

**Physical education and sports**  
**(I year and II of study, all four semesters)**

**Credit value (ECTS) 4**

**Course category**

Facultative Courses

**Course holder:**

Assistant. PhD. Corneliu-Florin GORBAN

**Discipline objectives (course and practical works)**

Department of Physical Education and Sports in accordance with analytical curricula aims at preparing students in the following directions:

- increase in the general motility level and harmonious physical development;
- strengthening and maintenance of the general state of health of the students in order to insure their physical and psychic resistance in conditions of professional and social-economic stress;
- training and building skills for independent practice of physical exercise for curative, compensatory and civil purposes;
- Ability to identify, formulate, demonstrate and explain specific issues of physical education and sports;
- learning, consolidating and perfecting the technical elements specific to certain sports disciplines students take pleasure in practicing and permissive towards the material equipment, partly and globally;
- forming and consolidating skills of individual practice of the exercise for curative relaxing, and civil purposes;
- educating the positive character traits, moral and volitional qualities which would lead to a more rapid social-professional integration.
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**Contents (syllabus)**

<b>Practical works</b>
<b>Presentation of sports base of UASVM:</b> the importance of discipline for the harmonious physical development and health maintenance. Students should be able to exercise and comply the rules of procedure of discipline. Labor protection rules.
<b>Regulation of individual or team sports games.</b> Knowledge arbitration.
<b>Sports games</b> (basketball, volleyball, football, table tennis, tennis, badminton): methodical and technical - tactical knowledge. The learning, consolidation and improvement of technical elements specific to them.
<b>Fitness and bodybuilding:</b> General physical development exercises using your own body weight or using weights and specific equipment.
<b>Athletics:</b> Exercises for force development in the regime of speed and endurance. The repetition / learning the art of stand in length jumping.
<b>Colloquium final verification / control samples.</b>

## Bibliography

1. Todea F.Septimiu. 1999 - Theory of physical and sports education. "Romania of Tomorrow" Foundation Publishing House, Bucharest;
2. Colibaba, D: -E., Bota, I., 1998 - Sports games, Theory and methodology, Aldin Publishing House, Bucharest;
3. Anfrieș V., Cucu G., 2011 - Dynamic games for all seasons. PIM Publishing House, Iași;
4. Păcuraru A., 2000 and 2001, -Theory of sports training, vol. I and II, "Dunărea de Jos" University Foundation Publishing House, Galați;
5. Ciolcă S.-M., 2006 - The technique and tactics of the football game. Basic course, Foundation Publishing House Romania of Tomorrow, Bucharest;
6. Romania of Tomorrow, Bucharest;
7. Barbu C. 2000 - Athletics: the methodology of teaching athletics exercises in the physical education lesson, Printech Publishing House, Bucharest;
8. Grapă F., Mârza D., 1998 - Volleyball in education Plumb, Bacău;
9. Rață Gloria., 2008 - Didactics of Physical Education and Sports, PIM Publishing House, Iași;
10. Popescu, F., Basketball., 2010 - Basic course, Romania of Tomorrow Foundation Publishing House, Bucharest ,;
11. Dobosi, Ș., 2009, - Table tennis. Theory and methodology, Ed. Napoca Star, Cluj-Napoca
12. Stoenescu G., 1994 - Correct your body attitude through physical exercise, Ceres Publishing House, Bucharest;
13. Macovei, S., 2003 - Maintenance aerobic gymnastics, Afir Publishing House, Bucharest.

## Evaluation

Evaluation form	Evaluation Methods	Percentage of the final grade
Colloquium	Control samples	60%
	Presence and activity to practical works	15%
	Direct activity during the practical works	25%
	The final mark	100%

## Contact

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