

BACHELOR DEGREE
PHYSICAL EDUCATION AND SPORTS
1ST YEAR OF STUDY, 2ND SEMESTER

COURSE TITLE	KINESIOLOGY
COURSE CODE	SL1111235
COURSE TYPE	tutorial
COURSE LEVEL	1 st cycle (bachelor's degree)
YEAR OF STUDY, SEMESTER	1 st year of study, 2 nd semester
NUMBER OF ECTS CREDITS	5
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 sport related 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"> • Introduction to kinesiology • History of physical activities • Mechanics of movement • The forces involved in body movements • Couples and cinematic chains • Functional changes in physical exercise conditions • Anatomical basis of neuro muscle artro kinetic • Motor transmission ways • Motor control • Application of kinesiology in physical education • Applying kinesiology in sport • Applying kinesiology in force development training • Exercise specificity • Application of kinesiology in sports and recovery medicine
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. • 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"> • Mechanics of movement • The forces involved in body movements • Couples and cinematic chains • Functional changes in physical exercise conditions • Anatomical basis of neuro muscle artro kinetic • Motor transmission ways • Application of kinesiology in physical education • Applying kinesiology in sport • Applying kinesiology in force development training • Exercise specificity • Application of kinesiology in sports and recovery medicine • 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