | |
| learning and teaching methods | | Explanation, demonstration, shaping, chaining |
| assessment methods | | Practical evaluation |
| Language of instruction | | English |