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 | 1 |
| Number of hours per week | 2  |
| Name of lecture holder | Assist. Muntianu Vlad-Alexandru |
| Name of seminar holder |  - |
| Prerequisites | Intermediate level of English  |
| 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 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 | **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
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| D | **Recommended reading for seminars** |
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| E | **Education style** |
| learning and teaching methods | Explanation, demonstration, shaping, chaining |
| assessment methods | Practical evaluation |
| Language of instruction | English |