

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

COURSE TITLE	PHYSICAL EDUCATION
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	4
NUMBER OF HOURS PER WEEK	2 (0 lecture hours + 2 seminar hours)
NAME OF LECTURE HOLDER	Assist. Muntianu Vlad-Alexandru
NAME OF SEMINAR HOLDER	
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
	<ul style="list-style-type: none"> → Learning elementary notions of developing muscle tonus, body weight loss and maintaining an optimal physical condition. → Learning various exercises for each major group muscle; → Knowing physiological and ergophysiological principles in building an exercise program for different ages;
C	LECTURE CONTENT
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D	RECOMMENDED READING FOR LECTURES
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E	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>
F	RECOMMENDED READING FOR SEMINARS
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G	EDUCATION STYLE

LEARNING AND TEACHING METHODS	Lecture, didactic explanation, heuristic conversation, video projection, problem solving method, case studies
ASSESSMENT METHODS	<ul style="list-style-type: none">• Practical evaluation
LANGUAGE OF INSTRUCTION	English