

BACHELOR DEGREE
PHYSICAL THERAPY
 2ND YEAR OF STUDY, 1ST SEMESTER

COURSE TITLE	KINESIOLOGY
COURSE CODE	SL1112118
COURSE TYPE	tutorial
COURSE LEVEL	1 st cycle (bachelor's degree)
YEAR OF STUDY, SEMESTER	2 nd year of study, 1 st semester
NUMBER OF ECTS CREDITS	6
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
	<p>General competences:</p> <p>→ 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</p> <p>→ 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</p> <p>Course-specific competences:</p> <p>→ Organization of physical therapy activities for people of different ages and levels of training under qualified assistance conditions, respecting the rules of professional ethics and deontology</p> <p>→ Fulfillment of efficient and effective work tasks for organizing and conducting sports activities</p>
B	LEARNING OUTCOMES
	<p>→ 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.</p> <p>→ Acquiring the scientific knowledge specific to the discipline;</p> <p>→ The possibility of analyzing and synthesizing some cases given by kinesiology problems;</p> <p>→ Formation of a correct thinking in the field for solving the problem of motility;</p> <p>→ Integration of the related disciplines studied.</p>
C	LECTURE CONTENT
	<ul style="list-style-type: none"> • The movement of man as a field of research. • Kinesiology, interdisciplinary science. Conceptual delimitations • The evolution of human motility. The levers of the body • Internal and external forces involved in the movement • Morphological and functional support of motility. Bones and joints. Bone architecture laws • Morphological and functional support of motility. Muscle fiber. Mechanical properties of skeletal muscle • Morphological and functional support of motility. Neuromuscular activity • Methodology for evaluating motor activity • Structural analysis of an osteo-muscular kinematic chain • Upper limb biomechanics: the acromioclavicular musculoskeletal complex • Segmental movements of the upper limb; joint movements of the humerus-cubito-radial joints and of the hand • Lower limb biomechanics: joint and segmental movements of the lower limb • Kinesiology of human walking • Kinesiology of particular movements: running, special walking, etc.
D	RECOMMENDED READING FOR LECTURES
	<ul style="list-style-type: none"> • Hamilton, N., Luttgens, K., Kinesiology: scientific basis of human motion, McGraw-Hill, Canada, 2002. • Hoffman S., și col. Introduction to Kinesiology. USA. Human Kinetics, 2005.

	<ul style="list-style-type: none"> • Neumann, D., Kinesiology of the musculoskeletal system, Mosby Published, 2002 Jivan, I., Îndrumar metodic de înot, Editura IEFS, București, 1990.
E	SEMINAR CONTENT
	<ul style="list-style-type: none"> • Structural analysis of an osteo-muscular kinematic chain • Anthropometric segmental sizes • Determination of segmental mass centers of the musculoskeletal system • Inertial sizes of the human body • Analysis of human walking • Analysis of the running step
F	RECOMMENDED READING FOR SEMINARS
	<ul style="list-style-type: none"> • Hamilton, N., Luttgens, K., Kinesiology: scientific basis of human motion, McGraw-Hill, Canada, 2002. • Hoffman S., și col. Introduction to Kinesiology. USA. Human Kinetics, 2005. • Neumann, D., Kinesiology of the musculoskeletal system, Mosby Published, 2002 Jivan, I., Îndrumar metodic de înot, Editura IEFS, București, 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