Physical education and sports (I year , I+II SEMESTER)

Credit value 2+2

Course category
Imposed

Discipline Code: A.EMIAIA.C.113

Course holder:
PhD. Lect Florin Murariu

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)

Practical works
Presentation of sports base of USV: 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.
Regulation of individual or team sports games. Knowledge arbitration.
Sports games (basketball, volleyball, football, table tennis, tennis, badminton): methodical and technical - tactical knowledge. The learning, consolidation and improvement of technical elements specific to them.
Fitness and bodybuilding: General physical development exercises using your own body weight or using weights and specific equipment.
Athletics: Exercises for force development in the regime of speed and endurance. The repetition / learning the art of stand in length jumping.

Colloquium final verification / control samples.

Bibliography

1. Dragnea A., Stănescu M., Teodorescu S., Șerbănoiu S., Tudor V., 2006 - *Physical education and sports - Theory and didactics*, FEST Foundation Publishing House, Bucharest;
2. Marko B., 2016 - *Badminton*, Curtea Veche Publishing House, Bucharest;
3. Anfrieș V., Cucu G., 2011 - *Dynamic games for all seasons*, PIM Publishing House, Iași;
4. Daniel Ghe., 2005- *The theory of sports training*, Publishing House of the "Romania of Tomorrow" Foundation, Bucharest;
5. Cucui I. A., 2014 - *Methodology of teaching athletics in school*, Library Publishing House, Bucharest;
6. Niculescu M., Niculescu I. Rada L., 2014- *The foundations of the volleyball game*, University Publishing House, Craiova;
7. Rață G., 2008 - *Didactics of Physical Education and Sports*, PIM Publishing House, Iași;
8. Popescu F., 2012 - *Basketball*, Publishing House of the "Romania of Tomorrow" Foundation, Bucharest;
9. Feflea I., 2012 - *Table tennis* - ABC, guide for beginners, University Publishing House, Oradea;
10. Chirazi M., 2014 - *Body modeling for devices*, Alexandru Ioan Cuza University Publishing House, Iași;
11. Barbu D., 2012 - *Theory and practice in high performance football*, Editura Universitaria, Craiova.
12. Florin Murariu, 2015 - The beginnings of sports activity among higher education students,Ed. I. I. De la Brad Iași.
13. Florin Murariu, 2015 - Basic elements in bodybuilding: practical guide for the harmonious and correct development of the human body, Ed. I. I. De la Brad Iași.

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

PhD, Lect. **Florin Murariu**
Faculty of Agriculture - USV Iași
Aleea Mihail Sadoveanu nr. 3, Iaşi, 700490, Romania
telefon: 0040 232 407566
E-mail: florin.murariu@iuls.ro