

BACHELOR DEGREE

SPORTS AND PHYSICAL EDUCATION

2ND YEAR OF STUDY, 1ST SEMESTER

COURSE TITLE	THEORY AND PRACTICE OF WATER SPORTS: SWIMMING
COURSE CODE	SL1212118
COURSE TYPE	tutorial
COURSE LEVEL	1 st cycle (bachelor's degree)
YEAR OF STUDY, SEMESTER	2 nd year of study, 1 st semester
NUMBER OF ECTS CREDITS	5
NUMBER OF HOURS PER WEEK	4 (2 lecture hours + 2 seminar hours)
NAME OF LECTURE HOLDER	PETREA RENATO-GABRIEL
NAME OF SEMINAR HOLDER	PETREA RENATO-GABRIEL
PREREQUISITES	Advanced level of English
A	GENERAL AND COURSE-SPECIFIC COMPETENCES
	<p>General competences:</p> <ul style="list-style-type: none"> → Modular design (Physical and sports education, Sport and motor performance, Kinotherapy and special motor skills) 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 → Description and demonstration of specific operational systems for physical and sports education, by age groups → Evaluation of the level of training of practitioners of physical education and sports activities <p>Course-specific competences:</p> <ul style="list-style-type: none"> → Organization of physical and sports education 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"> → Formation of a system of theoretical knowledge and practical skills specific to swimming, for practicing it as a means of nautical recreation and maintaining its own health, → Using this knowledge to organize and conduct swimming lessons with children or with people of different ages
C	LECTURE CONTENT
	<ol style="list-style-type: none"> 1. History of swimming, evolution of sports swimming procedures and swimming tests 2. The history of swimming, the evolution of sports swimming procedures and swimming tests 3. General problems regarding Swimming (the branches of Swimming and the particularities of practice). General aspects regarding the practice of other branches of Swimming (water jumps, water polo, synchronous swimming, applicative swimming) 4. The influences exerted by the practice of swimming on the body 5. The technical basis of swimming: the laws of floating and diving in water 6. Technical Basics of Swimming: The Laws of Floating and Getting in the Water 7. The technical basis of swimming: the study of the effectiveness of swimming movements. 8. The influence of anatomical and physiological particularities on the performance of the swimmers 9. Use of swimming as a means of treatment of some conditions 10. Technique of the sport procedures of swimming (chest, chest, back, arm and butterfly), notions of regulation 11. The technique of sport swimming procedures (chest, back, breast and butterfly), notions of regulation 12. Methodology of learning sports swimming procedures, swimming lesson (structure and content), modern methodological orientations in learning sports swimming procedures 13. Methodology of learning sports swimming procedures, swimming lesson (structure and content), modern methodological orientations in learning sports swimming procedures

	14. Organizing a swimming learning center	
D	RECOMMENDED READING FOR LECTURES	
	<ul style="list-style-type: none"> • Ruben Guzman – The Swimming Drill Book, Human Kinetics, Illinois, USA, 2006, ISBN: 0735062513; • Ian Mcleod – Swimming Anatomy, Human Kinetics, USA, 2009, ISBN: 0736075712; • Jim Montgomery, Mo Chambers – Mastering Swimming (The Masters Athlete Series), Human Kinetics, USA, 2008, ISBN: 0736074538 	
E	SEMINAR CONTENT	
	<ul style="list-style-type: none"> • Exercises on the ground and in the water for learning the technique of the sport procedures of swimming swimming on the chest and back: exercises on the ground, exercises of accommodation with water, floating, breathing, opening the eyes in water • Technique of the movements of the legs and arms in the chest and back procedures, their coordination and their breathing, integral swimming • Simple beginnings and returns for learned swimming procedures (chest flexion, back flexion) • Exercises for strengthening the technique of chest procedures on the chest and back • Initiation in the technique of sports bras swimming procedure: exercises on the ground, exercises of accommodation with water, floating, breathing, opening the eyes in water, the technique of the movements of the feet and arms, their coordination and their breathing, the full swim. • Start and return for the bras swimming process 	
F	RECOMMENDED READING FOR SEMINARS	
	<ul style="list-style-type: none"> • Ruben Guzman – The Swimming Drill Book, Human Kinetics, Illinois, USA, 2006, ISBN: 0735062513; • Ian Mcleod – Swimming Anatomy, Human Kinetics, USA, 2009, ISBN: 0736075712; • Jim Montgomery, Mo Chambers – Mastering Swimming (The Masters Athlete Series), Human Kinetics, USA, 2008, ISBN: 0736074538 	
G	EDUCATION STYLE	
	LEARNING AND TEACHING METHODS	Interactive lectures, explanation, demonstrations, viewing material and so on
	ASSESSMENT METHODS	Practical and teoretical evaluation
	LANGUAGE OF INSTRUCTION	English