

Physical Education (Ist Year of study, Ist, IInd Semester)

Credit value (ECTS) 2

Course category

Domain (Imposed)

Course holder:

Lecturer PhD. Florin MURARIU

Discipline objectives (course and practical works)

Training and strengthening the skills of independent practice of physical exercise for curative, disconnecting, compensatory and civilized purposes.

Increasing the level of general motor skills and harmonious physical development;

Strengthening and maintaining the general health of students to ensure a physical and mental endurance of students in conditions of professional and economic and social stress;

Learning, consolidating and improving the technical elements specific to some sports branches agreed by students and permissible in terms of material endowment, in parts and globally.

Contents (syllabus)

Practicum
The importance of discipline for harmonious physical development and maintaining health; Labor protection rules
VOLLEY-BALL (FOOTBALL)
Exercises specific to movement in the field. Check game 6x6
Consolidation and improvement of different procedures for driving / hitting the ball.
Exercises to strengthen and improve the ball hitting through various technical procedures.
Introducing new notions from the rules of the game of volleyball (football).
Consolidation and improvement through exercise structures of some technical procedures for taking over / passing the ball.
Complex exercises and formations of movement in the field with the ball and without the ball.
Repetition in game conditions 3x3, 6x6 of structures th-tc previously learned.
FITNESS-AEROBIC
Circuit exercises for general physical development.
Exercises for developing the strength of the arms and legs (with weights).
Exercises for developing mobility by maintaining fixed positions.
Exercises for the development of abdominal and back strength.
Exerciții de dezvoltare fizică generală folosind greutatea propriului corp.
Control test.
ATHLETICS
Exercises for developing speed. Repeat the long jump technique on the spot.
Running on various terrain. 800 (1000) m

Exercises from the running school, consolidation / improvement of the step launched by the semi-fund.
Exercises for developing strength in speed and endurance.
Exercises to strengthen the long jump on the spot.
Exercises to improve the momentum and landing the long jump on the spot.
Control tests: long jump on the spot, endurance running 800m girls (1000m boys).

References

- Florin Murariu, 2015 - *Începuturile activității sportive în rândul studenților din învățământul superior*, Ed. I. I. De la Brad Iași, ISBN 978-973-147-204-1.
- Florin Murariu, 2015 - *Elemente de bază în culturism: îndrumar practic pentru dezvoltarea armonioasă și corectă a organismului uman*, Ed. I. I. De la Brad Iași, ISBN 978-973-147-204-1.
- Anfrieș V., Cucu G., 2011 – *Jocuri dinamice pentru toate anotimpurile*. Editura PIM, Iași .
- Barbu C. 2000 - *Atletism: metodica predării exercițiilor de atletism în lecția de educație fizică*. Editura Printech București;
- Grapă F., Mârza D., 1998 - *Volei în învățământ* Plumb, Bacău;
- Rață Gloria., 2008 *Didactica Educației fizice și sportului*, Editura PIM, Iași;
- Ciolcă S-M., 2006 - *Tehnica și tactica jocului de fotbal: curs de bază*, Editura Fundației "România de Mâine".

Evaluation

Evaluation form	Evaluation Methods	Percentage of the final grade
Exam	Practical tests	60%
Appreciation of the activity during the semester	Oral assessment during the semester, verification tests and final laboratory colloquium.	40%

Contact

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