

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	1
NUMBER OF HOURS PER WEEK	2
NAME OF LECTURE HOLDER	Assist. Muntianu Vlad-Alexandru
NAME OF SEMINAR HOLDER	-
PREREQUISITES	Intermediate level of English
A	GENERAL AND COURSE-SPECIFIC COMPETENCES
	<p>General competences:</p> <p>→ Fulfilling in efficiency and effectiveness conditions of work tasks to organise and perform sports activities</p> <p>Course-specific competences:</p> <p>→ Describe and demonstrate the specific physical education operational systems, according to age groups</p> <p>→ 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</p> <p>→ Modular design (physical education) and planning the domains basic contents with disciplinary orientation according to material resources.</p>
B	LEARNING OUTCOMES
	<ul style="list-style-type: none"> • Learning various exercises for each major group muscle; • Knowing physiological and ergophysiological principles in building an exercise program for different ages;
C	SEMINAR CONTENT
	<ul style="list-style-type: none"> • Presenting the training base and the facility • „Cardio” exercises – learning • “Stretching ” method – learning • „Pilates” method – learning • Exercises to enhance the abdominal and back muscles – learning • Exercises to develop upper and lower limbs muscles – learning • Methodology of learning the main technical elements and procedures of team sports - Football • Methodology of learning the main technical elements and procedures of team sports - Handball • Methodology of learning the main technical elements and procedures of team sports – Basketball • Methodology of learning the main technical elements and procedures of team sports – Volleyball
D	RECOMMENDED READING FOR SEMINARS
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E	EDUCATION STYLE
LEARNING AND TEACHING METHODS	Explanation, demonstration, shaping, chaining
ASSESSMENT METHODS	Practical evaluation
LANGUAGE OF INSTRUCTION	English