

BACHELOR 'S PROGRAMME
1st YEAR OF STUDY, 1st SEMESTER

COURSE TITLE	FOREIGN LANGUAGE - ENGLISH	
COURSE CODE		
COURSE TYPE	full attendance	
COURSE LEVEL	1 st cycle (bachelor's degree)	
YEAR OF STUDY, SEMESTER	1 st year of study, 1 st 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	
	<p>General competences:</p> <ul style="list-style-type: none"> → Fulfilling in efficiency and effectiveness conditions of work tasks to organise and perform sports activities <p>Course-specific competences:</p> <ul style="list-style-type: none"> → 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 independently practicing 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	
	<p>Presenting the training base and the facility</p> <p>„Cardio” exercises – learning</p> <p>“Stretching ” method – learning</p> <p>„Pilates” method – learning</p> <p>Exercises to enhance the abdominal and back muscles – learning</p> <p>Exercises to develop upper and lower limbs muscles – learning</p> <p>Methodology of learning the main technical elements and procedures of team sports - Football</p> <p>Methodology of learning the main technical elements and procedures of team sports - Handball</p> <p>Methodology of learning the main technical elements and procedures of team sports – Basketball</p> <p>Methodology of learning the main technical elements and procedures of team sports – Volleyball</p>	
E	EDUCATION STYLE	
LEARNING AND TEACHING METHODS	Explanation, demonstration, shaping, chaining	
ASSESSMENT METHODS	Practical evaluation	
LANGUAGE OF INSTRUCTION	English	