

BACHELOR DEGREE
PHYSICAL EDUCATION AND SPORTS
3RD YEAR OF STUDY, 2ND SEMESTER

COURSE TITLE	KINESIOLOGY
COURSE CODE	SL1223278
COURSE TYPE	tutorial
COURSE LEVEL	1 st cycle (bachelor's degree)
YEAR OF STUDY, SEMESTER	3 rd year of study, 2 nd semester
NUMBER OF ECTS CREDITS	5
NUMBER OF HOURS PER WEEK	3 (1 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> <ul style="list-style-type: none"> → Modular design 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 <p>Course-specific competences:</p> <ul style="list-style-type: none"> → 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
	<ul style="list-style-type: none"> → Implementation of a system of theoretical and applied knowledge in rugby; in order to be used later in the professional activity of the students. → Training and learning the basic technical skills of the Rugby game. → Educate the basic motor qualities through specific means of the game of Rugby. → Acquiring the educational values of the Rugby game.
C	LECTURE CONTENT
	<ul style="list-style-type: none"> • Introducere în jocul de rugby • Noțiuni de regulament și arbitraj • Mijloace de acțiune privind tehnica jocului de Rugby - apărarea • Mijloace de acțiune privind tehnica jocului de Rugby - atacul • Mijloace de acțiune privind tactica jocului de Rugby - sistemele de joc; • Mijloace de acțiune privind tactica jocului de Rugby - sistemele de joc; • Deprinderea mijloacelor de pregătire fizică specifică
D	RECOMMENDED READING FOR LECTURES
	<ul style="list-style-type: none"> • Ben Clarke – “Rugby skills – a complete step-by-step guide” 1995, Pub. Hamlyn, London, 1995; • Derek Robinson – „Rugby: A Player's Guide to the Laws” Pub. Collins Willow, London, 2005; • Jane Liddiard - „Tag Rugby: Everything You Need to Know to Play and Coach” Pub. A&C Black, Leicester, 2006; • Martin Johnson, Howard Johnson – „Rugby Union Manual: The Official Guide to Playing the Game” Pub. Haynes, London 2008; • Rodney Butt – “Rugby Coaching the New Zealand Way” Pub. Icen Books, Auckland, 2001.
E	SEMINAR CONTENT
	<ul style="list-style-type: none"> • Introducere în jocul de rugby • Mijloace de acțiune privind tehnica jocului de Rugby - apărarea • Mijloace de acțiune privind tactica jocului de Rugby - atacul • Mijloace de acțiune privind tactica jocului de Rugby - sistemele de joc; • Mijloace de acțiune privind tactica jocului de Rugby - apărarea

	<ul style="list-style-type: none"> • Deprinderea mijloacelor de pregătire fizică specifică;
F	RECOMMENDED READING FOR SEMINARS
	<ul style="list-style-type: none"> • Ben Clarke – “Rugby skills – a complete step-by-step guide” 1995, Pub. Hamlyn, London, 1995; • Derek Robinson – „Rugby: A Player's Guide to the Laws” Pub. Collins Willow, London, 2005; • Jane Liddiard - „Tag Rugby: Everything You Need to Know to Play and Coach” Pub. A&C Black, Leicester, 2006; • Martin Johnson, Howard Johnson – „Rugby Union Manual: The Official Guide to Playing the Game” Pub. Haynes, London 2008; • Rodney Butt – “Rugby Coaching the New Zealand Way” Pub. Iceni Books, Auckland, 2001.
G	EDUCATION STYLE
LEARNING AND TEACHING METHODS	Interactive lectures, explanation, demonstrations, viewing material and so on
ASSESSMENT METHODS	Teoretical evaluation
LANGUAGE OF INSTRUCTION	English