

CHART OF DISCIPLINE/ SYLLABUS

1. Study Program Data

1.1 High Education Institution	UNIVERSITY OF MEDICINE AND PHARMACY VICTOR BABES, TIMISOARA
1.2 Faculty	MEDICINA DENTARA / Dental Medicine - english
1.3 Department	XVI (FACULTY OF MEDICINE)
1.4 Study Domain ¹⁾	Health
1.5 Cycle Studies ²⁾	Bachelor studies
1.6 Study programme/ Qualification	M.D II- ENGLISH OPTIONAL COURSES

2. Course Data

2.1. Course/Department	MOTOR ACTIVITIES FOR A HEALTHY LIFESTYLE							
2.2 Course tutor								
2.3 Practical activity tutors	1. Assoc. Prof. Mircioagă Elena-Doina 2. Lecturer Bîcov Paula 3. Lecturer Mircioagă Alexandra 4. Lecturer. Barzuca Dorian							
2.4. Year of study	I	2.5 Semester	1 and 2	2.6 Assessment	Colloquy	2.7 Course rank	Content ³⁾	Complementary discipline
							Mandatory /Compulsory ³⁾	Compulsory

3. Duration/Estimated Time (number of hours/ semester of teaching activity)

3.1 Number of hours/ week	1/1	3.2 lecture/course		3.3 practical training	1/1
3.4 Total hours of curriculum	14/14	3.5 lecture/course		3.6 practical training	14/14
Time distribution for course activities					
Study support- manuals, lectures, references and notes					
Additional documentation – library, dedicated platforms from domain					
Documentation for seminars/ practical activity/ projects, themes, portfolios and essays					
Tutoring					
Assessment					2
Other activities					14
Training, Competitions, Championships .					
For students athletes who have chosen the option of a branch of sport, this is done in the hours of training and the grading to take account of participation in competitions and attending control tests.					
3.7 Total number of hours for individual study					
3.8 Total number of hours per semester					
	(1 credit = 25 hours)				
3.9 Number of credits ⁵⁾	1/1				

4. Preconditions (if applicable and requested)

4.1 Courses- studied curriculum / rules for attending the course	
4.2 Practical activities/seminars/projects	

studied curriculum, basic skills/ rules for attending the course	
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5. Condition(if applicable and requested)

5.1 Courses	Gym, sport fields.
5.2 Laboratory/practical activity/ project	<ul style="list-style-type: none"> - Hall and sports fields, appropriately equipped for optimal training of physical training classes and sports competitions. • It will not be tolerated the delay of students in the course as it proves to be disruptive to the educational process; • Mobile phones will be closed for the duration of the PHYSICAL EDUCATION TIME, by not being able to tolerate telephone conversations during the hours, nor by the students leaving the gym to take personal phone calls; • The students' delay will not be tolerated as it proves disruptive to the educational process; • The date of the practical colloquy is announced at the beginning of the semester. Claims for postponement will not be accepted for reasons other than a legitimate objective. <ul style="list-style-type: none"> • is included in the curriculum • under practical work • a mark is given at the end of each semester, or at the end of the study year.

6. Key competencies and basic skills

Professional Competencies	<p>The concept of the teaching process in the discipline of physical education and sports from UMFVB, Timișoara, puts in the first place the professional training of the students, with consequences and tangents that target physical and intellectual ability, health condition and work capacity of future doctors and pharmacists. For these reasons the process has to achieve some teaching objectives:</p> <ul style="list-style-type: none"> - maintaining the health condition - general and specific physical preparation - improving technical and tactical knowledge in specific sports - harmonious physical development - correction of the physical disabilities <p>participation in competitions of all athletes students from the sports teams, to represent the university .</p>	
Transversal Competencies	<p>Improving of the general and special physical preparation using structures of exercises which aim it first: speed and reaction speed, strength, detent, ability, endurance.</p> <p>Improving the physical condition and getting an active life style using the means from:</p> <ul style="list-style-type: none"> - athletics, basic and acrobatic gym, means from either sport branches. <p>For students athletes who have chosen the option of a branch of sport, this is done in the hours of training and the grading to take account of participation in competitions and attending control tests.</p>	

7. Disciplines/Course objectives(based on the key competences)

7.1 Disciplines/Course general objectives	<ul style="list-style-type: none"> • maintaining the health condition • general and specific physical preparation 	
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	<ul style="list-style-type: none"> improving technical and tactical knowledge in specific sports harmonious physical development <p>correction of the physical disabilities</p>	
7.2 Disciplines/Course specific objectives	<ul style="list-style-type: none"> improving the physical condition and getting an active life style using the means from: athletics, basic and acrobatic gym, means from either sport branches. <p>for students athletes who have chosen the option of a branch of sport, this is done in the hours of training and the grading to take account of participation in competitions.</p>	

DISCIPLINE SHEET

OPTIONAL COURSES

2nd YEAR - M.D. – ENGLISH

BASKETBALL

Semester I

<i>Items</i>	<i>Requirements</i>
Course title	Basketball
Objectives	<p>Consolidation and improvement of technical procedures, tactical attack and defense actions.</p> <p>Continuation of the process of harmonious physical development and combined motor qualities.</p> <p>Knowledge and application of the rules of the game.</p>
Target group	2 nd year, Dental Medicine - english
Participants	1 group of students
Proposed theme	<p>1. Fundamental positions in attack and defense, movement in the field.</p> <p>Shooting drills, standing and dribbling.</p> <p>Rules of the game.</p> <p>2. Marking of the player without the ball and the player who is in possession of the ball.</p> <p>Drills for taking possession of the ball.</p> <p>Rules of the game.</p>

	<p>3. Cutting, penetrating, overtaking and finalizing the strike.</p> <p>Offensive and defensive recovery, blocking the shot.</p> <p>Rules of the game.</p> <p>4. Attack drills : counter attack.</p> <p>Defense drills : follow up under the basket.</p> <p>Bilateral game with the application of learned tactical actions.</p> <p>5. Blocking, running, passing and dribbling.</p> <p>Man-to-man defense in your half of the court.</p> <p>Bilateral game.</p> <p>6. Attacking tactics in the positional play, rebounding and scoring.</p> <p>The game system in attack with the center player.</p> <p>7. Bilateral game - evaluation.</p>
Bibliography	<p>1. Predescu, Teodora; Grădinaru, Csilla – <i>Baschet – tehnică – tactică</i>, Editura Universității de Vest, Timișoara, 2005.</p> <p>2. Regulamentul Oficial de baschet 2019, site Federația Română de Baschet</p> <p>3. Elena-Doina Mircioagă , <i>Exerciții de dezvoltare fizică generală, Metode și procedee de dezvoltare a calităților motrice</i>. Suport de studiu pentru lucrări practice, Imprimerie UMFT, 2013</p> <p>4. Elena-Doina Mircioagă, <i>Educația Fizică și Sportul în Planul de Învățământ – Particularizare pentru Universitatea de Medicină și Farmacie “Victor Babeș” Timișoara</i>. Editura Eurostampa, Colecția Pantanassa, Timișoara “2014.</p>
Professional and transversal skills	<p>Educating the work capacity, adopting an activity regime that harmoniously combines the physical effort with the intellectual one, the request with the recovery.</p> <p>Manifestation of competitive spirit, desire for self-improvement and perseverance, stimulation of the spirit of fair play.</p>
Teaching methods and course materials	Presentation, explanation, demonstration, materials necessary to carry out the practical activity.
Course manager	Mircioaga Elena - Doina
Key words	Basketball - competition, fair play, physical development.

OPTIONAL COURSES
M.D – ENGLISH
BADMINTON
Semester I

<i>Items</i>	<i>Requirements</i>
Course title	Badminton
Objectives	Consolidation and improvement of technical procedures, tactical attack and defense actions. Continuation of the process of harmonious physical development and combined motor qualities. Knowledge and application of the rules of the game.
Target group	Dental Medicine - english
Participants	1 group of students
Proposed theme	<ol style="list-style-type: none"> General information, regulation, punctuation, equipment, terminology. <ul style="list-style-type: none"> The feel of the racket and the field, Basic information on the rules of the game. Learning, consolidation: the grip of the racket, the placement in the field and the types of movement. <ul style="list-style-type: none"> Consolidation of the feel of the racket and movement in the field. Basic information on the rules of the game. Learning, consolidation : the basic strokes of the game of badminton <ul style="list-style-type: none"> forehand, backhand, with rush grip. Learning, consolidation; the service. <ul style="list-style-type: none"> long service or short service Consolidation of previously learned elements. Basic tactical information regarding the game of singles and doubles Application of previously learned elements in the game. Evaluation of what was previously learned.
Bibliography	<ol style="list-style-type: none"> Stephen Plitt, Badminton For Beginners: Techniques, Tactics, Skills, And Drills For Shuttlecock Success, ed. Independent Publishing Platform, 2017; Mark Golds, High Performance Badminton, ed. Crowood, 2016; Tariq Wadood, Badminton Essentials, ed. Independent Publishing Platform, 2014;
Professional and transversal skills	<p>Educating the work capacity, adopting an activity regime that harmoniously combines the physical effort with the intellectual one, the request with the recovery.</p> <p>Manifestation of competitive spirit, desire for self-improvement and perseverance, stimulation of the spirit of fair play.</p>
Teaching methods and course materials	Presentation, explanation, demonstration, materials necessary to carry out the practical activity.
Course manager	Bicov Paula
Key words	Badminton, competition, fair play, physical development

OPTIONAL COURSES
2nd YEAR - M.D – ENGLISH-

FOOTBALL

Semester I

<i>Items</i>	Requirements
The course title	Football
Objectives:	To satisfy the need for recreation and fun by immediately inducing "general well-being" through play and movement, Satisfying the need for competition in teams with self-imposed rules, Training and satisfying the need to win through movement and play, Combating sedentary lifestyle through play, achieving neuromotor recovery at the peripheral level, Activating the major functions of the body through play, while maintaining and strengthening general health.
Target group	2 nd year, Dental Medicine
Participants	1group of students
Proposed theme	1 Basic tactical aspects regarding the football game, the movement on the field and the knowledge of the technical elements of the football game. 2. Learning, consolidating the pass and taking over on the spot and on the go. Dribbling the ball. General rules of the football game. 3. General tactical principles regarding the defense (marking) General rules of the football game. 4. General tactical principles regarding the attack (demarcation) Goal Kick +Penalty kicks + Free kicks Bilateral game. 5. Organizing counterattack actions in the football game. Chest trap and knee trap, and header. Bilateral game. 6. Organizing the fixed phases of defense and attack. 7. Bilateral game - evaluation
Bibliography	1.Laws of the game 2020/21 The International Football Association Board https://resources.fifa.com/image/upload/ifab-laws-of-the-game-2020-21.pdf?cloudid=d6g1medsi8jrrd3e4imp 2. Balint, Gh. Fotbal- Curs de baza, Curs pentru studenti, Biblioteca Universitatii Bacau, RMF 55/28.02.2002 3. Cojocaru V. Curs de fotbal-specializare- vol. I, A.N.E.F.S., Bucuresti, 1994 .
Professional and transversal skills	Educating the work capacity, adopting an activity regime that harmoniously combines the physical effort with the intellectual one, the request with the recovery.

	Manifestation of competitive spirit, desire for self-improvement and perseverance, stimulation of the spirit of fair play.
Teaching methods and course materials	Presentation, explanation, demonstration, materials necessary to carry out the practical activity.
Course teacher	Barzuca Dorian
Key words	Football, competition, fair-play, physical development.

OPTIONAL COURSES
2nd YEAR - M.D – ENGLISH-

TENNIS

Semester I

<i>Items</i>	<i>Requirements</i>
Title of the course	Tennis
Objectives	To satisfy the need for recreation and fun by immediately inducing "general well-being" through play and movement, Satisfying the need for competition in teams with self-imposed rules, Training and satisfying the need to win through movement and play, Combating sedentary lifestyle through play, achieving neuromotor recovery at the peripheral level, Activating the major functions of the body through play, while maintaining and strengthening general health
Target group	2 nd Year, Dental Medicine
Participants	1 group of students
Proposed theme	1 General information, rules, scoring, equipment, terminology. The “feeling” of the tennis racket and the tennis court. Getting started with the rules of tennis. 2. Learning, strengthening: shots from the baseline: forehand Strengthening the sense of the racket Getting started with the rules of tennis. 3. Learning, strengthening: shots from the baseline backhand Strengthening the right kick (fore-hand) 4. Learning, strengthening the serve. Consolidation of shots from the baseline. 5. Learning volley, smash, slice. Consolidation of previously learned elements. 1. Basic tactical notions regarding the single and double game Consolidation of previously learned elements. 6. Applying the elements previously learned in a match. 7. Evaluation of those previously learned. Tennis match.
Bibliography	1.Peter Scholl, Sa jucam corect tenis, Editura Casa, Oradea 2014 2. Richard Schonborn, Tenisul – metodologia instruirii, Editura Casa, 2011 3. International Tennis Federation: Rules of Tennis 2021

	https://www.itftennis.com/media/4421/2021-rules-of-tennis-english.pdf
Professional and transversal skills	Educating the work capacity, adopting an activity regime that harmoniously combines the physical effort with the intellectual one, the request with the recovery. Manifestation of competitive spirit, desire for self-improvement and perseverance, stimulation of the spirit of fair play.
Teaching methods and course materials	Presentation, explanation, demonstration, materials necessary to carry out the practical activity.
Course teacher	Barzuca –Mircioaga Alexandra
Key words	Tennis, competition, fairplay, physical development

OPTIONAL COURSES

2nd YEAR - M.D – ENGLISH

VOLLEYBALL

Semester I

<i>Items</i>	<i>Requirements</i>
Course title	Volleyball
Objectives	Consolidation and improvement of technical procedures, tactical attack and defense actions. Continuation of the process of harmonious physical development and combined motor qualities. Knowledge and application of the rules of the game.
Target group	2 nd year, Dental Medicine - english
Participants	1 group of students
Proposed theme	1. Fundamental positions in attack and defense, movement in the field. Pass from above with two hands, pass from below with two hands. The rules of the game. 2. Bottom service and top service. Placing on the field to take the ball from work. Rules of the game. 3. Attack - the momentum of attack, the actual blow. Rules of the game. 4. Collective tactical actions - placing in the field to recover the ball from the attack.

	<p>- placement in the field for the attack phase.</p> <p>Bilateral game with the application of learned tactical actions.</p> <p>5. Blockage - repeating the procedure individually</p> <p>- applying the blockage in game phases.</p> <p>Bilateral game.</p> <p>6. Repeating the procedures learned in fixed phases.</p> <p>7. Bilateral game - evaluation.</p>
Bibliography	<p>1. 2019-20 NFHS Volleyball Rules Book Kindle Edition by NFHS (Author), Lindsey Atkinson (Editor)</p> <p>2. Eficientizarea jocului de volei la studenți Dana Simona Țurcanu, Florin Țurcanu</p> <p>3. „Volei”(capitol), „Ghid sportiv” – Bicov Paula, (autor Mihaela Varga - 978-606-32-0099-1, 2015, ed. Eurostampa.</p>
Professional and transversal skills	<p>Educating the work capacity, adopting an activity regime that harmoniously combines the physical effort with the intellectual one, the request with the recovery.</p> <p>Manifestation of competitive spirit, desire for self-improvement and perseverance, stimulation of the spirit of fair play.</p>
Teaching methods and course materials	Presentation, explanation, demonstration, materials necessary to carry out the practical activity.
Course manager	Bicov Paula
Key words	Volleyball, competition, fair play, physical development

OPTIONAL COURSES

2nd YEAR - M.D. – ENGLISH

FITNESS

Semester I

<i>Items</i>	<i>Requirements</i>
Course title	Fitness

Objectives	Continuation of the process of harmonious physical development and combined motor qualities. Improving the motor qualities following the practice of the presented exercise structures.
Target group	3rd year, Dental Medicine - english
Participants	1 group of students
Proposed theme	<p>1. Exercise structures for general physical training</p> <ul style="list-style-type: none"> -speed - running speed over short distances, 6m, 9m, 12m with return to the start. - development of strength in the lower limbs - performing a force circuit with medium intensity and duration <p>2. Exercise structures for general physical training</p> <ul style="list-style-type: none"> - endurance - running duration: 3 min - students; 6 min - students - strength circuit - development of abdominal muscles, development of upper limb muscles. <p>3. Exercise structures with their own body weight.</p> <ul style="list-style-type: none"> - exercise structures for the lower limbs and abdomen <p>4. Exercise structures for the development of explosive force with the weight of one's own body.</p> <ul style="list-style-type: none"> - development of the muscles of the upper limbs and the posterior region of the trunk. <p>5. Exercise structures for large muscle groups.</p> <ul style="list-style-type: none"> - running speed - developing the reaction speed from the starting position to different stimuli <p>6. Complex of exercises for adaptation to effort</p> <ul style="list-style-type: none"> - Preparation of control samples <p>7. Control test</p>
Bibliography	<p>Anatomie pentru miscare: Introducere in analiza tehnicilor corporale (editia a II-a) - Blandine Calais-Germain</p> <p>EDUCATIE FIZICA SI SPORT. Teorie si didactica. Adrian Dragnea, Aura Bota, 2006.</p> <p>Capacitatile motrice. Concepte teoretice si aplicatii practice</p> <p>Marius Vaida, Editura Universitară, 2013.</p>
Professional and transversal skills	<p>Educating the work capacity, adopting an activity regime that harmoniously combines the physical effort with the intellectual one, the request with the recovery.</p> <p>The desire for self-improvement and perseverance, the improvement of physical and mental condition.</p>
Teaching methods and course materials	Presentation, explanation, demonstration, materials necessary to carry out the practical activity.
Course manager	Bacov Paula

Key words	Fitness - physical development, motor qualities.
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OPTIONAL COURSES
2nd YEAR - M.D. – ENGLISH
BASKETBALL
Semester II

<i>Items</i>	<i>Requirements</i>
Course title	Basketball
Objectives	Consolidation and improvement of technical procedures, tactical attack and defense actions. Continuation of the process of harmonious physical development and combined motor qualities. Knowledge and application of the rules of the game.
Target group	2 nd year, Dental Medicine - english
Participants	1 group of students
Proposed theme	1. Fundamental positions in attack and defense, movement in the field. Shooting drills, standing and dribbling. Rules of the game. 2. Marking of the player without the ball and the player who is in possession of the ball. Drills for taking possession of the ball. Rules of the game. 3. Cutting, penetrating, overtaking and finalizing the strike. Offensive and defensive recovery, blocking the shot. Rules of the game. 4. Attack drills : counter attack. Defense drills : follow up under the basket. Bilateral game with the application of learned tactical actions. 5. Blocking, running, passing and dribbling.

	<p>Man-to-man defense in your half of the court.</p> <p>Bilateral game.</p> <p>6. Attacking tactics in the positional play, rebounding and scoring.</p> <p>The game system in attack with the center player.</p> <p>7. Bilateral game - evaluation.</p>
Bibliography	<p>1. Predescu, Teodora; Grădinaru, Csilla – <i>Baschet – tehnică – tactică</i>, Editura Universității de Vest, Timișoara, 2005.</p> <p>2. Regulamentul Oficial de baschet 2019, site Federația Română de Baschet</p> <p>3. Elena-Doina Mircioagă, <i>Exerciții de dezvoltare fizică generală, Metode și procedee de dezvoltare a calităților motrice</i>. Suport de studiu pentru lucrări practice, Imprimerie UMFT, 2013</p> <p>4. Elena-Doina Mircioagă, <i>Educația Fizică și Sportul în Planul de Învățământ – Particularizare pentru Universitatea de Medicină și Farmacie “Victor Babeș” Timișoara</i>. Editura Eurostampa, Colecția Pantanassa, Timișoara “2014.</p>
Professional and transversal skills	<p>Educating the work capacity, adopting an activity regime that harmoniously combines the physical effort with the intellectual one, the request with the recovery.</p> <p>Manifestation of competitive spirit, desire for self-improvement and perseverance, stimulation of the spirit of fair play.</p>
Teaching methods and course materials	Presentation, explanation, demonstration, materials necessary to carry out the practical activity.
Course manager	Mircioaga Elena - Doina
Key words	Basketball - competition, fair play, physical development.

Semester II

<i>Items</i>	<i>Requirements</i>
Course title	Badminton
Objectives	<p>Consolidation and improvement of technical procedures, tactical attack and defense actions.</p> <p>Continuation of the process of harmonious physical development and combined motor qualities.</p> <p>Knowledge and application of the rules of the game.</p>
Target group	Dental Medicine - english
Participants	1 group of students
Proposed theme	<p>1. General information, rules, scoreing, equipment, terminology.</p> <ul style="list-style-type: none"> - The feel of the racket and the field, - Basic information on the rules of the game. <p>2. Consolidation, practice : the grip of the racket, the placement in the field and the types of movement.</p> <ul style="list-style-type: none"> - Consolidation and practice of the feel of the racket and movement in the field.

	3: Consolidation, practice. the basic shots of the game of badminton - forehand, backhand, with rush grip. 4. Consolidation, practice of the service. - long service or short service - Consolidation and practice of previously learned elements. 5. Basic tactical information regarding the game of singles and doubles 6. Application of previously learned elements in the game. 7. Evaluation of what was previously learned.
Bibliography	1. Stephen Plitt, Badminton For Beginners: Techniques, Tactics, Skills, And Drills For Shuttlecock Success, ed. Independent Publishing Platform, 2017; 2. Mark Golds, High Performance Badminton, ed. Crowood, 2016; 3. Tariq Wadood, Badminton Essentials, ed. Independent Publishing Platform, 2014;
Professional and transversal skills	Educating the work capacity, adopting an activity regime that harmoniously combines the physical effort with the intellectual one, the request with the recovery. Manifestation of competitive spirit, desire for self-improvement and perseverance, stimulation of the spirit of fair play.
Teaching methods and course materials	Presentation, explanation, demonstration, materials necessary to carry out the practical activity.
Course manager	Bicov Paula
Key words	Badminton, competition, fair play, physical development

OPTIONAL COURSES
2nd YEAR - M.D – ENGLISH- FOOTBALL

Semester II

<i>Items</i>	Requirements
The course title	Football
Objectives:	To satisfy the need for recreation and fun by immediately inducing "general well-being" through play and movement, Satisfying the need for competition in teams with self-imposed rules, Training and satisfying the need to win through movement and play, Combating sedentary lifestyle through play, achieving neuromotor recovery at the peripheral level, Activating the major functions of the body through play, while maintaining and strengthening general health.
Target group	2 nd year, Dental Medicine
Participants	1group of students
Proposed theme	1 Basic tactical aspects regarding the football game, the movement on the field and the knowledge of the technical elements of the football game. 2. Learning, consolidating the pass and taking over on the spot and on the go. Dribbling the ball. General rules of the football game. 3. General tactical principles regarding the defense (marking) General rules of the football game. 4. General tactical principles regarding the attack (demarcation)

	<p>Goal Kick +Penalty kicks + Free kicks</p> <p>Bilateral game.</p> <p>5. Organizing counterattack actions in the football game.</p> <p>Chest trap and knee trap, and header.</p> <p>Bilateral game.</p> <p>6. Organizing the fixed phases of defense and attack.</p> <p>7. Bilateral game - evaluation</p>
Bibliography	<p>1.Laws of the game 2020/21 The International Football Association Board https://resources.fifa.com/image/upload/ifab-laws-of-the-game-2020-21.pdf?cloudid=d6g1medsi8jrrd3e4imp</p> <p>2. Balint, Gh. Fotbal- Curs de baza, Curs pentru studenti, Biblioteca Universitatii Bacau, RMF 55/28.02.2002</p> <p>3. Cojocaru V. Curs de fotbal-specializare- vol. I, A.N.E.F.S., Bucuresti, 1994</p>
Professional and transversal skills	<p>Educating the work capacity, adopting an activity regime that harmoniously combines the physical effort with the intellectual one, the request with the recovery.</p> <p>Manifestation of competitive spirit, desire for self-improvement and perseverance, stimulation of the spirit of fair play.</p>
Teaching methods and course materials	<p>Presentation, explanation, demonstration, materials necessary to carry out the practical activity.</p>
Course teacher	Barzuca Dorian
Key words	Football, competition, fair-play, physical development.

OPTIONAL COURSES
2nd YEAR - M.D – ENGLISH-

TENNIS-

Semester II

<i>Items</i>	<i>Requirements</i>
Title of the course	Tennis
Objectives	<p>To satisfy the need for recreation and fun by immediately inducing "general well-being" through play and movement,</p> <p>Satisfying the need for competition in teams with self-imposed rules,</p> <p>Training and satisfying the need to win through movement and play,</p> <p>Combating sedentary lifestyle through play, achieving neuromotor recovery at the peripheral level,</p> <p>Activating the major functions of the body through play, while maintaining and strengthening general health</p>
Target group	2 nd Year, Dental Medicine
Participants	1 group of students
Proposed theme	<p>1 General information, rules, scoring, equipment, terminology.</p> <p>The “feeling” of the tennis racket and the tennis court.</p> <p>Getting started with the rules of tennis.</p> <p>2. Learning, strengthening: shots from the baseline: forehand</p>

	<p>Strengthening the sense of the racket Getting started with the rules of tennis. 3. Learning, strengthening: shots from the baseline backhand Strengthening the right kick (fore-hand) 4. Learning, strengthening the serve. Consolidation of shots from the baseline. 5. Learning volley, smash, slice. Consolidation of previously learned elements. 2. Basic tactical notions regarding the single and double game Consolidation of previously learned elements. 5. Applying the elements previously learned in a match. 7. Evaluation of those previously learned. Tennis match.</p>
Bibliography	<p>1. Peter Scholl, Sa jucam corect tenis, Editura Casa, Oradea 2014 2. Richard Schonborn, Tenisul – metodologia instruirii, Editura Casa, 2011 3. International Tennis Federation: Rules of Tennis 2021 https://www.itftennis.com/media/4421/2021-rules-of-tennis-english.pdf</p>
Professional and transversal skills	<p>Educating the work capacity, adopting an activity regime that harmoniously combines the physical effort with the intellectual one, the request with the recovery. Manifestation of competitive spirit, desire for self-improvement and perseverance, stimulation of the spirit of fair play.</p>
Teaching methods and course materials	<p>Presentation, explanation, demonstration, materials necessary to carry out the practical activity.</p>
Course teacher	<p>Barzuca –Mircioaga Alexandra</p>
Key words	<p>Tennis, competition, fairplay, physical development</p>

OPTIONAL COURSES

2nd YEAR - M.D – ENGLISH

VOLLEYBALL

Semester II

<i>Items</i>	<i>Requirements</i>
Course title	Volleyball
Objectives	<p>Consolidation and improvement of technical procedures, tactical attack and defense actions. Continuation of the process of harmonious physical development and combined motor qualities. Knowledge and application of the rules of the game.</p>
Target group	2 nd 3 rd year, Dental Medicine - english
Participants	1 group of students
Proposed theme	<p>1. Fundamental positions in attack and defense, movement in the field. Pass from above with two hands, pass from below with two hands.</p>

	<p>The rules of the game.</p> <p>2. Bottom service and top service.</p> <p>Placing on the field to take the ball from work.</p> <p>Rules of the game.</p> <p>3. Attack - the momentum of attack, the actual blow.</p> <p>Rules of the game.</p> <p>4. Collective tactical actions</p> <ul style="list-style-type: none"> - placing in the field to recover the ball from the attack. - placement in the field for the attack phase. <p>Bilateral game with the application of learned tactical actions.</p> <p>5. Blockage - repeating the procedure individually</p> <ul style="list-style-type: none"> - applying the blockage in game phases. <p>Bilateral game.</p> <p>6. Repeating the procedures learned in fixed phases.</p> <p>7. Bilateral game - evaluation.</p>
Bibliography	<p>1. 2019-20 NFHS Volleyball Rules Book Kindle Edition by NFHS (Author), Lindsey Atkinson (Editor)</p> <p>2. Eficientizarea jocului de volei la studenți Dana Simona Țurcanu, Florin Țurcanu</p> <p>3. „Volei”(capitol), „Ghid sportiv” – Bicov Paula, (autor Mihaela Varga - 978-606-32-0099-1, 2015, ed. Eurostamp.</p>
Professional and transversal skills	<p>Educating the work capacity, adopting an activity regime that harmoniously combines the physical effort with the intellectual one, the request with the recovery.</p> <p>Manifestation of competitive spirit, desire for self-improvement and perseverance, stimulation of the spirit of fair play.</p>
Teaching methods and course materials	<p>Presentation, explanation, demonstration, materials necessary to carry out the practical activity.</p>
Course manager	<p>Bicov Paula</p>
Key words	<p>Volleyball, competition, fair play, physical development</p>

OPTIONAL COURSES

2nd YEAR - M.D. – ENGLISH

FITNESS --Semester II

<i>Items</i>	<i>Requirements</i>
Course title	Fitness
Objectives	Continuation of the process of harmonious physical development and combined motor qualities. Improving the motor qualities following the practice of the presented exercise structures.
Target group	2 nd year, Dental Medicine - english
Participants	1 group of students
Proposed theme	<p>1. Exercise structures for general physical training</p> <ul style="list-style-type: none"> -speed - running speed over short distances, 6m, 9m, 12m with return to the start. - development of strength in the lower limbs - performing a force circuit with medium intensity and duration <p>2. Exercise structures for general physical training</p> <ul style="list-style-type: none"> - endurance - running duration: 3 min - students; 6 min - students - strength circuit - development of abdominal muscles, development of upper limb muscles. <p>3. Exercise structures with their own body weight.</p> <ul style="list-style-type: none"> - exercise structures for the lower limbs and abdomen <p>4. Exercise structures for the development of explosive force with the weight of one's own body.</p> <ul style="list-style-type: none"> - development of the muscles of the upper limbs and the posterior region of the trunk. <p>5. Exercise structures for large muscle groups.</p> <ul style="list-style-type: none"> - running speed - developing the reaction speed from the starting position to different stimuli <p>6. Complex of exercises for adaptation to effort</p> <ul style="list-style-type: none"> - Preparation of control samples <p>7. Control test</p>
Bibliography	<p>Anatomie pentru miscare: Introducere in analiza tehnicilor corporale (editia a II-a) - Blandine Calais-Germain</p> <p>EDUCATIE FIZICA SI SPORT. Teorie si didactica. Adrian Dragnea, Aura Bota, 2006.</p> <p>Capacitatile motrice. Concepte teoretice si aplicatii practice</p> <p>Marius Vaida, Editura Universitară, 2013.</p>
Professional and transversal skills	<p>Educating the work capacity, adopting an activity regime that harmoniously combines the physical effort with the intellectual one, the request with the recovery.</p> <p>The desire for self-improvement and perseverance, the improvement of physical and mental condition.</p>

Teaching methods and course materials	Presentation, explanation, demonstration, materials necessary to carry out the practical activity.
Course manager	Bicov Paula
Key words	Fitness - physical development, motor qualities.

Data completării	Semnătura titularului de curs	Semnătura titularului de laborator/stagiu 1..... 2.....
Semnătura șefului de disciplină		
Data avizării în departament	Semnătura directorului de departament Prof. Dr.	

SEF DISCIPLINA:

CONF. UNIV.DR. MIRCIOAGA ELENA DOINA