

University of Life Sciences "Ion Ionescu de la Brad" Iași  
 Faculty: Veterinary Medicine  
 Specialty: Veterinary Medicine

Dean,  
 Prof. dr. Mihai Mareș

### SUBJECT OUTLINE

#### 1. Information on the programme

1.1. Higher education institution	University of Agricultural Sciences and Veterinary Medicine of Iasi
1.2. Faculty	Agriculture
1.3. Department	Agroeconomics
1.4. Field of study	Veterinary Medicine
1.5. Cycle of study <sup>1</sup>	Bachelor and Master (unitary study programme)
1.6. Specialization/ Study programme	Veterinary Medicine
1.7. Form of education	Full time

#### 2. Information on the discipline

2.1. Name of the discipline		<b>Physical education and sports</b>						
2.2. Course coordinator								
2.3. Seminar/ laboratory/ project coordinator		Assit. prof. PhD. Corneliu-Florin GORBAN						
2.4. Year of study	I	2.5. Semester	II	2.6. Type of evaluation		Physical testing	Content <sup>2</sup>	UO
							Compulsoriness <sup>3</sup>	CD

#### 3. Total estimated time (teaching hours per semester)

3.1. Hours per week – full time programme	1	out of which: 3.2. lecture	-	3.3. seminar/ laboratory/ project	1
3.4. Total number of hours in the curriculum	14	Out of which: 3.5. lecture	-	3.6. seminar/laboratory	14
<b>Distribution of the time allotted</b>					hours
3.4.1. Study based on book, textbook, bibliography and notes					2
3.4.2. Additional documentation in the library, specialized electronic platforms and field					2
3.4.3. Preparing seminars/ laboratories/ projects, subjects, reports, portfolios and essays					3
3.4.4. Tutorials					2
3.4.5. Examinations					2
3.4.6. Other activities					
3.7. Total hours of individual study	11				
3.8. Total hours per semester	25				
3.9. Number of credits <sup>4</sup>	1				

#### 4. Prerequisites (is applicable)

4.1. curriculum-related	Team and individual sports are practiced: football, volleyball, basketball, fitness-bodybuilding, table tennis, tennis, badminton, athletics.
4.2. skills-related	Students will also receive important information about nutrition and the development of motor skills in humans. They will receive important basics for sports training.

#### 5. Conditions (if applicable)

5.1. for the lecture	Students will learn the rules of the game of sports games included in the curriculum. They will learn about human nutrition and physiology.
5.2. for the seminar/ laboratory/ project	In physical education and sports classes, students will learn the rules of the game of sports games included in the curriculum and a minimum knowledge of sports refereeing. They will accumulate technical and tactical methodological knowledge specific to team games and individual sports.

## 6. Specific competences acquired

Professional competences	<ul style="list-style-type: none"> <li>• Educating positive character traits, moral qualities and will to help a rapid socio-professional integration;</li> <li>• Formation and consolidation of independent exercise skills for curative, disconnecting, compensatory and civilized exercise;</li> <li>• Ability to identify, formulate, demonstrate and explain problems specific to the field of physical education and sports.</li> </ul>
Transversal competences	<ul style="list-style-type: none"> <li>• Applying interrelationship techniques within a team; amplifying and refining the empathic capacities of interpersonal communication and assuming specific attributions in carrying out the group activity in order to treat / resolve individual / group conflicts, as well as the optimal management of time.</li> <li>• Efficient use of various learning / training pathways and techniques for acquiring bibliographic and electronic database information both in Romanian and in an international language, as well as assessing the need and usefulness of extrinsic and intrinsic motivations for continuing education.</li> </ul>

## 7. Course objectives (based on the list of competences acquired)

7.1. Overall course objective	Training and strengthening the skills of independent practice of physical exercise for curative, disconnecting, compensatory and civilized purposes.
7.2. Specific objectives	<ul style="list-style-type: none"> <li>• Increasing the level of general motor skills and harmonious physical development;</li> <li>• 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;</li> <li>• 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.</li> </ul>

## 8. Content semester I

<p><b>VOLLEY-BALL (FOOTBALL)</b></p> <ol style="list-style-type: none"> <li>1. Exercises specific to movement in the field. Check game 6x6</li> <li>2. Consolidation and improvement of different procedures for driving / hitting the ball.</li> <li>3. Exercises to strengthen and improve the ball hitting through various technical procedures.</li> <li>4. Introducing new notions from the rules of the game of volleyball (football).</li> <li>5. Consolidation and improvement through exercise structures of some technical procedures for taking over / passing the ball.</li> <li>6. Complex exercises and formations of movement in the field with the ball and without the ball.</li> <li>7. Repetition in game conditions 3x3, 6x6 of structures previously learned.</li> </ol> <p><b>FITNESS-AEROBIC</b></p> <ol style="list-style-type: none"> <li>8. Circuit exercises for general physical development.</li> <li>9. Exercises for developing the strength of the arms and legs (with weights).</li> <li>10. Exercises for developing mobility by maintaining fixed positions.</li> <li>11. Exercises for the development of abdominal and back strength.</li> <li>12. Exercises for general physical development with the body's own weight.</li> </ol> <p><b>ATHLETICS</b></p> <p>TEST: Exercises for developing speed. Repeat the long jump technique on the spot. Running on various terrain. 800 (1000) m</p>	<p>Theoretical presentation of the technical elements to be learned / consolidated, followed by discussions based on the lesson topic.</p>	<p>One hour a month for learning regulation.</p>
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**Optional 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;
10. Barbu D., 2012 - Theory and practice in high performance football, Editura Universitaria, Craiova.
11. Florin Murariu, 2015 - The beginnings of sports activity among higher education students, Ed. I. I. De la Brad Iași.
12. 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.

**9. Corroborating the course content with the expectations of the epistemic community representatives, of the professional associations and of the relevant employers in the corresponding field**

The structure of the course is closely linked to the teaching program of the sports disciplines, they approach each other through some teaching methods or technical elements.

The content of the discipline is developed annually in correlation with the requirements of the students and the material basis of the discipline.

**10. Assessment**

Type of activity	10.1. Assessment criteria	10.2. Assessment methods	10.3. Percentage of the final grade
<b>10.4. Lecture</b>	The notions assimilated in the physical education and sports lessons will be evaluated practically at the end of each semester.	Checking the knowledge of the regulation of sports games.	30 %
<b>10.5. Seminar/Laboratory</b>	Part of the score will be obtained by actively participating in physical education and sports classes.	Students will take practical control tests at the end of each semester.	70 %
<b>10.6. Minimum performance standards</b>			
<ul style="list-style-type: none"><li>•Participating at all the clases;</li><li>•Catching up, eventually paying, the missing clases ;</li><li>•Minimal knowledge of discipline topic;</li><li>•Relatively low capacity of information transfer about the domain;</li><li>•Obtain a minimum 5 pct. on average, at the tests during the semester.</li></ul>			

Date

14.09.2021

Laboratory work/seminar coordinator  
Assit. prof. PhD.  
Corneliu-Florin GORBAN

Head of the Department  
Prof. dr. Carmen Luiza COSTULEANU

17.09.2021

Approved by Faculty Council