



FACULTY OF PHYSICAL EDUCATION AND SPORTS



Study Guide
2009-2012

“Alexandru Ioan Cuza” of Iasi

FACULTY OF PHYSICAL EDUCATION AND SPORTS

STUDY GUIDE

SERIES

2009 - 2012

Tradition

Iasi, the oldest academic centre in the country, a precursor of many cultural activities since the last century, has trained specialists in our field of activity. Thus, in the year 1884, Vasile Negruzzi founded a "school" to prepare "the masters of gymnastics" that would run until 1924.

The School provided for two-year attendance and it was founded by private initiative but it would further join the "Society of Gymnastics and Music" in Iasi established in 1902, to be later recognised by the Ministry of instruction in 1904. In his activity towards it, Vasile Negruzzi was supported especially by Theodor Berescu.

Requisite

Development and diversity of education at all levels in Romania of the sixth decade have required for increased training of teachers. Universities are provided with larger enrolment quotas, new faculties and departments are created, the three-year Pedagogic Institutes are founded within larger university centres, and the part-time education is developed.

Establishment and Organization

After a long lasting discontinuance, the tradition of training teachers in Iași would resume in the academic year 1960/1961 when the Faculty of Sports and Physical Education was founded within the Pedagogic Institute, and its main mission was both to train teachers for elementary schools and to meet requirements for developing mass sports and performance sports in villages and cities of Moldova.

Faculty of Physical Education takes its first steps with the employment of three teachers in secondary education, and with course opening in early November 1960 for 47 students to full-time studies (length of study: 3 years) and 13 students to part-time studies (length of study: 3 and later 4 years).

In the succeeding years, the governance of the Pedagogic Institute was constantly concerned with improving its infrastructure and employing the most valuable teaching staff in Iasi whose professional competences could ensure a fully successful educational process.

Activity of the teaching staff has been organized into two departments, the first was founded in 1960 and it provided for theoretical disciplines and sport games while the second followed the next year and it was centred on athletics and gymnastics.

The core disciplines in the pedagogic, psychological and medical areas of study have been taught by the teaching staff of the departments of the "Al. I. Cuza" University of Iasi and the Institute of Medicine and Pharmacy.

Faculty completes its personality in 1965 when its activity begins being governed by its own dean's office.

As of 1967, the department of physical education and sports of the University joined the Faculty of Sports and Physical Education while still kept on dealing with teaching and sport activity of all University students.

The same year, 1967, the faculties of the Pedagogic Institute are transferred to the "Al. I. Cuza", where teaching and scientific requirements as well as teaching job prerequisites have been continuously increasing.

Starting with the academic year 1971/1972, refresher courses and courses towards teaching qualifications in eight districts of Moldova have been provided within the Faculty of Sports and Physical Education. .

The Faculty of Physical Education with the length of study of 3 years operated until 1983. Its material conditions have been continuously improved due to increased concern and practical activities of the fits students and teachers, as well as to permanent support of the Pedagogic Institute and the University.

Resumed Activity

The Faculty of Physical Education and Sports resumed its activity in October 1990, and it was initially a section within on the Faculty of History (for two years) and then within the Faculty of Philosophy (for the next two years).

In 1994, it separates itself from the Faculty of Philosophy; a decision justified both administratively and epistemologically.

The Faculty of Physical Education and Sports is currently part of the "Al. I. Cuza" University along with 14 additional faculties.

Faculty Mission

"The Faculty of Physical Education and Sports is a school which aims at creating a positive climate of relationships among all actors of the educational process (students, teachers, community, family), while:

- it emphasises initiative and creative nature
 - it achieves personality harmony
 - it combines theoretical and practical training
- whereas it complies with some specific principles:

- to be ourselves
- to show openness and enthusiasm to novelty
- to communicate everything you want to
- to show humour and good sense
- to be masters in a world that belongs to us.

What would we offer?

- a differentiated educational track
- various educational programs
- new working methods (based on critical thinking techniques, effective communication, quality management, creativity)
- a positive relational framework
- provision of educational services in agreement with the European standards
- competitive teachers
- modern equipment
- opportunities to get scholarships to study abroad within the LLP – Erasmus Programme (three-month period), at the following partner universities:
 - Paris X Nanterre, France
 - "Sophia Antipolis" Nice, France
 - Lille 2, France
 - Isla Bragança, Portugal
 - "Albert Ludwigs" Freiburg, Germany
 - Braunschweig, Germany
- services provided by the "Altius Academy"
- (biannual) magazine "Sport and Society"
- scientific communications sessions for teachers and students, cultural and artistic events.

Organization

The faculty has 29 teachers and approximately 2000 students and they all pursuit their activity within the following structures:

University Teaching Staff

Prof. Ion Iacob, PhD (volleyball)

Prof. Veronica Balteanu, PhD (kinetotherapy)

Prof. Paula Drosescu, PhD (anatomy and biomechanics, hygiene and medical examination)

Assoc. Prof. Marin Chirazi, PhD (judo, research methodology in S&P.E., fitness-bodybuilding)

Assoc. Prof. Bogdan Hagi, PhD (general physiology, pathological physiology, pharmacology)

Lect. Gregory Ursanu, PhD (athletics, TMAS, specialization)

Lect. Lucian Popescu, PhD (football history of S.&P.E.)

Lect. Ileana Popovici, PhD (handball)

Lect. Veronica Popescu, PhD (athletics)

Lect. Dr. Catalin Știrbu (volleyball)

Lect. Adrian Cojocariu, PhD (tennis, TEFS)

Lect. Beatrice Abălașei, PhD (handball)

Lect. Cezar Honceriu, PhD (football)

Lect. Dr. Bogdan Ungurean (volleyball)

Lect. Cristina Moraru, PhD (gymnastics)

Lect. Liliana Radu, PhD student (athletics)

Lect. Florin Nechifor, PhD student (football)

Lect. Oana Rusu, PhD student (volleyball)

Asist. Iulian Dumitru, PhD student (gymnastics)

Assist. Emanuel Mihai (rugby)

Assist. Sava Fetescu, PhD student (swimming, teaching)

Assist. Remus Pop (athletics)

Assist. Nucu Antohi, PhD (football, coaching)

Assist. Cristian Rus, PhD (gymnastics)

Assist. Radu Iacob, eng. (basketball)

Graduate Assist. Petrea Renato (fitness, weight lifting-bodybuilding)

Graduate Assist. Cristina Zaharia (kinetotherapy)

Graduate Assist. Alexander Oprean (fitness)

Graduate Assist. Marius Neculăeș (kinetotherapy)

Specializations:

Fundamental field of study is called: Physical Culture and Sports

Area of study called: Physical Education and Sports

Cycle I: is named "Bachelor's degree studies", length of study: 3 years (6 semesters) with the following specializations:

- Sport and Physical Education – full-time education
- Kinetotherapy and special motility – full-time education
- Sport and Physical Education – part-time education; it has the same length of study as full-time education: 3 years (6 semesters) and the same study programmes.

Cycle II is named "Master's degree studies", length of study: 2 years (4 semesters). The following specializations are currently accredited:

- Master (4 semesters) - full-time education, Management and Marketing in Sport
- Master (4 semesters) - distance learning, Management and marketing in sports
- Master (4 semesters) – full-time education, Kinetotherapy and sport traumatology
- Master (4 semesters) - full-time education, Fitness and body aesthetic
- Master (4 semesters) - full-time education, Leisure sports and extreme sports.
- Master (4 semesters) - full-time education, Training and Sport Performance (intentional stage).

Contact info

Str. Toma Cozma No.3, code 700554 - IASI

Tel.: 0232-201026 (Secretary's Office), 0232-201027 (Dean's Office)

Fax: 0232-201126

Email: admefs@uaic.ro, sairinei@uaic.ro

Website <http://www.sport.uaic.ro>

Faculty Governance

DEAN: Assoc. Prof. Marin Chirazi, PhD

VICE-DEAN: Prof. Veronica Balteanu, PhD

Responsible for scientific activities: Assist. Sava Fetescu

Faculty Council

Prof. Marin Chirazi, PhD - Dean

Prof. Veronica Balteanu, PhD – Vice-dean

Prof. Ioan Iacob, PhD - department director

Lect. Adrian Cojocariu, PhD

Lect. Bogdan Ungurean, PhD

Lect. Nichifor Florin

Assist. Sava Fetescu

Eng. Livia Ghiga - manager

Students: They are to be chosen by the students for each year of study.

Administration

- Elena Paraschiv – Faculty Senior Secretary
- Livia Ghiga – Faculty Manager
- Simona Airinei - Secretary
- Romeo Huma – Laboratory Assistant
- Petru Oancea – warehouse – sport warehouse

Working Hours – Secretary's Office

Business hours: between 7:30AM and 4PM

Secretary's Office is open to public between 11AM and 1PM, Mon-Thu

Secretary's Office Phone: (+0040/232) 201026

Fax: (+0040/232) 201126

Academic Calendar

YEAR	SEMESTER 1				SEMESTER 2			
	WEEKS TEACHING	VACATION	EXAMS	VACATION/ EXAMS	WEEKS TEACHING	EXAMINATION SESSION	RES-SITS/DEFERRED EXAMINATIONS / BA EXAMINATION / PRACTICAL ACTIVITIES	VACATION
1	12+2	2	2	2	14	2	1 RE-SITS/DEFERRED EXAMINATIONS + 2 PRACTICAL ACTIVITIES	13
2	12+2	2	2	2	14	2	1 2ND EXAMINATION SESSION+ 2 PRACTICAL ACTIVITIES	13
3	12+2	2	2	2	14	2	2 BA THESIS+ 1 BA EXAMINATION	

Note: figures given in the table above represent the number of weeks of each period within the academic calendar.

Semester 1

The first semester of each academic year usually begins on October 1. Fourteen weeks teaching concerning specific activities with students is being developed from this time on. This fourteen-week period is interrupted by a two-week vacation (in connection with winter holidays) after twelve weeks to be later resumed for two more weeks teaching. A two-week examination session comes right after it and then a two-week vacation between semesters follows. During this vacation period, re-sits and deferral examinations or examinations for grade raises is being organised. It is also now when re-sit examinations are being organised for older graduation classes with a view to successfully complete their studies.

Semester 2

The second semester is made up of an initial fourteen-week teaching followed by a two-week examination session. The three weeks to come are dedicated to re-sit examination but this session should not exceed one week. Other activities, such as traineeships and practical activities for some disciplines in agreement with the study programme (see table above) can be also organised during this time.

Easter Days will be free (to be decided annually by the University Senate). Classes on the third day of Easter will be recovered. Faculties will send to the Rector's Office time schedule with hours to be recovered at the beginning of the second semester. Time schedule with recovery hours will be made known to students.

The structure of the academic calendar is approved annually by the University Senate of the "Al. I. Cuza" of Iași and it is posted on the notice board of the faculty at the beginning of each academic year.

The structure of academic year for students attending part-time education is almost identical to that for full-time studies with some minor differentiation: the first semester – between October 1 and January 20 = tutorials activities are included, but for the rest, its structure is similar to that for full-time education. At the beginning of each academic, the calendar is posted on the notice board specially intended to part-time education.

Application of the Bologna Process to the Faculty of Sport and Physical Education

A series of changes have occurred in the Romanian education system since the academic year 2005-2006, with a view to comply with the "Bologna process", and they are as it follows:

- Change the length of study and structure of studies:
Reducing the length of study for undergraduate education
Increasing the length of study and importance of education on the Master's degree level
Turning the short-term education (college) into undergraduate studies
Restructuring the doctoral programme system
- Changing the structure of specialisations
- Promote students and teachers mobility
- Recognition of diplomas on European level.

Study mobility and diploma recognition rely on the importance of the European Credit Transfer System (ECTS). This means that each discipline to be studied by students is being evaluated with a number of credits (namely 5 credits). One credit requires almost 30 hours of student workload, either assisted (courses, seminars, laboratories) or individually (time students typically need to achieve the learning outcomes in examination sessions and practical activities). Starting with this academic year, the academic structure will comprise three study cycles, as it follows:

- Cycle I, undergraduate studies, length of study: three years (all faculties). Exceptions, four years: Faculty of Law and areas of study in Physical Engineering (within the Faculty of Physics), Engineering Geology (within the Faculty of Geography and Geology).
- Cycle II, graduate studies (Master's degree), length of study: two years.
- Cycle III, doctoral programme, length of study: three years.

Student Camps

General Criteria

Students attending full-time courses at state universities can get free tickets to student camps, within assigned places, if:

- 1) they have successfully completed the first year of study and in agreement with their academic outcomes and their results in researching, cultural, artistic or scientific activities.
- 2) they are orphan students who lost both parents or they come from foster care institutions or foster families, they take priority over other students in getting free tickets to student camps provided they have successfully completed their academic duties.
- 3) they function within students centres and if their merits in organising cultural and artistic events have been recognised.
- 4) they function in student organisations and they have had good results in their activity.
- 5) they have been selected to attend "summer courses", organised by the Youth National Authority and Student Support Agency, they can be offered free tickets in agreement with their reservations.

Allocation of camp seats to higher education institutions

Student Support Agency allocate places to universities, in agreement with the number of their currently enrolled students who attend full-time state-funding education. Assignment of camp places within the higher education institution shall be made by the Senate Board, and shall be made on each faculty in compliance with the number of their currently enrolled students who attend full-time state-funding education.

Establishing specific assignment criteria for camp tickets.

Issuing camp tickets to students

Higher education institutions assign camp tickets to students in agreement with approved nominal lists.

Students who have been assigned camp tickets can only collect them against their endorsed student card, identity card or passport and payment of the printed document.

Useful information for students who receive free camp tickets:

- students will be received to the camp within 24-hour time after beginning of a new series;
- failure to reach camp site in due time will result in ticket cancellation while the holder of the camp ticket will be no longer entitled to get another free camp ticket for his period of study.

Furthermore he will have to pay the equivalent value of the unused ticket.

- students will be received to the camp only if they can produce their identity card or passport, travel card and the camp ticket issued by the higher education institution and filled in with his personal details;

- camp ticket is non-transmissible;

- ticket camp filled in with a different name is available only if an accompanying document approved by the university rector has been attached to it;

- tickets containing corrections or additions are no longer valid;

- students who are unable to attend the camp will mail their ticket camp to the headquarters of the Student Support Agency, Calea Plevnei. 61, sector 1, Bucharest.

Further details will you find here: www.agentiastudetilor.ro; www.sport.uaic.ro

Leisure

The Scientific Research and Traineeship Centre of Rarau

It is located to the Rarau massif of the northern Carpathians. The precincts are located at about 1560 meter high next to the Rarau peak. They are endowed with bathrooms, kitchen, dining room and lecture room and they provide accommodation for 40 persons.

The Scientific Research and Traineeship Centre of Tulnici

The weather station of Tulnici is located at about 571 high, on the contact between the Vrancea Mountains and sub-Carpathians depression of Vrancea. It provides accommodation for 40 people and it is endowed with a dinning room. Since the station is placed at the crossroad of Brasov depression and Vrancea depression, it provides students with the opportunity to follow numerous mountains tracks. Students can also reach the Soveja resort where they would visit the grave of the geographer Simion Mehedintiu, the Putna cascade and the Straits of Tisitei. You can be easily reach it by bus, on the line between Focsani and Tulnici.

Astronomical Observatory

Astronomical Observatory of the "Al. I. Cuza" University was built in 1913, on the Copou Hill, and it was the last building on the hill while the nearest building of the 13th Regiment was located at about 3 kilometres downhill.

Students of all faculties of the University Centre of Iasi willing to complete their general knowledge on astronomy and universe, may visit the Planetarium in organized groups (maximum 60 people in a series) every Saturday between 10 and 12.

The Planetarium is located within building A of the University. Whenever you wish to visit the Planetarium you could contact the Dean's Office of the Faculty of Mathematics. (Telephone: 0232-201060).

The Biological Platform of Potoci

Its early infrastructure was made up of one building on the Potoci platform which have been subsequently transferred from it by the Ministry of Waters, Forests and Environment. The building would be later adapted to traineeship and scientific research requirements. It provides

accommodation for 50 people, and it is endowed with a canteen, dining room, restrooms, library, research rooms, student laboratories for scientific research and a lecture theatre with 108 seats, as well as office information technology rooms (equipped with PCs, printers, scanner, fax machine, etc.).

Museum of Natural History

In 1840 the house of the city administrator Costachi Sturza, on the Hagioaiei street, today the Independentei boulevard, was bought with a view to arrange the museum in it, and the museum together with the Society for Natural History have been functioning here ever since.

The museum preserves in its collections all pieces having been donated by the metropolitan bishop Veniam Costachi at the early 19th century (a collection of mammoth bones and hairy rhinoceros bones, having been found hooked as counterweight to water well of Risca, Fălticeni region), by Prince Michael Sturza (the Indian elephant Gaba), by Iacob Chiriac, officer Alecu Bals, by Gheorghe Asachi and by others as well. The first herbarium of the museum, made up of 2844 colourful plants, dates as back as 1835 and it was collected by the botanist Iulius Edel and the pharmacist Iosef Szabo.

The museum collections are currently including over 300,000 specimen, and it has the most valuable collection of insects, molluscs, amphibians, reptiles, birds, plants and minerals. Shellfish collection comprises almost all species of Lamelibranchiate and gastropods of the Romanian fauna. The collection of Arahnidae (spiders) is one of the largest in the country.

The collections of eggs and nests, unique in Romania, arouse visitors' interest.

The palaeontologic collection includes over 10,000 specimens, and the mineral collection over 2900 specimens.

Plants are arranged in herbaria including species from all over the country, that have been collected for 150 years, and the collection of lichens is one of the largest in Europe.

Section of Human Evolution in building B, the latest exhibition of Museum presents the emergence and biological and cultural transformation of the Homo sapiens.

The "Anastasiu Fatu" *Botanical Garden of IASI*

The Botanical Garden is open to visitors all year round, and it is an educational institution intended to visitors of all ages, namely both to the large public and professionals. The Botanical Garden has about 230 acres and it lies on the north-west part of the city of Iasi, on the western slope of the Copou Hill.

To provide visitors with further information on the garden, they could buy postcards with the garden and other literature edited by our staff, as well as a Garden Guide, at the entrance gate.

Furthermore, within the Botanical Garden, some exhibitions occasioned by the *International Day of Wet Zones, Earth Day, European Day of Parks, International Day of the Environment*, are organised together with the Association of Ornamental Dendrology and the Faculty of Geography and Geology.

Every year, at the month of October, the exhibition "Autumn Flowers" is being organised within the "Celebrations of the City of Iasi" and "The University Days". On this occasion, Chrysanthemums, ornamental plants and Bonsai trees (tray planted trees), useful plants, carnivore plants and floral arrangements are being displayed.

The "PROF. DR. IOAN Borcea" *Sea Station of Agigea*

It lies 10 km from the city of Constanta and 1 km from the town of Eforie. It is located on the seaside of the Black Sea next to the opening to the Danube-Black Sea Canal and to the "free zone" area of Agigea Harbour (Constanta Sud).

It is open all year round to students and researchers who wish to pursue some aspects of marine and terrestrial ecosystems, and it provides meals for 150 people during summer time.

All year round, student summer camps, summer courses, creation camps and other activities may be organised here if required.

MUSEUMS

1. "Moldova" National Museum - Palace of Culture, Phone: 0232 / 147402;
2. Chemistry Museum of Iasi - M. Kogalniceanu str 7B, phone: 0232 / 118392;
3. "Cernatescu Poni" Museum - M. Kogalniceanu str 7B, phone: 0232 / 110392;
4. "Mihai Eminescu" Museum - Garden Copou, phone: 0232 / 144759;
5. "Michael Kogăniceanu" Museum - M. Kogalniceanu str 11, phone 0232 / 110393;
6. Romanian Literature Museum of Iasi: str Pogor V. 4, phone: 0232 / 112830;
7. Museum of Old Literature of Moldova - str A. Panu 69, phone: 0232 / 146321;
8. Museum of Natural History - 5 Independence Avenue, phone: 0232 / 201339, 0232 / 201109;
9. Theatre Museum - V. Alecsandri 3, phone: 0232 / 115760;
10. Union Museum – str. Alexandru Lăpuşneanu 14, phone: 0232 / 114614.

Freshman Ball

The Freshman ball has already become a tradition of the Faculty of Physical Education and Sports. In the academic year 2009-2010, the freshmen ball will be in November and its location will be established and announced by the organizing committee.

USEFUL ADDRESSES AND TELEPHONE NUMBERS

DIRECTORATE FOR SOCIAL AFFAIRS

Scholarships Department - phone 0232 / 201577 e-mail: @ roxana.rosu uaic.ro;
Student Halls of Residence, C11, room 23.

"GAUDEAMUS" INTERNATIONAL STUDENT EXCHANGE CENTER

The "Gaudeamus" Cafeteria within the "Titu Maiorescu" Halls of Residence (next to the residential C8), tel: 0232 / 201701;

The dormitory C17 (located in the "Codrescu" Halls of Residence) - accommodate foreign students within the LLP-ERASMUS program. Romanian students attending courses at the "Al. I. Cuza" University of Iasi can find also accommodation here under hotel-like conditions and the rates are to be established by the University Senate. Phone: 0232 / 218589.

Student's Health Office

- "Titu Maiorescu" Halls of residence (in dormitory C8);
- Health Office providing specialised care - dormitory C11, Room 13, basement.

Student's Health Offices:

Student's Health Office no. 7 - it provides free healthcare for all university students (medical advice, prescriptions, recommendation to specialized treatments)

Student's Health Office no. 7 lies in the "Titu Maiorescu" Halls of Residence, dormitory C8 ground floor.

To have your name registered to the health office databases, you should produce all required documents.

Students should also cancel their registration with their family doctors in order to have their name registered with the university health office.

Student ORGANIZATIONS

1. Association of Students in Physical Education and Sport of Iași "Young talents"
Building D, ground floor, contact-person is to be determined

2. International Association of Students in Economics and Management AIESEC Iași
Building B, Floor 3, Phone: 0232 / 212244

3. European Students Association - Iași AEGEE
"Titu Maiorescu" Halls of Residence, dormitory P6, room 2
Phone: 0722 / 525411
4. European Association for Law Students - ELSA Iasi
"Codrescu" Halls of Residence, dormitory C11, Room 39, 1st Floor
Phone: 0723 / 253345
5. Association of Students in Computr Science of Iași – ASII
Str. General Berthelot, nr.16, e-mail: asii@infoiasi.ro
6. Romanian Students Alliance -A.S.R.
B-dul Carol I, nr. 11, B Corps University, room L-138
7. Association of Students in Economics, ASTEC
8. Student Centre of Iași
Str. V. Conta, No.30, phone: 0232 / 147358, fax: 0232 / 212632,
e-mail: casa_studenteasca@yahoo.com

LIBRARIES:

- Central University Library "Mihai Eminescu"
Str. Păcurari no. 4; phone 0232 / 116281
Locations:
Library • Faculty of Biology - Building B, 1st Floor, Phone: 0232 / 201473;
Library • Faculty of Chemistry - Building A, ground floor, phone: 0232 / 201151;
• Faculty of Law Library - Building A, floor 2, phone: 0232 / 201159,
e-mail: @ bib.law uaic.ro;
Library • Faculty of Economics and Business Administration - Building C, Floor 3, Phone: 0232 / 201452;
Library • Faculty of Physical Education and Sport - Building D, ground floor,
Telephone: 0232 / 201127;
• Library Faculty of Philosophy - Str. Lăpușneanu no. 36 (the House of Students), phone: 0232 / 201155;
• Library • Faculty of Physics, Building A, ground floor, tel: 0232/201151,
e-mail: @ bib.fiz uaic.ro;
Library • Faculty of Geography - Geology - Building B, 1st Floor,
Telephone: 0232 / 201475;
• Library • Faculty of Computer Science - Building C, floor;
Library • Faculty of History - Building A, 2nd Floor, phone: 0232 / 201157,
e-mail: @ bib.ist uaic.ro;
Library • Faculty of Letters - "Codrescu" Halls of Residence
Telephone: 0232 / 116600;
Library • Faculty of Mathematics - Building B, ground floor, phone: 0232 / 201561;
Library • Faculty of Psychology and Education Sciences - Building D, ground floor;
Library • Faculty of Orthodox Theology - T Corp., floor;
• Romanian Academy Library, Boulevard Carol I, nr. 8, phone: 0232 / 143073;
• "Gh Asachi" Library, Str. Palat, no. 4, phone: 0232 / 115159;
• The British Library (British Council), Str. Păcurari no. 4, phone 0232 / 116159;
• Library • French Cultural Centre, Boulevard Carol I, nr. 26,
Phone: 0232 / 147900.

„AL. I. CUZA” UNIVERSITY OF IASI
 FACULTY OF SPORTS AND PHYSICAL EDUCATION
 Field of study: SPORTS AND PHYSICAL EDUCATION
 Specialization: **SPORT AND PHYSICAL EDUCATION;
 KINETIC THERAPY AND SPECIAL MOTRICITY**
 Degree: *Bachelor’s Degree in Sports and Physical Education*
 Length of study: 3 years (cycle 1)
 Form of education: FULL-TIME
 Academic Year: 2009/2010

Study Programme Anul de studiu/year: I

Joint Major Subject for „Sports and Physical Education” specialisations: *Sport and Physical Education* and *Kinetic Therapy and Special Motricity*

	No crt.	Discipline title	Discipline code	Semester: I					Semester: II						
				H/week			Cr.	Fv	H/week			Cr.	Fv.		
				C	S	L			C	S	L				
I. Core Disciplines															
1.	A1	Anatomy	ST 1102	2	1	-	5	E	-	-	-	-	-		
2.		Introduction to IT	IA 11..	1	-	2	5	E	-	-	-	-	-		
3.		Foreign Languages	LF 11.. LF 12.. LE 11.. LE 12..	-	2	-	5	C	-	2	-	5	E		
II. Major Subjects															
1.		History of Sports and Physical Education	SP 1111	2	1	-	5	E	-	-	-	-	-		
2.	A2	Theory on Sports and Physical Education	ST 1201	-	-	-	-	-	2	2	-	5	E		
Discipline impuse (DI) / Mandatory Disciplines	3.	<i>Basic Individual Sports Disciplines:</i> • Athletics Techniques and Methodology : Running and Jumping • Basic Gymnastics and Acrobatics	SP 1101	-	-	2	3	5	Vp	-	-	-	-	-	
	SP 1104		-	-	2	2	-			-	-	-	-	-	
	4.		<i>Basic Team Sports Disciplines:</i> • Handball: Basic Techniques and Strategy • Volleyball : Basic Techniques and Strategy	SP 1109	-	-	2	3	5	Vp	-	-	-	-	-
	ST 1109	-		-	2	2	-	-			-	-	-	-	
	5.	<i>Discipline de bază individuale/ Basic Individual Sports Disciplines:</i> • Athletics Techniques and Methodology: Running and Throwing • Acrobatics and Jumping	SP 1201	-	-	-	-	-	-	-	-	1	2	5	Vp
	SP 1204		-	-	-	-	-	-	-	-	-	1	3		
	6.	<i>Basic Team Sports Disciplines:</i> • Handball in School • Volleyball in School	SP 1209	-	-	-	-	-	-	2	-	2	2	5	E
	ST 1209		-	-	-	-	-	-	2	-	2	3			
	7.	<i>Discipline practico-aplicative / Practical and Applicative Disciplines:</i> • Swimming: Initiation to Stroke Techniques • Practical course in tourism & orienteering	ST 1211	-	-	-	-	-	-	-	-	2	3	5	Vp
	ST 1212		-	-	-	-	-	-	1	-	30 ore	2			

		<i>Discipline optionale / Optional Disciplines</i>															
<i>DO</i>	1.	Opțional	I	<i>Body Aesthetics:</i> • Fitness • Weightlifting-Body Building • Fitness Aerobics	SP 1236	-	-	-	-	-	-	-	1	2,5	5	C	
			II		SP 1229	-	-	-	-	-	-	-	1				2,5
<i>DF</i>	<i>Discipline facultative / Elective Disciplines</i>																
	1.		Skiing (30 hours)		SP 1124	-	-	30 ore	5	Vp	-	-	-	-	-		
TOTAL					Standard hours			5	4	10	30	3E	7	4	10	30	3E
					Conventional hours			10	4	10		1C					2Vp
					Overall Compulsory Standard Hours per Week			19			21						
					Overall Compulsory Conventional Hours per Week			24			28						

Legendă: C = discipline incluse în planul de învățământ pentru specializarea complementară oferită studenților din facultate;
 A = discipline incluse în planul de învățământ pentru specializarea complementară oferită studenților de la alte facultăți

Study Programme
PSYCHO PEDAGOGICAL EDUCATION TOWARDS
GRADUATION CERTIFICATE AWARDED BY THE
TEACHING TRAINING DEPARTMENT (elective)

Anul de studiu/year: I
 Anul universitar/Academic Year: 2009/2010

Joint Major Subject for “**Sports and Physical Education**” specialisations: *Sport and Physical Education and Kinetic Therapy and Special Motricity*

Nr. Crt.	Denumirea disciplinei	Codul disciplinei	Semestrul: I					Semestrul: II				
			Nr. ore/săpt.			Cr.	FV	Nr. ore/săpt.			Cr.	FV
			C	S	L			C	S	L		
1.	Educational Psychology	RR 1102	2	2	-	5	E	-	-	-	-	-
2.	Pedagogy I Fundamentals of Pedagogy + Curriculum Theory and Methodology	RR 1201	-	-	-	-	-	2	2	-	5	E
TOTAL		Standard hours	2	2	-	5	1E	2	2	-	5	1E
		Conventional hours	4	2	-			4	2	-		
Overall Physical Hours per Week			4					4				
Overall Conventional Hours per Week			6					6				

Structura anului universitar	
Semestrul I	Semestrul II
14 săptămâni activitate didactică	14 săptămâni activitate didactică

Legendă: C = curs/ course, S = seminar/ seminar, L = lucrări practice/ assignment, Cr. = număr credite/ number of credits,
 FV = forma de verificare/ Form of Assessment, E = examen/ examination, C = colocviu/ colloquium, Vp = verificare practică/ practical assessment, UI = unitate de învățare/ educational unit.

„AL. I. CUZA” UNIVERSITY OF IASI
 FACULTY OF SPORTS AND PHYSICAL EDUCATION
 Field of study: SPORTS AND PHYSICAL EDUCATION
 Specialization: **SPORT AND PHYSICAL EDUCATION**
 Degree: **Bachelor’s Degree in Sports and Physical Education**
 Length of study: 3 years (cycle I)
 Form of education: FULL-TIME
 Academic Year: 2009/2010

Study Programme
Anul de studiu/year: II

Major Subject „Sports and Physical Education” specialisation: **Sport and Physical Education**

	No crt.	Discipline title	Discipline code	Semester: I					Semester: II						
				H/week			Cr.	Fv.	H/week			Cr.	Fv.		
				C	S	L			C	S	L				
Discipline impuse (DI) / Mandatory Disciplines	I. Discipline fundamentale / Core Disciplines														
	1.	C1 A8	General Physiology and Physical Effort Physiology	ST 2303	2	1	-	5	E	-	-	-	-	-	
	2.		Foreign Languages	LF 23,24.. LE 23,24..	-	2	-	5	C	-	2	-	5	C	
	II. Major Subjects														
	1.	C2 A9	<i>Biomechanics and Elements of Medical Profilaxy in Sports and Physical Education:</i> <ul style="list-style-type: none"> • Biomechanics • Hygiene, First Aid and Medical Examination 	ST 2402 ST 2405	-	-	-	-	-	1	1	-	2	5	E
	2.	C3	<i>Basic Individual Sports Disciplines:</i> <ul style="list-style-type: none"> • Athletics in Schools • Gymnastics in Schools 	SP 2303 SP 2305	2	-	2	3	5	E	-	-	-	-	-
	3.	C4 A10	<i>Basic Team Sports Disciplines:</i> <ul style="list-style-type: none"> • Basketball: Basic Techniques and Strategy • Football: Basic Techniques and Strategy 	ST 2310 SP 2310	-	-	2	3	5	Vp	-	-	-	-	-
	4.		Specialised Training in a Sports Discipline: beginner level I	ST 2314-19 SP 2313-17	1	-	2	5	E	-	-	-	-	-	
	5.		<i>Specialized Traineeship and Applications:</i> <ul style="list-style-type: none"> • Specialised Training in a Sports Discipline: beginner level II • Practical workshop in Coaching – beginner level I 	ST 2414-19 SP 2413-17 SP 2421	-	-	-	-	-	-	-	2	3	5	Vp C
	6.	C5 A11	<i>Discipline de bază colective: / Basic Team Sports Disciplines:</i> <ul style="list-style-type: none"> • Basketball in School • Football in School 	ST 2410 SP 2410	-	-	-	-	-	2	-	2	2	5	E
	7.	C6	<i>Aquatic Disciplines:</i> <ul style="list-style-type: none"> • Swimming: Learning Methods • Traineeship in Swimming - Rowing 	ST 2411 ST 2413	-	-	-	-	-	2	-	2	3	5	E
	Discipline optionale / Optional Disciplines														
	DO	1.	C7 A12	<i>Body Expression:</i> <ul style="list-style-type: none"> • Sport Dance • Folk Dance <i>Combat Sports:</i> <ul style="list-style-type: none"> • Judo / Judo • Martial-Arts Instruction 	SP 2322 SP 2325 ST 2327 ST 2335	-	-	1	2,5	5	C	-	-	-	-
			Optional II			-	-	1	2,5			-	-	-	-

	2.	C8	Optional	III	Adapted Sports: • Football - Tennis • Streetball • Beach Volleyball • Rugby in 7	SP 2444	-	-	-	-	-	-	-	1	2,5	5	C
				IV		ST 2438 ST 2438 ST 2437	-	-	-	-	-	-	-	1			
DF	Elective Disciplines																
	1.		Skiing (30 hours)		SP 2324	-	-	30 ore	5	Vp	-	-	-	-	-	-	
	2.		Capoeira – Afro-Brasilian Combat Techniques		SP 2445	-	-	-	-	-	-	-	2	5	Vp		
	TOTAL		standard hours				7	3	12	30	3E 2C 1Vp	9	4	11	30	3E 3C	
		conventional hours				14	3	12	18			4	11				
Compulsory Standard Hours per Week						22			24								
Compulsory Conventional Hours per Week						29			33								

Study Programme

**PSYCHO PEDAGOGICAL EDUCATION TOWARDS
GRADUATION** CERTIFICATE AWARDED BY THE
TEACHING TRAINING DEPARTMENT (elective)

Anul de studiu/year: II
Anul universitar / Academic Year: 2009/2010

Major Subject „Sports and Physical Education” specialisation: *Sport and Physical Education*

			C	S	L			C	S	L			
1.	PEDAGOGIE II / Pedagogy II Training Theory and Methodology + Assessment Theory and Methodology	RR 2301	2	2	-	5	E	-	-	-	-	-	
2.	Didactics of Sport and Physical Education	ST 2420	-	-	-	-	-	2	2	-	5	E	
TOTAL		standard hours		2	2	-	5	1E	2	2	-	5	1E
		conventional hours		4	2	-			4	2	-		
Overall Standard Hours per Week			4			4							
Overall Conventional Hours per Week			6			6							

Universitary year structure	
1st Semester	2nd Semester
14 weeks didactic activity	14 weeks didactic activity

Legendă: C = course, S = seminar, L = assignment, Cr. = number of credits,
FV = forma de verificare/ Form of Assessment, E = examen/ examination, C = colocviu/ colloquium, Vp = practical
assessment, UI = educational unit.

„AL. I. CUZA” UNIVERSITY OF IASI
 FACULTY OF SPORTS AND PHYSICAL EDUCATION
 Field of study: SPORTS AND PHYSICAL EDUCATION
 Specialization: **SPORT AND PHYSICAL EDUCATION;**
KINETIC THERAPY AND SPECIAL MOTRICITY
 Degree: *Bachelor’s Degree in Sports and Physical Education*
 Length of study: 3 years (cycle 1)
 Form of education: FULL-TIME

Academic Year: 2009/2010
Study Programme

Joint Major Subject for „Sports and Physical Education” specialisations: *Sport and Physical Education* and *Kinetic Therapy and Special Motricity*
Study year : III

Licence domain „Physical Education and Sports” specialisation : SportivePhysical Education

No crt.	Discipline title	Discipline code	Semester: I					Semester: II						
			H/week			Cr.	FV	H/week			Cr.	FV		
			C	S	L			C	S	L				
I. Core disciplines														
1.	U.I. / Sociology and Psychology in Sports and Physical Education													
	Sociology in Sports and Physical Education	FS 35..	1	1	-	2	5	E	-	-	-	-	-	
	Psychology in Sports and Physical Education	EP 35..	1	1	-	3			-	-	-	-	-	-
II. Major Subjects														
1.	Methodology of research in Sports and Physical Education	ST 3508	2	1	-	5		E	-	-	-	-	-	
2.	Motricity measurement and evaluation	SP 3627	-	-	-	-	-	-	1	-	1	5	E	
3.	Applied Statistics to Sports and Physical Education	SP 3622	-	-	-	-	-	-	1	-	1	5	E	
4.	Rhythmic Gymnastics	SP 3508	1	-	2	5		E	-	-	-	-	-	
5.	U.I. Elements of Therapy and Massage													
	Therapy of physical disabilities in schools	ST 3623	-	-	-	-	-	-	1	-	1	3	5	
	Massage and Self-Massage	ST 3651	-	-	-	-	-	-	-	-	1	2		
6.	Ethics , Professional Deontology and Community Integration	ST 3539	1	1	-	5		C	-	-	-	-	-	
7.	U.I. Planning and Choreography of sport show in schools													
	• Organisation of sport events in schools	SP 3619	-	-	-	-	-	-	1	1	-	3	5	
	Elements of sport show choreography in schools	SP 3672	-	-	-	-	-	-	1	-	1	2		C
8.	U.I. Management in Ph.Ed&Sports													
	Management and marketing in Ph.Ed&Sports	ST 3534	1	1	-	3	5	E	-	-	-	-	-	
	Improving and Managing School Sport Facilities	SP 3520	1	-	1	2			-	-	-	-	-	-
9.	Teaching Metodology of adapted physical exercise	SP 3673	-	-	-	-	-	-	1	-	2	5	E	
Optional Disciplines														
1.	Optional I	U.I Leisure and olympism: • Sport for all • Leisure activities • Olympism	ST 3531	1	-	1	2,5	5	C	-	-	-	-	-
	Optional II		ST 3533 SP 3529	-	-	1	2,5			-	-	-	-	-
2.	Optional III	U.I. Raquets sports: • Lawn Tennis • Table Tennis • Badminton	SP 3623	-	-	-	-	-	-	-	1	2,5	5	
	Optional IV		ST 3630 ST 3628	-	-	-	-	-	-	-	1	2,5		
TOTAL			St .H	9	5	5	30	4E 2C	6	1	9	30	4E 2C	
			Con .H	18	5	5			12	1	9			
Compulsory Standard Hours			19					16						
Compulsory Conventional Hours			28					22						

„AL. I. CUZA” UNIVERSITY OF IASI
 FACULTY OF SPORTS AND PHYSICAL EDUCATION
 Field of study: SPORTS AND PHYSICAL EDUCATION
 Specialization: **SPORT AND PHYSICAL EDUCATION;**
KINETIC THERAPY AND SPECIAL MOTRICITY
 Degree: *Bachelor’s Degree in Sports and Physical Education*
 Length of study: 3 years (cycle 1)
 Form of education: FULL-TIME

Study Programme
Anul de studiu/year: I

Joint Major Subject for “**Sports and Physical Education**” specialisations: *Sport and Physical Education* and *Kinetic Therapy and Special Motricity*

	No. crt.	Spec. compl.	Discipline Title	Code	Semester: I					Semester: II								
					H/week			Cr.	FV	H/week			Cr.	FV				
					C	S	L			C	S	L						
Discipline impuse (DI) / Mandatory Disciplines			I. Core Disciplines															
	1.	A1	Anatomy	ST 1102	2	1	-	5	E	-	-	-	-	-	-	-	-	-
	2.		Basics IT	IA 11..	1	-	2	5	E	-	-	-	-	-	-	-	-	-
	3.		Foreign Languages	LF 11.. LF 12.. LE 11.. LE 12..	-	2	-	5	C	-	2	-	5	E				
			II. Major Subjects															
	1.		History of Sports and Physical Education	SP 1111	2	1	-	5	E	-	-	-	-	-	-	-	-	-
	2.	A2	Theory of Sports and Physical Education	ST 1201	-	-	-	-	-	2	2	-	5	E				
	3.		<i>Basic Individual Sports Disciplines:</i> • Athletics Techniques and Methodology : Running and Jumping • Basic Gymnastics and Acrobatics	SP 1101 SP 1104	-	-	2	3	5	Vp	-	-	-	-	-	-	-	-
	4.		<i>Basic Team Sports Disciplines:</i> Handball: Basic Techniques and Tactics Volleyball : Basic Techniques and Tactics	SP 1109 ST 1109	-	-	2	3	5	Vp	-	-	-	-	-	-	-	-
	5.		<i>Basic Individual Sports Disciplines:</i> • Athletics Techniques and Methodology: Running and Throwing • Acrobatics and Jumping	SP 1201 SP 1204	-	-	-	-	-	-	-	-	1	2	5	Vp		
	6.		<i>Basic Team Sports Disciplines:</i> • Handball in Schools • Volleyball in Schools	SP 1209 ST 1209	-	-	-	-	-	-	2	-	2	2	3	5	E	
	7.		<i>Practical and Applicative Disciplines:</i> • Swimming: Initiation to Stroke Techniques • Traineeship in Tourism Orienteering	ST 1211 ST 1212	-	-	-	-	-	-	-	-	2	3	5	Vp		
										1	-	30 ore	2					
	DO	Discipline opțională / Optional Disciplines																
		1.	Optional	I	<i>Estetică corporală / Body Aesthetics:</i> • Fitness • Weight –lifting and Body Building	SP 1236 SP 1229	-	-	-	-	-	-	1	2,5	5	C		
				II	• Fitness Aerobics	ST 1207	-	-	-	-	-	-	-	1	2,5			
	DF	Elective Disciplines																
1.			Skiing (30 hours)	SP 1124	-	-	30 ore	5	Vp	-	-	-	-	-	-	-	-	
TOTAL				standard hours	5	4	10	30	3E	7	4	10	30	3E				

	conventional hours	10	4	10		1C 2Vp	14	4	10		1C 2Vp	
Compulsory Standard Hours per Week		19					21					
Compulsory Conventional Hours per Week		24					28					

Legendă: C = complementary disciplines for EFS students;
A = complementary disciplines for students from other faculties

Study Programme

**PSYCHO PEDAGOGICAL EDUCATION TOWARDS
GRADUATION CERTIFICATE AWARDED BY THE
TEACHING TRAINING DEPARTMENT (elective)**

Study year: I

Academic Year: 2009/2010

Joint Major Subject for „Sports and Physical Education” specialisations: *Sport and Physical Education* and *Kinetic Therapy and Special Motricity*

No. crt.	Discipline title	Code	Semester I					Semester II				
			H/week			Cr.	FV	H/week			Cr.	FV
			C	S	L			C	S	L		
1.	Educational Psychology	RR 1102	2	2	-	5	E	-	-	-	-	-
2.	Pedagogy I Fundamentals of Pedagogy + Curriculum Theory and Methodology	RR 1201	-	-	-	-	-	2	2	-	5	E
TOTAL		standard hours	2	2	-	5	1E	2	2	-	5	1E
		conventional hours	4	2	-			4	2	-		
Standard Hours per Week			4					4				
Conventional Hours per Week			6					6				

Year Study Structure	
Semester I	Semester II
14 weeks didactic activity	14 weeks didactic activity

Legendă: C = course, S = seminar, L = assignment, Cr. = number of credits,
FV = Form of Assessment, E = exam, C = colloquium, Vp = practical assessment, UI = educational unit.

„AL. I. CUZA” UNIVERSITY OF IASI
 FACULTY OF SPORTS AND PHYSICAL EDUCATION
 Field of study: SPORTS AND PHYSICAL EDUCATION
 Specialization: **Kinetic Therapy and Special Motricity**
 Degree: *Bachelor's Degree in Sports and Physical Education*
 Length of study: 3 years (cycle 1)
 Form of education: FULL-TIME
 Academic Year: 2010/2011

Study Programme

Study Year: II

Major Subject „Sports and Physical Education” specialisation: *Kinetic Therapy and Special Motricity*

	No. crt.	Spec. compl.	Discipline Title	Code	Semester: I					Semester: II						
					H/week			Cr.	FV	H/week			Cr.	FV		
					C	S	L			C	S	L				
Discipline impuse (DI) / Mandatory Disciplines	I. Discipline fundamentale / Core Disciplines															
	1.	C1 A3	<i>Ethics, Deontology and Elements of Scientific Research:</i> <ul style="list-style-type: none"> Ethics, Deontology and Elements of Law in Kinetic Therapy Research Methodology and Elements of Statistics 	SP 2441	-	-	-	-	-	1	1	-	2	5	E	
				ST 2408	-	-	-	-	-	1	1	-	3			
	2.		Foreign languages	LF 23.. LF 24.. LE 23.. LE 24..	-	2	-	5	C	-	2	-	5	C		
	II. Discipline domeniu de licență / Major Subjects															
	1.	C2 A4	Theoretical Fundamentals of Kinetic Therapy	ST 2348	2	-	1	5	E	-	-	-	-	-		
	2.	C3 A5	<i>Theoretical and Practical Substantiation Disciplines as related to the Major Subject:</i> <ul style="list-style-type: none"> Methodical and Practical Fundamentals of Kinetic Therapy Kinetological Techniques and Methods 	ST 2448	-	-	-	-	-	1	-	2	2	5	E	
				ST 2459	-	-	-	-	-	2	-	2	3			
	3.	C4 A6	General Physiology	ST 2355	2	2	-	5	E	-	-	-	-	-		
	4.	C5 A7	Massage and Self-massage	ST 2351	1	-	2	5	E	-	-	-	-	-		
	5.	C6 A8	<i>Physiology Pathology and Psychomotricity:</i> <ul style="list-style-type: none"> Fiziologie patologică/ Physiology Pathology Psihomotricitate/reeducare psihomotrică / Psychomotricity /Psychomotility Reeducation 	ST 2456	-	-	-	-	-	1	1	-	3	5	E	
				ST 2452	-	-	-	-	-	1	1	-	2			
	6.	C7 A9	<i>Biomechanics and Patient Handling:</i> <ul style="list-style-type: none"> Biomechanics Patient Handling Techniques 	ST 2328	1	1	-	3	5	E	-	-	-	-	-	
			ST 2367	-	-	2	2	C		-	-	-	-	-		
7.	C8 A10	<i>Traineeship and Internship:</i> <ul style="list-style-type: none"> Traineeship in Foster Care Institutions Clinical Surveillance Traineeship 	ST 2463	-	-	-	-	-	-	-	2	3	5	C		
			ST 2464	-	-	-	-	-	-	-	2	2				
Discipline optionale / Optional Disciplines																
DO	1.	C9 A11	<i>Leisure and Olympism:</i> <ul style="list-style-type: none"> Sports for All Olympism 	ST 2331 SP 2329	1	-	1	2,5	5	C	-	-	-	-	-	

			II	<i>Auxiliary Therapeutic Aids:</i> • Complementary Massage Techniques • Elements of Therapy about Dance	ST 2385 ST 2389	1	-	1	2,5			-	-	-	-	-
	2.	C10 A12	Optional	III	• Elements of Counselling • Sports and Disabled People • Management in Kinetic Therapy	ST 2460 ST 2484 ST 2466	-	-	-	-	-	1	-	1	5	C
DF	Discipline facultative / Elective Disciplines															
	1.		Skiing (30 hours)			SP 2324	-	-	30 ore	5	Vp	-	-	-	-	-
TOTAL					Standard hours		8	5	7	30	3E	8	6	9	30	3E
					Conventional hours		16	5	7		3C	16	6	9		3C
Compulsory Physical Hours per Week							20					23				
Compulsory Conventional Hours per Week							28					31				

Legendă: C = discipline incluse în planul de învățământ pentru specializarea complementară oferită studenților din facultate;
A = discipline incluse în planul de învățământ pentru specializarea complementară oferită studenților de la alte facultăți

Study Programme

PSYCHO PEDAGOGICAL EDUCATION TOWARDS GRADUATION

CERTIFICATE AWARDED

BY THE TEACHING TRAINING DEPARTMENT (elective)

Study Year: II

Academic Year: 2010/2011

Major Subject „Sports and Physical Education” specialisation: *Kinetic Therapy and Special Motricity*

No. crt.	Discipline title	Code	Semester I					Semester II					
			H/week			Cr.	FV	H/week			Cr.	FV	
			C	S	L			C	S	L			
1.	Pedagogy II Training Theory and Methodology + Assessment Theory and Methodology	RR 2301	2	2	-	5	E	-	-	-	-	-	
2.	Didactics of Sport and Physical Education	ST 2420	-	-	-	-	-	2	2	-	5	E	
TOTAL		standard hours		2	2	-	5	1E	2	2	-	5	1E
		conventional hours		4	2	-			4	2	-		
Overall Standard Hours per Week			4					4					
Overall Conventional Hours per Week			6					6					

Year Study Structure	
Semester I	Semester II
14 weeks didactic activity	14 weeks didactic activity

Legend: C = course, S = seminar, L = assignment, Cr. = number of credits,
FV = Form of Assessment, E = examination, C = colloquium, Vp = practical assessment, UI = educational unit.

„AL. I. CUZA” UNIVERSITY OF IASI
 FACULTY OF SPORTS AND PHYSICAL EDUCATION
 Field of study: SPORTS AND PHYSICAL EDUCATION
 Specialization: **Kinetic Therapy and Special Motricity**
 Degree: **Bachelor's Degree in Sports and Physical Education**
 Length of study: 3 years (cycle 1)
 Form of education: FULL-TIME
 Academic Year: 2011/2012

Study Programme

Study year: III

Domeniul de licență „Educație fizică și sport” specializarea: **Kinetoterapie și motricitate specială**
 Major Subject „Sports and Physical Education” specialisation: **Kinetic Therapy and Special Motricity**

	No. crt.	Spec. compl.	Discipline Title	Code	Semester: I					Semester: II							
					H/week			Cr.									
					C	S	L								C	S	L
Discipline impuse (DI) / Mandatory Disciplines	II. Major Subjects																
	1.	C11	<i>Neurological Recovery:</i> <ul style="list-style-type: none"> Kinetic Therapy in Neurological Disorders Clinical Internship 	ST 3568	2	-	1	3	5	E	-	-	-	-	-		
				ST 3574	-	-	2	2			-	-	-	-	-	-	
	2.	C12	<i>Orthopaedic and Traumatic Recovery:</i> <ul style="list-style-type: none"> Kinetic Therapy in Orthopaedic and Traumatic Disease Clinical Internship 	ST 3662	-	-	-	-	-	-	2	-	1	3	5	E	
				ST 3674	-	-	-	-	-	-	-	2	2				
	3.		Kinetic Therapy in Rheumatic Disorders	ST 3569	2	-	2	5		E	-	-	-	-	-		
	4.		<i>Balneology and Electrotherapy:</i> <ul style="list-style-type: none"> Electrotherapy Traineeship in Health Resorts 	ST 3691							1	-	1	2	5	C	
				ST 3675	-	-	-	-	-	-	-	2	3				
	5.		Kinetic Therapy in Paediatric Disorders	ST 3678	-	-	-	-	-	-	1	-	1	5	E		
	6.		<i>Geriatrics and Occupational Therapy:</i> <ul style="list-style-type: none"> Kinetic Therapy in Geriatric Disorders Occupational Therapy 	ST 3580	1	1	-	3	5	E	-	-	-	-	-		
			ST 3553	1	1	-	2	-			-	-	-	-	-		
7.		<i>Pharmacology and Pain Management:</i> <ul style="list-style-type: none"> Pharmacology Pain Therapy 	ST 3576	1	1	-	2	5	E	-	-	-	-	-			
			ST 3583	1	1	-	3			-	-	-	-	-	-		
8.		Kinetic Therapy in Respiratory Disorders	ST 3570	1	-	1	5		C	-	-	-	-	-			
9.		Kinetic Therapy in Cardiovascular Disorders	ST 3671	-	-	-	-	-	-	2	-	1	5	E			
10.		Kinetic Therapy in Abdominal and Gynaecological Disorders	ST 3679	-	-	-	-	-	-	1	1	-	5	C			
DO	Optional Disciplines																
	1.	Optional	I	<i>Adapted Therapy:</i> <ul style="list-style-type: none"> Ludic Activities for Disabled Children Kinetic Therapy in Special Education System 	ST 3533	-	-	1	2,5	5	C	-	-	-	-	-	
			II	<ul style="list-style-type: none"> Methodology on Home-care Kinetic Therapy 	ST 3587	-	-	1	2,5			-	-	-	-	-	
					ST 3588												
	2.	Optional	III	<i>Special Prophylaxis and Therapy:</i> <ul style="list-style-type: none"> Orthosis-Prosthesis Hygiene and First Aid 	ST 3677	-	-	-	-	-	-	1	-	1	2,5	5	C
			IV	<i>Racquet Sports:</i> <ul style="list-style-type: none"> Lawn Tennis Badminton 	ST 3605	-	-	-	-	-	-	-	1	2,5			
				SP 3623	-	-	-	-	-	-	-	-	1	2,5			
TOTAL				standard hours		9	4	8	30	4E	8	1	10	30	3E		
				conventional hours		18	4	8		2C	16	1	10		3C		

Overall Compulsory Physical Hours per Week	21	19
Overall Compulsory Conventional Hours per Week	30	27

Legendă: C = discipline incluse în planul de învățământ pentru specializarea complementară oferită studenților din facultate;
A = discipline incluse în planul de învățământ pentru specializarea complementară oferită studenților de la alte facultăți

Study Programme

**PSYCHO PEDAGOGICAL EDUCATION TOWARDS
GRADUATION CERTIFICATE AWARDED BY THE
TEACHING TRAINING DEPARTMENT (elective)**

Anul de studiu/year: III

Academic Year: 2011/2012

Major Subject „Sports and Physical Education” specialization: *Kinetic Therapy and Special Motricity*

N o. cr t.	Discipline title	Code	Semester: I					Semester: II				
			H/week			Cr.					H/w eek	
			C	S	L			C	S	L		
1.	Instruire asistată de calculator / Teaching Assisted by Computer	RR 35..	1	-	1	2	C	-	-	-	-	-
2.	Practică pedagogică / Teaching Traineeship	ST 3521 ST 3621	-	-	3	3	C	-	-	3	2	C
3.	Managementul clasei de elevi / Class Management	RR 36..	-	-	-	-	-	1	1	-	3	E
4.	Graduation Examination: level 1 (teaching portfolio)	RR 36..	-	-	-	-	-	-	-	-	5	E
TOTAL		Standard hours	1	-	4	5	2C	1	1	3	5	1E 1C
		Conventional hours	2	-	4			2	1	3		
Overall Physical Hours per Week			5					5				
Overall Conventional Hours per Week			6					6				

Year study structure		
Semester I	Semester II	
14 weeks didactic activity	14 weeks didactic activity	2 weeks licence preparation

Licence Exam		
Trial	Nota minimă	Credite
Trial written/oral	5	5
License disertation	5	
Minimum mark	6	5

Legend: C = course, S = seminar, L = assignment, Cr. = number of credits,
FV = Form of Assessment, E = examination, C = colloquium, Vp = practical assessment, UI = educational unit.

DISCIPLINE CARD

DISCIPLINE TITLE	ANATOMY	CODE:
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STUDY YEAR	I	SEMESTER	I	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
2	1	-	-	42	108	5	E	ROMANA

DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Prof.univ.dr. Paula Drosescu	<i>SPORTS AND PHYSICAL EDUCATION</i>

PREVIOUS GRADUATED DISCIPLINES	-
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OBJECTIVES	<ul style="list-style-type: none"> - to lay a solid theoretical basis for the concepts taught at the other medical disciplines as well as for those that are specific for the specialization - to introduce the student to the anatomic structures that the apparatus and systems of the body for increased understanding of the effects of effort during a sport on the person practicing it
GENERAL ISSUES	<ul style="list-style-type: none"> - The object of descriptive and functional anatomy; the biology of human locomotion - The embryogenesis of the locomotive apparatus. Morphofunctional characteristics of the bone - Striated muscle and of the joints - The main muscle groups of the body. - The descriptive anatomy of the cardiovascular, respiratory, digestive and uro-genital apparatus - The anatomy of the glands of internal secretion and of analyzers - Basic information on the central nervous system
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> - to acquire the anatomic details of the human body - the morphology of the bones and types of bones; the descriptive anatomy of the scapular girdle and the upper limb - the descriptive anatomy of the pelvic girdle and of the free lower limb - the descriptive anatomy of the of the backbone, front abdominal wall and of the rib cage - the description of the anatomic structures the human body is formed of
TEACHING METHODS	<ul style="list-style-type: none"> - courses delivered in the forms of lectures - discussions on topics decided on in advance - the presentation of the concepts on the human skeleton and on the cast provided by the Faculty - the presentation of drawings and atlases, - cooperative learning

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Baci Clement, Anatomia funcțională și biomecanica, București, Editura Sport-Turism,1977 2. Drosescu Paula, Anatomia aparatului locomotor, Ed. Pim, 2004 3. Papilian Victor, Anatomia omului, București, Editura All 1992 4. Ranga Viorel, Tratat de anatomie a omului, București, Editura Medicală, 1993
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EVALUATION	Conditions	50% course attendance, 100% seminar attendance
	Criteria	- active participation in the seminar activities, the presentation of a project on a topic of choice
	Forms	Evaluation during the semester (distributive evaluation) + a seminar paper on a topic of choice + final written evaluation
	Final mark formula	<ul style="list-style-type: none"> - distributive evaluation along the semester + the grade for the project/seminar paper 50% - 50% the final exam

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	HISTORY OF SPORTS AND PHYSICAL EDUCATION	CODE:
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STUDY YEAR	I	SEMESTER	I	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -elective)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C-colloquium, E-exam, M-mix	TEACHING LANGUAGE
C	S	L	Pr.					
2	1	0	0	42	108	5	M	Romanian

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	LUCIAN POPESCU, LECTURER PHD	SPORTS AND PHYSICAL EDUCATION

PREVIOUSLY GRADUATED DISCIPLINES	
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OBJECTIVES	<ul style="list-style-type: none"> ✓ Study of rise and development of practicing physical exercises in different historical periods. ✓ Forms and levels of practicing physical exercises related to the economical and social development, and considering spiritual peculiarities of society.
GENERAL TOPICS	<ul style="list-style-type: none"> • Origins of sport and physical education field (area). • Physical exercises in different historical periods: <ul style="list-style-type: none"> ➢ Primitive Commune ➢ Antiquity ➢ Middle Ages ➢ Modern Period ➢ Contemporary Period • Physical education during the Renaissance • Rise of the main pedagogic systems of physical education • School of Philanthropy: Basedow, Salszmann, Guts Muths, Pestalozzi <ul style="list-style-type: none"> ▪ Natural methods of physical education „Austrian method”, „French method”. ▪ Associative forms of physical education: “the scouting”, “sentineling”, “hawks”, Christian Association for Young People ▪ Rebirth of modern Olympics. • Evolution and modernization of physical education in Romania.
TOPICS FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> ▪ Systems of physical education: <ul style="list-style-type: none"> ✓ French ✓ Swedish ✓ German ✓ English ✓ American ✓ Danish ✓ Russian
TEACHING METHODS	<ul style="list-style-type: none"> ▪ Lecture, presentation, debating techniques

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ul style="list-style-type: none"> ▪ Cercel P., Popescu L., <i>Istoria educației fizice și sportului</i>, Ed.Fundației „Chemarea”, Iași, 1998 ▪ Kirișescu, C., <i>Palestrica</i>, ediția I, Editura „Casa Școalelor”, București, 1943 ▪ Kirișescu, C., <i>Palestrica</i>, ediția a II-a, Ed. U.C.F.S., București, 1964 ▪ Kirișescu, C., <i>Istoria educației fizice</i>, Tipografia Cartea Românească, București, 1936
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EVALUATION	Requirements	<ul style="list-style-type: none"> ▪ 50% course attendance + 100% seminar attendance. Minimum mark 5 for oral examination
	Criteria	<ul style="list-style-type: none"> ▪ Active participation to debates on selected themes of courses and seminars
	Forms	<ul style="list-style-type: none"> ▪ Mid-term assessment (report) + Mid-term assessment of the acquired knowledge
	Final mark formula	<ul style="list-style-type: none"> • 50% Mid-term assessment + 50% Mark to the oral examination

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE SHEET

DISCIPLINE TITLE	TECHNIQUE AND METHODICS OF ATHLETICS EXERCISES: RUNNING AND JUMPS	CODE: SP 1101
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STUDY YEAR	I	SEMESTER	1	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	2	-	28	122	3	M	ROMÂNIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE Lector dr. POPESCU VERONICA	DEPARTMENT SPORTS AND PHYSICAL EDUCATION
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PREVIOUS GRADUATED DISCIPLINES	THEORY PF PHYSICAL EDUCATION AND SPORTS, ANATOMY, BIOMECHANICS, GYMNASTICS
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OBJECTIVES	<ul style="list-style-type: none"> Correctly acquiring and perfecting the basic motor skills, specific to running and jumps; Acquiring a terminology specific to athletics; Forming didactic aptitudes – elaborating didactic projects; Initiating the students in the methodics of teaching athletics in school.
GENERAL ISSUES	<ul style="list-style-type: none"> Technique and methodics of teaching running; Technique and methodics of teaching jumps; Frequent mistakes, their causes, ways to correct them; Regulation notions.
ISSUES FOR SEMINARS / LABORATORIES	<ul style="list-style-type: none"> Preparing exercises in order to learn running; Technique and methodics of teaching semi-fond running; Technique and methodics of teaching speed running; Technique and methodics of teaching relay race; Preparing exercises in order to learn jumps; Technique and methodics of teaching high jump with stepping; Technique and methodics of teaching high jump: procedure with 1 and ½ steps.
TEACHING METHODS	Explanation, demonstration, problematics, algorithm, creative games, workshops, watching tapes etc.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Merică, Al., Pop, R., Ursanu, G., - „<i>Metodica predării exercițiilor de atletism</i>”, Editura Universității „Al. I. Cuza”, Iași, 1993 2. Merică, Alexandru – „<i>Tehnica probelor de atletism</i>”, Editura Universității „Al. I. Cuza”, Iași, 1993 3. Tatu, N., Titus, Alexandrescu, Dumitru, Ardelean, Tiberiu – „<i>Atletism</i>”, Editura Didactică și Pedagogică, București, 1983
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EVALUATION	Conditions	100% presence at practical sessions; minimum a 5 for practical tests
	Criteria	<ul style="list-style-type: none"> - Elaborating a system of exercises, in order to learn an athletic test, in methodical order - Conscious, active and creative participation through methodical coordination of exercises which lead to acquiring the athletic tests taught during the class
	Forms	<ul style="list-style-type: none"> - Evaluation during the semester + evaluation through test / written paper - Evaluation through the test or written paper will verify the knowledge of the student
	Final evaluation formula	<ul style="list-style-type: none"> - Results at control tests and norms 40% - Grade for verifying test / written paper 60%

* NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE	HANDBALL: THE BASICS OF TECHNICS & TACTICS	CODE: SP 1109
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STUDY YEAR	I	SEMESTER	I	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
			2	28	62	3	M	ROMANIAN

DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	ILEANA POPOVICI, PHD LECTURER	<i>PHYSICAL EDUCATION AND SPORTS</i>

PREVIOUS GRADUATED DISCIPLINES	
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OBJECTIVES	- Acquiring the elements and the basic technical processes, but also of action and tactical combinations used in the game of handball - Familiarity with the concepts and the basic rules of the game - Providing a minimal amount of practical knowledge and methods specialized on handball in school teaching.
GENERAL ISSUES	<ul style="list-style-type: none"> • Definitions and general rules for conducting basic game of handball; • Technical attacker; • Technical defender; • Technical and tactical goalkeeper; • Getting the handball game tactics; • Systems game attack and defense.
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> • relay race and dynamic games with specific elements of handball game; • Start keeping in, and catching the ball on the bird and place of travel; • Learning fundamental position and movements for attacker and defender; d • Learning simple and multiple dribbling ; • Learning the throws (the place of race, with step by step and added cross) • The attack with a spike and the defense 6:0 zone ; • Applying the practical knowledge and assimilation the rules of the game.
TEACHING METHODS	Explanation, demonstration, practise, problem solving, modelling method.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Alexandru E., Acsinte A. (2000). <i>Handbal – de la inițiere la marea performanță</i>, Editura Media, Bacău 2. Bíró, F., Roman, C., Dragoș, P. (2002). <i>Handbal – inițiere</i>, Editura Universității din Oradea 3. Bota, M., Bota, I. (1990). <i>Handbal – 500 de exerciții pentru învățarea jocului</i>, Editura Sport-Turism, București 4. Cercel, P. (1993). <i>Curs de handbal</i>, ediția a III-a, Editura Universității “Al. I. Cuza” Iași 5. Curelli, J.J., Landuré, P. (1996). <i>Le Handball – Les Règles, La Technique, La Tactique</i>, Éditions MILAN 6. Popovici, I. (2006). <i>Handbal – curs de bază</i>, Editura Universității “Al. I. Cuza” Iași 7. Popovici, I. (2008). <i>Handbalul în școală</i>, Editura PIM, Iași
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EVALUATION	Conditions	100% attendance in practical courses at least every note 5 and practical test
	Criteria	active participation in practical work
	Forms	during the evaluation (trial practice) the final evaluation of control samples and test
	Final mark formula	50% grade from practical evidence 50% test record

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE SHEET

DISCIPLINE TITLE	TECHNIQUE AND METHODICS OF ATHLETICS EXERCISES: RUNNING AND THROWING	CODE: SP 1201
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STUDY YEAR	I	SEMESTER	2	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C- colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	2	-	28	122	2	M	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Lector dr. POPESCU VERONICA	SPORTS AND PHYSICAL EDUCATION

PREVIOUS GRADUATED DISCIPLINES	THEORY PF PHYSICAL EDUCATION AND SPORTS, ANATOMY, BIOMECHANICS, GYMNASTICS
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OBJECTIVES	<ul style="list-style-type: none"> Correctly acquiring and perfecting the basic motor skills, specific to running and throwing; Acquiring a terminology specific to athletics; Forming didactic aptitudes – elaborating didactic projects; Initiating the students in the methodics of teaching athletics in school.
GENERAL ISSUES	<ul style="list-style-type: none"> Technique and methodics of teaching running; Technique and methodics of teaching throwing; Frequent mistakes, their causes, ways to correct them; Regulation notions.
ISSUES FOR SEMINARS / LABORATORIES	<ul style="list-style-type: none"> Preparing exercises in order to learn throwing; Technique and methodics of teaching fence races Technique and methodics of teaching of throwing the rounders ball Technique and methodics of teaching of weight throwing
TEACHING METHODS	Explanation, demonstration, problematics, algorithm, creative games, workshops, watching tapes etc.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 4. Merică, Al., Pop, R., Ursanu, G., - „<i>Metodica predării exercițiilor de atletism</i>”, Editura Universității „Al. I. Cuza”, Iași, 1993 5. Merică, Alexandru – „<i>Tehnica probelor de atletism</i>”, Editura Universității „Al. I. Cuza”, Iași, 1993 6. Tatu, N., Titus, Alexandrescu, Dumitru, Ardelean, Tiberiu – „<i>Atletism</i>”, Editura Didactică și Pedagogică, București, 1983
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EVALUATION	Conditions	<ul style="list-style-type: none"> - 100% presence at practical sessions; minimum a 5 for practical tests - Presenting the work notebook with games, exercises and creative relays during the session, in order to acquire and assume the knowledge learnt
	Criteria	<ul style="list-style-type: none"> - Elaborating a system of exercises, in order to learn an athletic test, in methodical order - Conscious, active and creative participation through methodical coordination of exercises which lead to acquiring the athletic tests taught during the class
	Forms	<ul style="list-style-type: none"> - Evaluation during the semester + work notebook + evaluation through test / written paper - Evaluation through the test or written paper will verify the knowledge of the student
	Final evaluation formula	<ul style="list-style-type: none"> - Active participation at practical sessions (appreciating creative thinking) 20%; - Results at control tests and norms 30%; - Grade for verifying test / written paper 50%.

* NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE		HANDBALL IN SCHOOL				CODE: SP 1209
STUDY YEAR	I	SEMESTER	2	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
2		56	4	2	E	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	ILEANA POPOVICI, PH D LECTURER				PHYSICAL EDUCATION AND SPORTS	
PREVIOUS GRADUATED DISCIPLINES	HANDBALL: THE BASICS OF TECHNICS & TACTICS					
OBJECTIVES	<ul style="list-style-type: none"> - Acquiring the elements and the basic technical processes, but also the actions and tactical combinations used in the game of handball – -familiarity with the concepts and the basic rules of the game - providing a minimal amount of practical and methodical skills, regards on teaching handball in school - training capacity for evaluation self-evaluation and the assimilate level of the knowledge . 					
GENERAL ISSUES	<ul style="list-style-type: none"> • Regulation of the handball game and its features; • The technique of attacker and defender; • The technical and tactique of the goalkeeper ; • Individual tactics in attack and defense; • Collective tactics attack and defense; • Systems game attack and defense (system with a spike and the defense in zone 6: 0). 					
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> • Repeating and strengthening of catching and passing the ball,by running,in different forms; • Repeating of the fundamental position and the field movement of attacker and defender; • Strengthening of the goal throws and the jump throw learning Learning of direct attack and the organization defense ; • Learning and repetition of individual tacctic actions and combinations ; • Strengthening of the game systems (with 1 spike ,system of the defense 6: 0 zone). 					
TEACHING METHODS	Explanation, demonstration, practice, lecture, debate, problem solving ,modelling method					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Alexandru E., Acsinte A. (2000). <i>Handbal – de la inițiere la marea performanță</i>, Editura Media, Bacău 2. Bîró, F., Roman, C., Dragoș, P. (2002). <i>Handbal – inițiere</i>, Editura Universității din Oradea 3. Bota, M., Bota, I. (1990). <i>Handbal – 500 de exerciții pentru învățarea jocului</i>, Editura Sport-Turism, București 4. Cercel, P. (1993). <i>Curs de handbal</i>, ediția a III-a, Editura Universității “Al. I. Cuza” Iași 5.Curelli, J.J., Landuré, P. (1996). <i>Le Handball – Les Règles, La Technique, La Tactique</i>, Éditions MILAN 6. Popovici, I. (2006). <i>Handbal – curs de bază</i>, Editura Universității “Al. I. Cuza” Iași 7. Popovici, I. (2008). <i>Handbalul în școală</i>, Editura PIM, Iași 					
EVALUATION	Conditions	100% attendance in practical courses minimum 5 for each practical test and the methodical dissertation				
	Criteria	active participation at practical works				
	Forms	evaluation during the semester (practice trial) final practical evaluation and written exam				
	Final evaluation formula	50% mark from practical trial 50% the mark from written exam (minimum accepted mark 5)				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	<i>PRACTICAL AND APPLICATIVE DISCIPLINES: SWIMMING-INITIATION TO STROKE TECHNIQUES</i>	CODE: ST1211
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STUDY YEAR	I	SEMESTER	2	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	-	2	28	62	3	P	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE assistant FETESCU SAVA	DEPARTMENT PHYSICAL EDUCATION AND SPORT
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PREVIOUS GRADUATED DISCIPLINES	ANATOMY, ATHLETICS, GYMNASTICS, THEORY ON SPORTS AND PHYSICAL EDUCATION
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OBJECTIVES	<p>The activities within the practical swimming sessions have as purpose forming the students in order for them to:</p> <ul style="list-style-type: none"> Correctly swim in three of the four swimming sportive branches: crawl on the chest, crawl on the back and bras, and the butterfly – facultative; swim, in a chosen manner, the 50 m. time trial distance; correctly describe the technique of the four swimming sportive styles; demonstrate the swimming technique in three sportive swimming sportive styles, integrally and on segments; use in diverse applicative situations the best swimming sportive style; know the reanimating and saving procedures;
GENERAL ISSUES	<ul style="list-style-type: none"> the influences of swimming upon the organism; general issues regarding swimming (the swimming branches and the practice particularities); the technical bases of swimming (the laws of floating and going forwards into the water, the study of the effectiveness of swimming movements); the influence of anatomic and physiological particularities upon swimmers' effectiveness; the technique of swimming sportive styles (crawl on the chest, crawl on the back and bras, and the butterfly); regulation notions; the methodic of learning the swimming sportive styles, the swimming lesson (structure and contents), modern methodological orientations in learning the swimming sportive styles.
ISSUES FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> The technique of swimming sportive styles: exercises on land, exercises of getting used to the water, floating, breathing, opening the eyes in the water; The technique of moving the arms and legs, their coordination with the breathing, the integral swimming; The start and turnings for the learnt swimming styles; Passing the control tests within a swimming contest; Determining the champion of the year on swimming styles (boys, girls).
TEACHING METHODS	Explanation, demonstration, practice, exercises with various variants, problematics, group activities, learning through cooperation, role play, etc.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ul style="list-style-type: none"> - Dumitrescu, N., Opreșescu, I. – <i>Inotul</i>. Ed. Stadion, București, 1973. - Fiedler, P., Fetescu, S. – <i>Inot-curs pentru studenții FEFS</i>. Ed. Universitatea “Al.I.Cuza”, Iași, 1996. - Fetescu, S. – <i>Inot-curs pentru studenții ID (trei module)</i>. Ed. Altius Academy, Iași, 2000. - Jivan, I. – <i>Îndrumar metodic de inot</i>. Ed. IEFS, București, 1990. - Gerhardt, L. – <i>Inotul pentru copii</i>. Ed. Stadion, București, 1974. - Olaru, M. – <i>Inot</i>. Ed. Sport-Turism, București, 1982.
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EVALUATION	Conditions	100% presence at practical sessions; Getting minimum 5 for all programmed practical tests.
	Criteria	Active and conscious participation at all programmed activities; Getting the maximum of possibilities for all the tasks corresponding to programmed activities; The progress registered by each student, compared to the initial level; The individual performance having as criterion the previously established degrees; Accomplishing all the tasks given by the didactic member responsible with the discipline.
	Forms	evaluation during the semester by appreciating the activism and the progress in acquiring the technique of swimming styles + final evaluation by passing the programmed practical tests.
	Final mark formula	50% active participation to practical sessions; the progress regarding the knowledge of swimming styles; 50% of the average of the grades for the practical tests, at the end of the practical sessions' module.

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	HUMAN BODY ESTHETICS - FITNESS	CODE: SP 1236
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STUDY YEAR	I	SEMESTER	2	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OP
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	-	1	14	136	2,5	M	ROMANIAN

DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Prep.univ.Renato Petrea	PHYSICA EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	GYMNASTICS, ANATOMY
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OBJECTIVES	<ul style="list-style-type: none"> - apprehension of exercises for all muscular groups; - apprehension of human physiology principles; - developing notions of muscular tonus training, weight losing and stamina maintaining; - basic criteria knowledge of implementing physical activities regarding human particularities;
GENERAL ISSUES	<ul style="list-style-type: none"> - specific exercises for upper limbs; - specific exercises for chest and back muscles; - specific exercises for lower limbs; - principles of Fitness training; - exercises routines for home training
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> - presentation of specific materials and machineries – 1 lesson; - apprehension of stretching methods and principles – 1 lesson; - developing an exercises routine using fitness machines – 1 lesson; - developing an exercises routine using weights – 1 lesson; - developing an exercises routine in pairs – 1 lesson; - developing an exercises routine using running drills – 1 lesson; - organizing activities using team sports – 1lesson
TEACHING METHODS	<ul style="list-style-type: none"> - demonstration, explication, observation.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Baroga, L., - <i>Haliere și Culturism</i> - Editura Sport - Turism, București, 1982, 2. Chirazi, M., - <i>Culturism, Îndrumar practic</i> - Editura Univ. "A.I.Cuza", Iași, 1998, 3. Chirazi, M., - <i>Culturism, curs de specializare</i> - Editura Univ. "A.I.Cuza", Iași, 2004, 4. Dumitru, Gh. – <i>Sănătate prin sport pe înțelesul fiecăruia</i>, Federația Româna Sportul pentru Toti, București, 1997
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EVALUATION	Conditions	100% attending frequency
	Criteria	Active presence during classes
	Forms	Practical evaluation
	Final mark formula	50% final evaluation; 50% evaluation during the semester

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE NAME	AEROBIC GYMNASTICS	CODE:
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STUDY YEAR	I	SEMESTER	2	DISCIPLINE STATUS (OB -obligatory/ OP -optional/ F -facultative)	OP
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HOURS IN A WEEK				TOTAL HOURS IN SEMESTER	TOTAL HOURS INDIVIDUAL ACTIVITY*	CREDITS	EVALUATION TYPE P-en route, C-preliminary evaluation, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
			1	14	136	5	M	ROMANIAN

DISCIPLINE HOLDER	DIDACTIC AND SCIENTIFIC GRADE, FORENAME, NAME		CHAIR
	LECT. UNIV. CRISTINA MORARU		PHYSICA EDUCATION AND SPORTS
DISCIPLINES PRIOR GRADUATED	BASIC AND ACROBATIC GYMNASTICS		
OBJECTIVES	<ul style="list-style-type: none"> - Optimizing the movement capacity of the locomotion apparatus and the improvement of the physical condition; - Development of the great systems' functionality: training of the cardio-vascular and respiratory capacities; - Development of the moving capacity under conditions of aerobic effort; - Development of the coordination and motor control components; - Education and/or correction of the correct body attitude; special processing of muscle groups 		
GENERAL THEMES	<ul style="list-style-type: none"> • PARTICULARITIES OF THE EFFORT IN MAINTENANCE AEROBIC GYMNASTICS; • METHODOICAL PRINCIPLES NECESSARY TO ACCOMPLISH THE OBJECTIVES OF MAINTENANCE AEROBIC GYMNASTICS; • STRUCTURE AND CONTENT OF A LESSON; MUSIC ACCOMPANIMENT; • USING STRETCHING METHOD: METHODOICAL RECOMMENDATIONS. 		
SEMINARY/ LAB WORKS THEMES	<ul style="list-style-type: none"> • BASIS AND SPECIFIC STEPS OF MAINTENANCE AEROBIC GYMNASTICS; • MOVEMENTS AT THE LEVEL OF SUPERIOR, INFERIOR MEMBERS AND TORSO; BALANCE MOVEMENTS; COMBINATIONS WITH DYNAMIC MOVEMENTS • STRUCTURES WITH SELECTIVE PROCESSING CHARACTER OF THE BODY PARTS ON SOLE; EXERCISE FOR SUPPLENESS – STRETCHING; • PROGRAMS OF MAINTENANCE AEROBIC GYMNASTICS FOR BEGINNERS AND ADVANCED. 		
TEACHING METHODS	Explication, demo, group activities, case study, exercise with various ways, watching methodical videocassettes, etc.		
OBLIGATORY BIBLIOGRAPHY (SELECTIVE)	Kulesar Ștefana – <i>Gimnastica Aerobică</i> , Edit. Clusium, Cluj-Napoca, 2000; Luca Alice – <i>Fitness și Aerobică</i> , Edit. Fundației Altius Academia, Iași, 2001. Macovei Sabina – <i>Gimnastică Aerobică de Întreținere</i> , Edit. Afir, București, 2003; Stoenescu Ginetă – <i>200 de exerciții de Gimnastică Aerobică de Întreținere pentru femei și bărbați. Pași aerobici și de dans</i> , București, 2000; Stoenescu Ginetă – <i>Gimnastica și sportul aerobic</i> , Edit. I.S.P.E., București, 2000; Stoica Alina – <i>Gimnastica Aerobică</i> , Edit. BREN, București, 2004;		
EVALUATION	Conditions	100% presence at practical works; Minimum 5 at the practical exam, minimum 5 en route examinations.	
	Criteria	Active participation at practical courses; realizing the exercises proposed at the practical courses;	
	Forms	En route evaluation + final evaluation through practical exam; The en route evaluation will include: conducting a part of the lesson of maintenance aerobic gymnastics. The practical exam will consist of: sustaining a the lesson of maintenance aerobic gymnastics (the group will be divided in groups of 6, 8 or 10)	
	Formula of the final mark	50% mark at en route evaluation; 50% mark at practice exam	

* number of hours for individual activities results by deducting from 150 h/semester (number of equivalent hours for 5 credits) of the total number of hours in the semester given to the discipline (see above)

DISCIPLINE CARD

DISCIPLINE TITLE		HISTORY OF SPORTS AND PHYSICAL EDUCATION				CODE:
STUDY YEAR	I	SEMESTER	I	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -elective)		OB
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-mid-term assessment , C-colloquium, E-exam, M-mix	TEACHING LANGUAGE
C	S					
1	-	2	0	42	108	5
			NAME, SURNAME, SCIENTIFIC DEGREE		DEPARTMENT	
			GABRIELA APREUTESEI, LECTURER PHD		MATHEMATICS	
PREVIOUSLY GRADUATED DISCIPLINES						
OBJECTIVES	<ul style="list-style-type: none"> ✓ Study of the main forming of a text using Word 2003 ✓ Using PowerPoint for electronical presentations 					
GENERAL TOPICS	<ul style="list-style-type: none"> • Windows in Office Word 2003 and the main menius • Compose and save a Word document • Fonts, Romanian letters, indents and spacing, text boxes • Bullets and numbering, borders • Insert header and footer, date and time, number of page, references • Tables and some operations in tables • Insert pictures in a Word document and forming these pictures • Draw and tools for drawing in Word • A PowerPoint presentation using autocontents wizard, templates and white presentations • Compose a new slide • Insert animation and slide transition in a PowerPoint presentation 					
TOPICS FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> • Apply the general topics • We prepare 2 works in Word: <ol style="list-style-type: none"> 1. A mail and CV 2. A table using Formula from the menu Table and a picture mixed with text • We prepare a PowerPoint presentation for colloquium 					
TEACHING METHODS	<ul style="list-style-type: none"> ▪ Lecture, presentation, computer and videopresentation 					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. M. Clocotici –<i>Word 2003</i>, personal web page, 2006 2. S. Johnson - <i>Office-WORD 2003, Intuitext</i>, 2004 3. <i>Manual Microsoft Word 2003</i>, LIBRARY & INFORMATION SERVICES IT TRAINING 					
EVALUATION	Requirements	<ul style="list-style-type: none"> ▪ 50% course attendance + 67% seminar attendance. 2 projects in Word 2003 				
	Criteria	<ul style="list-style-type: none"> ▪ Active participation to debates on selected themes of courses and laboratories 				
	Forms	<ul style="list-style-type: none"> ▪ Mid-term assessment (report) + Mid-term assessment of the acquired knowledge 				
	Final evaluation formula	<ul style="list-style-type: none"> • 25% Mid-term assessment + 3x25% Mark to the oral examination (from 3 projects) 				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		THEORY OF PHYSICAL EDUCATION AND SPORTS				CODE: ST 1201
STUDY YEAR	I	SEMESTER	2	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P -during semester , C -colocvium, E -exam, M -mixt	TEACHING LANGUAGE
C	S					
2	2	56	94	5	E	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	ADRIAN COJOCARIU, PhD. LECTURER				PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES	Anatomy, Psychology of education, History of physical education and sport					
OBJECTIVES	<ul style="list-style-type: none"> • Knowledge of basic concepts of physical education and sport science • Acquiring theoretical knowledge on the formation, evolution and development of science field • Acquiring the ability to work with specific notions of discipline and capacity for implementing them in their specific practice area 					
GENERAL ISSUES	<ul style="list-style-type: none"> • Theory of Physical Education and Sports as a scientific discipline • Main notions (categories) in Theory of Physical Education and Sports • Components of the educational processes of physical education and sports training • Physical education and sport as social phenomena • The means system in physical education and sport • The physical education and sport system of Romania • Main forms of organization of physical exercises 					
ISSUES FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> ▪ Debates on the topics presented at the course ▪ Physical exercise ▪ Motor skills and abilities ▪ Presentation of essays by students, with topics related to course notions. 					
TEACHING METHODS	Interactive lectures, explanation, case study, cooperative learning, etc..					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Cârstea, G. – <i>Theory and methodology of physical education and sports</i>, Ed. Universul, București,1993 (in Romanian). 2. Cojocariu, A. – <i>Theory of physical education and sports</i>, Iași, 2008 (in Romanian). 3. Dragnea, A.; Mate-Teodorescu, S. – <i>Theory of sports</i>, Ed. Fest, București, 2002 (in Romanian). 4. Șiclovan, I. – <i>Theory of physical education and sports</i>, Ed. Sport-Turism, București, 1979 (in Romanian). 					
EVALUATION	Conditions	- 50% in the course and 100% presence in the seminar - at least 5 to the assessments during the semester and final exam				
	Criteria	Active and argumented participation in debates on the topic of lecture and seminar; original and complete achievement and adequate presentation of a paper				
	Forms	Evaluations during the semester + final evaluation				
	Final mark formula	25% grade for the first assessment during the semester 25% grade for the second assessment during the semester 50% grade for the final examination				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		BASIC AND ACROBATIC GYMNASTICS				CODE: SP1104
STUDY YEAR	I	SEMESTER	1	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
-	-	28	122	2	M	ROMANIAN
		NAME,SURNAME, SCIENTIFIC DEGREE			DEPARTMENT	
		UNIV. ASIST. DR CRISTIAN MIHAIL RUS			PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES						
OBJECTIVES	<ul style="list-style-type: none"> • Assimilating the theoretical, methodical and practical knowledge, specific for Basic Gymnastics • Forming the motive abilities and didactic habituations using the asic Gymnastic methods • Gaining the assurance and helping abilities needed in the gymnastic lesson, for preventing the accidents 					
GENERAL ISSUES	<p>The domain, ways, tasks, and the particularities of Basic Gymnastic. Practical uses of the Basic Gymnastic ways in the lesson</p> <ul style="list-style-type: none"> • Front and formation exercises • Harmoniously physical developing exercises • Basic and applicable motive habituations perfecting exercises through relay race and appicable routes. 					
ISSUES FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> • Front and formation exercises • Harmoniously physical developing exercises • Basic and appyable motive habituations perfecting exercises through relay race and applicable routes. • Simple acrobatics elements. Simple jumps • Motive qualities developing exercises • Leading some simple exercises (by corporal segments) 					
TEACHING METHODS	Exposures, demonstrations, Intuitive demonstrations, Explanations with demonstrations					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Băiașu, N. și colaboratorii – <i>Gimnastica</i>, Editura Stadion, București, 1972. 2. Fidler, P. și colaboratori -<i>Caiet metodic de gimnastică</i>. Editura Universității „Alexandru Ioan Cuza”, Iași, 1976. 3. Luca, A. – <i>Gimnastica în școală</i>. Editura Universității „Alexandru Ioan Cuza”, Iași, 1998. 4. Podlaha, R. - <i>Terminologia gimnasticii</i>. Editura Stadion, București, 1974. și Stroescu A. <p>Rus C.M. – <i>Pentru profesorul de educație fizică și sport.gimnastica</i>. Editura Universității „Alexandru Ioan Cuza”, Iași, 2005.</p>					
EVALUARE	Conditions	100% attendance to the practical lessons, The practical lessons notebook				
	Criteria	Active participation at the class, Disposition for physical and intellectual effort, Right equipment, Right attitude for team working.				
	Forms	During the methodical activity, Written test and final practical probes.				
	Final evaluation formula	50% evaluation during the classes+50% final practical tests				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	BASIC AND COLLECTIVE DISCIPLINES/VOLLEYBALL: TECHNIQUE AND TACTICS BASES	CODE: ST1109
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STUDY YEAR	I	SEMESTER	1	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C- colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	-	2	28	32	2	M	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE Lect. Univ. Dr. Ungurean Bogdan	DEPARTMENT <i>PHYSICAL EDUCATION AND SPORT</i>
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PREVIOUS GRADUATED DISCIPLINES	ANATOMY, ATHLETICS
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OBJECTIVES	<ul style="list-style-type: none"> Improving the technical-tactical level Acquiring motor, methodical and organizational knowledge, skills and abilities; Learning the game rules and the specific terminology
GENERAL ISSUES	<ul style="list-style-type: none"> Ball school Technical procedures in attack (up passing with two hands, down service from forwards, up service from forwards, passing over the head, attack strike) Technical procedures in defense (taking the ball with two hands from up and down, collective blockage, back plunge) Tactical actions used in attack and defense Bilateral game (in reduced formation 1x1, 2x2, 3x3, 4x4, in full formation – 6x6).
ISSUES FOR SEMINARS/ LABORATORIES	
TEACHING METHODS	Explanation, demonstration, exercises with different variants, frontal work, activities on groups, movement games, game in reduced formation, bilateral game 6x6

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Stroie , St. – <i>Volei. Curs de bază</i>, INEFS, București, 1987. 2. XXX – <i>Programa școlară</i>, 1999. 3. Iacob, I., Braharu, O. , Știrbu, C. – <i>Caiet de lucrări practice – Volei</i>, Ed. Universității ‘Al.I.Cuza’ Iași, 1997. 4. XXX – <i>Regulamentul jocului de volei</i> 5. Braharu, O., Știrbu, C. – <i>Volei pentru toți</i>, Ed. Venus, Iași, 2002.
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EVALUATION	Conditions	100% presence at practical sessions, minimum 5 for all tests during the semester
	Criteria	Active participation, correctly acquiring the technical procedures
	Forms	Evaluation during the semester + final evaluation
	Final mark formula	Arithmetic means of the grades during the semester

* NO. OF HOURS FOR INDIVIDUAL WORK = 60 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 60 is no. of total hours/semester for 2 credits

DISCIPLINE CARD

DISCIPLINE TITLE		ACROBATIC GYMNASTICS AND JUMPING				CODE: SP1204
STUDY YEAR	I	SEMESTER	2	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
-	-	14	136	3	M	ROMANIAN
		NAME,SURNAME, SCIENTIFIC DEGREE			DEPARTMENT	
		UNIV. ASIST. DR CRISTIAN MIHAIL RUS			<i>PHYSICAL EDUCATION AND SPORT</i>	
PREVIOUS GRADUATED DISCIPLINES						
OBJECTIVES	<ul style="list-style-type: none"> • Assimilating the theoretical, methodical and practical knowledge, specific for Acrobatic Gymnastics and Jumping • Forming the motive abilities and didactic habituations using the Acrobatic Gymnastics and Jumping methods • Gaining the assurance and helping abilities needed in the gymnastic lesson, for preventing the accidents 					
GENERAL ISSUES	<ul style="list-style-type: none"> • The domain, ways, tasks, and the particularities of Acrobatic Gymnastics and Jumping. • Practical uses of the Acrobatic Gymnastics and Jumpings ways in the lesson • Adapting and selecting the Acrobatic Gymnastics and Jumping ways depending on the age groups 					
ISSUES FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> • Strengthen the ways used in the firs semester in the practical tasks • Simple acrobatics elements. Simple jumps • Static elements, positions. Standing on the shoulders, on the head, on the hands, the bridge, the scales, semirope, rope • Rolling: rolling, backward rollings ending with standing on the head, cylinder, Sideway ring, • Exercises used for learning the impulse and the hit on the jumping board. The jump with oblique impulse. • Acrobatic elements • Leading a movement game. • Exercises used for developing the motive and volitional qualities. 					
TEACHING METHODS	Exposures, demonstrations, Intuitive demonstrations, Explanations with demonstrations					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Băiașu, N. si colaboratorii – <i>Sărituri în gimnastică</i>. Editura Tineretului, Bucuresti, 1958. 2. Băiașu, N. si Bârlea, A. – <i>Gimnastica de bază și acrobatică în școală</i>, Editura CNEFS, Bucurest,i 1969. 3. Coler. D. – <i>Aparatele ajutătoare și instalații în gimnastică</i>. Editura Stadion, Bucuresti, 1971. 4. Dungaciu, P. și Magdam S. –<i>Eexerciții pregătitoare pentru gimnastica sportivă</i>. Editura CNEFS, Bucuresti, 1970. 5. Luca, A. – <i>Gimnastica în ciclul gimnazial</i>. Editura Dosoftei, Iasi,1997. <p>Rus C.M. - <i>Îndrumar metodic gimnastică</i>. Analele FEFS, 1999.</p>					
EVALUARE	Conditions	100% attendance to the practical lessons, The practical lessons notebook				
	Criteria	Active participation at the class, Disposition for physical and intellectual effort, Right equipment, Right attitude for team working.				
	Forms	During the methodical activity, Writen test and final practical probes.				
	Final evaluation formula	50% evaluation during the classes+50% final practical tests				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	BASIC AND COLLECTIVE DISCIPLINES: VOLLEYBALL IN SCHOOL	CODE: ST1209
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STUDY YEAR	I	SEMESTER	2	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
2	-	-	2	56	34	3	M	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Lect. Univ. Drd. Ungurean Bogdan	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	VOLLEYBALL: TECHNIQUE AND TACTICS METHODS, ANATOMY, ATHLETICS
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OBJECTIVES	<ul style="list-style-type: none"> • Introduction in the acquirement of basic notions in volleyball • Notions regarding the instruction process in volleyball • Improving the technical-tactical level • Acquiring knowledge, skills and motor abilities • Acquiring the rule regulations • Acquiring knowledge, skills and methodical and organizational abilities
GENERAL ISSUES	<ul style="list-style-type: none"> • The theory subject and methodic of volleyball • The methodology of collective tactics in attack and defense • Theoretical-methodical aspects in the instruction process within volleyball • Volleyball at representative team • Volleyball in school (during the physical education class, optional and during sportive activities)
ISSUES FOR SEMINARS / LABORATORIES	<ul style="list-style-type: none"> • Technical procedures in attack (up passing with two hands, down service from forwards, up service from forwards, passing over the head, attack strike) • Technical procedures in defense (taking the ball with two hands from up and down, collective blockage, back plunge) • Tactical actions used in attack and defense • Bilateral game (in reduced formation 3x3, 4x4, in full formation – 6x6)
TEACHING METHODS	Explanation, demonstration, exercises with different variants, frontal work, activities on groups, movement games, game in reduced formation, bilateral game 6x6, interactive lectures, and discussion techniques.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Stroe , St. – <i>Volei. Curs de bază</i>, INEFS, București, 1987. 2. XXX – <i>Programa școlară</i>, 1999. 3. Iacob, I., Braharu, O. , Știrbu, C. – <i>Caiet de lucrări practice – Volei</i>, Ed. Universității ‘A.I.Cuza’ Iași, 1997. 4. XXX – <i>Regulamentul jocului de volei</i> 5. Braharu, O., Știrbu, C. – <i>Volei pentru toți</i>, Ed. Venus, Iași, 2002. 6. Scarlat, E. – <i>Volei. Pregătirea echipelor școlare</i>, Ed. Sport-Turism, București, 1981. 7. Iacob, I., Păcuraru , A. – <i>Volei – Curs de bază</i>,
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EVALUATION	Conditions	100% presence at practical sessions, minimum 5 for all tests during the semester
	Criteria	Active participation, correctly acquiring the technical procedures, essays on themes established with the teacher
	Forms	Evaluation during the semester + final evaluation
	Final evaluation formula	Arithmetic means of the tests during the semester

* NO. OF HOURS FOR INDIVIDUAL WORK = 90 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 90 is no. of total hours/semester for 3 credits

DISCIPLINE CARD

DISCIPLINE TITLE	TOURISM – ORIENTATION	CODE: ST 1212
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STUDY YEAR	I	SEMESTER	2	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
1	-	-	28	42	18	2	M	Romanian

DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	ASIST.UNIV. MIHAI EMANUEL	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	ATHLETICS, GYMNASTICS
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OBJECTIVES	Knowing the basic behavior rules within the group. Getting the organism accustomed to the climate conditions specific to the area where the course is carried out, in a harsh environment and variable atmospheric conditions. Learning the orientation methods and means specific to the geographical area.
GENERAL ISSUES	Forms of practicing tourism Fundamental rules regarding the behavior within the group. Effective work techniques: Setting up the camp (setting up the tent, the intermediary camps and the bivouacs); Stops during the trip or at the beginning of the route; Field trip. Orientation techniques with the help of classical and modern instruments (compass, tourist marking, GPS) or with the help of natural signs.
ISSUES FOR SEMINARIES/ LABORATORIES	Setting up the back pack Setting up the tents Field orientation during the day Field orientation during the night Maintenance of the equipment during the trip Building an improvised shelter Lighting up and keeping the fire burning
TEACHING METHODS	Lecture, explanation, demonstration, presentation of documentaries, exercising, exercise with several variants, group activities, learning through cooperation etc.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	Demeter, A., – Antrenamentul și refacerea la altitudine, Editura Sport-Turism, București, 1986 Derlogea, Ș., Manual de supraviețuire, Editura Amaltea, 2003 Dumbravă, Bucura – Cartea munților, Editura Cartea Românească, București, 1996 Frazzei, F., - Pledoarie pentru munte – manualul pentru turismul de munte, Editura medicală, 1998 Heintz, D., – Orientarea – Sportul Pădurilor, Editura Sport Turism, 1982
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EVALUATION	Conditions	50% attendance to the theoretical course and 100% attendance to the practical works; obtaining minimum grade 5 for each scheduled practical test and the sustained practical activities.
	Criteria	Demonstrating the accumulated theoretical knowledge; Fulfilling on a maximum level of possibilities all the tasks established for each practical activity;
	Forms	Oral or written exam for the current activity Practical verification for the practical activity
	Final evaluation formula	50% on-going evaluation for the practical tests and the scheduled methodic activities; 50% written or oral exam.

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		HUMAN BODY ESTHETICS – WEIGHT LIFTING AND BODY BUILDING				CODE: ST 1229		
STUDY YEAR	I	SEMESTER	2	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OP		
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE		
C	S						L	Pr.
-	-	-	1	14	136	2,5	M	ROMANIAN
DISCIPLINE HOLDER		NAME,SURNAME, SCIENTIFIC DEGREE Prep.univ. Oprean Alexandru			DEPARTMENT PHYSICAL EDUCATION AND SPORTS			
PREVIOUS GRADUATED DISCIPLINES		GYMNASTICS, ANATOMY						
OBJECTIVES		<ul style="list-style-type: none"> - apprehension of exercises for all muscular groups; - developing notions of muscular tonus training and muscular mass gaining; - basic criteria knowledge of developing drill routines for beginners and advanced; 						
GENERAL ISSUES		<ul style="list-style-type: none"> - specific exercises for the main muscular groups; - principles of wieghts training; - basic criteria knowledge of developing routines regarding human particularities. 						
ISSUES FOR SEMINARIES/ LABORATORIES		<ul style="list-style-type: none"> - presentation of specific materials and machineries – 1 lesson; - presentation of specific drills for upper limb muscles – 1 lesson; - presentation of specific drills for chest muscles – 1 lesson; - presentation of specific drills for the back muscles – 1 lesson; - presentation of specific drills for lower limb muscles – 1 lesson; - presentation of weight lifting principles and methods – 2 lessons. 						
TEACHING METHODS		<ul style="list-style-type: none"> - demonstration, explication and observation. 						
BIBLIOGRAPHY COMPULSORY (SELECTIVE)		<ol style="list-style-type: none"> 1. Baroga, L., - <i>Haltere și Culturism</i> - Editura Sport - Turism, București, 1982, 2. Chirazi, M., - <i>Culturism Îndrumar practic</i> - Editura Univ. "A.I.Cuza", Iași, 1998, 3. Chirazi, M., - <i>Culturism, curs de specializare</i> - Editura Univ. "A.I.Cuza", Iași, 2004, 4. Syekely, L., - <i>Culturism</i>, Editura Sport Turism, București, 1981 						
EVALUATION		Conditions	100% attending frequency					
		Criteria	Active presence during classes					
		Forms	Practical evaluation					
		Final mark formula	50% final evaluation; 50% evaluation during the semester					

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	SKI	CODE: SP 1124
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STUDY YEAR	I	SEMESTER	1	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	-	2,14	30	120	5	VP	ROMÂNIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Lect. univ. drd. BOGDAN UNGUREAN	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	ATHLETICS, GYMNASTICS
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OBJECTIVES	<ul style="list-style-type: none"> • Learning the basic technique of skiing • Acquiring methodological knowledge for teaching skiing to beginners • Knowing the regulations for the ski competitions
GENERAL ISSUES	
ISSUES FOR SEMINARS / LABORATORIES	<p>1 Accommodation and movement with the skis</p> <p>1.1 Falling and raising up on flat ground and slope</p> <p>1.2 Walking with the skis</p> <p>1.3 Slipping through simultaneous pushing</p> <p>1.4 Walking with one ski and simultaneous pushing</p> <p>1.5 Direction changes on flat ground</p> <p>1.6 Turning back</p> <p>1.7 Climbing the slope: direct, oblique and in steps</p> <p>2 Descents</p> <p>2.1 Direct descent</p> <p>2.2 Oblique descent</p> <p>3 Brakes</p> <p>3.1 Brake in ploughing</p> <p>3.2 Brake in half ploughing</p> <p>4 Elides</p> <p>4.1 Procedures of entering into elides</p> <p>4.2 Elides through stepping</p> <p>4.3 Elides through ploughing</p>
TEACHING METHODS	Interactive lectures, explanation, problematics, group activities.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<p>Balint, G. - <i>Bazele teoretice și metodice ale predării schiului</i>, Editura Tehnopress, Iași, 2005.</p> <p>Becea, L. - <i>Schi alpin. Tehnici complementare de instruire</i>, Editura Printech, Bucuresti, 2003.</p>
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EVALUATION	Conditions	100% presence at practical sessions Minimum 5 for examinations
	Criteria	Active participation Qualities and skills for teaching ski
	Forms	Evaluation during the semester + final practical evaluation
	Final evaluation formula	50% evaluation during the semester 50% final practical evaluation

* NO. OF HOURS FOR INDIVIDUAL WORK = 90 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE	SKI	CODE: SP 1124
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STUDY YEAR	I	SEMESTER	1	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	-	2,14	30	120	5	VP	ROMÂNIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Lect. univ. drd. BOGDAN UNGUREAN	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	ATHLETICS, GYMNASTICS
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OBJECTIVES	<ul style="list-style-type: none"> Learning the basic technique of skiing Acquiring methodological knowledge for teaching skiing to beginners Knowing the regulations for the ski competitions
GENERAL ISSUES	
ISSUES FOR SEMINARS / LABORATORIES	<p>1 Accommodation and movement with the skis</p> <p>1.1 Falling and raising up on flat ground and slope</p> <p>1.2 Walking with the skis</p> <p>1.3 Slipping through simultaneous pushing</p> <p>1.4 Walking with one ski and simultaneous pushing</p> <p>1.5 Direction changes on flat ground</p> <p>1.6 Turning back</p> <p>1.7 Climbing the slope: direct, oblique and in steps</p> <p>2 Descents</p> <p>2.1 Direct descent</p> <p>2.2 Oblique descent</p> <p>3 Brakes</p> <p>3.1 Brake in ploughing</p> <p>3.2 Brake in half ploughing</p> <p>4 Elides</p> <p>4.1 Procedures of entering into elides</p> <p>4.2 Elides through stepping</p> <p>4.3 Elides through ploughing</p>
TEACHING METHODS	Interactive lectures, explanation, problematics, group activities.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<p>Balint, G. - <i>Bazele teoretice și metodice ale predării schiului</i>, Editura Tehnopress, Iași, 2005.</p> <p>Becea, L. - <i>Schi alpin. Tehnici complementare de instruire</i>, Editura Printech, Bucuresti, 2003.</p>
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EVALUATION	Conditions	100% presence at practical sessions Minimum 5 for examinations
	Criteria	Active participation Qualities and skills for teaching ski
	Forms	Evaluation during the semester + final practical evaluation
	Final evaluation formula	50% evaluation during the semester 50% final practical evaluation

* NO. OF HOURS FOR INDIVIDUAL WORK = 90 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE		SPECIALIZED TRAINING IN A SPORTS BRANCH - ATHLETICS: BEGINNERS I				CODE: ST2314-19, SP 2313 -17						
STUDY YEAR		II	SEMESTER		3	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)		C				
HOURS PER WEEK		HOURS PER SEMESTER		HOURS FOR INDIVIDUAL WORK		CREDITS		EVALUATION P-during semester , C-colloquium, E-exam, M-mixed		TEACHING LANGUAGE		
C	S	L	Pr.									
1	-	2	-	42		108		5		E		ROMANIAN
DISCIPLINE HOLDER		NAME, SURNAME, SCIENTIFIC DEGREE Lect.univ.dr. Popescu Veronica						DEPARTMENT PHYSICAL EDUCATION AND SPORTS				
PREVIOUS GRADUATED DISCIPLINES		THEORY OF PHYSICAL EDUCATION AND SPORTS, THEORY AND METHODIC OF SPORTIVE PRACTICE, GENERAL AND PHYSICAL EFFORT PHYSIOLOGY, HYGIENE, FIRST AID AND MEDICAL CONTROL, ANATOMY AND BIOMECHANICS										
OBJECTIVES		<p>Through studying the theoretical and methodical contents of the specialization course – athletics, students should be able to:</p> <ul style="list-style-type: none"> • Know the elements within the athletics school (walking school, running school, jumping school, throwing school); • Have knowledge regarding the biomechanics of the movements specific to the acquired techniques; • Demonstrate and explain the technique of running tests (semi fond running, fond, big fond and sprints - 100m, 200m, 400m); • Demonstrate and explain the technique of jumping tests (broad jump- with 1 and 1/2 steps in the air, with extension, with steps in the air); • Demonstrate and explain the technique of jumping tests (throwing the dart); • Elaborate methodical exercise structures, necessary to learn, consolidate and improve the athletic trials; • Recognize the mistakes within the athletic exercises and to correct them in a proper manner; • Have regulations knowledge required by IAAF. 										
GENERAL ISSUES		The origin and evolution of athletics as sportive branch; the leading and organizational structures within the athletics activity; age groups in athletics: classification and characteristics of athletic tests, the system of sportive classification in athletics; general bases of technique within the athletic tests; The technique of running tests; The technique of jumping tests, The technique of throwing tests, regulation notions regarding running, jumping and throwing.										
ISSUES FOR SEMINARS / LABORATORIES		<ul style="list-style-type: none"> • The methodic of teaching semi fond-fond and big fond: learning, consolidating and improving. • The methodic of teaching sprints -100m, 200m, 400m: learning, consolidating and improving. • The methodic of teaching jumps (broad): learning, consolidating and improving. • The methodic of teaching throwing dart: learning, consolidating and improving this trial. • Assisted leading of the first part of the sportive practice lesson • Competitions focusing on the quality of technical execution and on sportive performance 										
TEACHING METHODS		Interactive lectures, discussion techniques, explanation, demonstration, practice, exercise with different variants, group activities, problematics, learning through cooperation, role play, etc.										
BIBLIOGRAPHY COMPULSORY (SELECTIVE)		<ol style="list-style-type: none"> 3. Dragnea, A. – <i>Antrenamentul sportiv</i>, Ed. Didactică și Pedagogică, R.A., București, 1996. 4. F.R.A. – <i>Regulament</i>, București, 1992. 5. Merică, A. – <i>Tehnica exercițiilor de atletism</i>, Ed. Ed. Universitatea „Al.I.Cuza”, Iași, 1994. 6. Merică, A. – <i>Metodica predării exercițiilor de atletism</i>, Ed. Ed. Universitatea „Al.I.Cuza”, Iași, 1994. 7. Popescu, V. – <i>Atletism – tehnica și metodica probelor atletice – specializare</i>, Ed. Universitatea „Al.I.Cuza”, Iași, 2004. 										
EVALUATION		Conditions		50% presence at the lecture 100% presence at practical sessions; getting minimum a 5 for al, programmed practical tests and methodical activities								
		Criteria		<ul style="list-style-type: none"> • Active an aware participation at all programmed theoretical and practical activities; • Individual performance at all control trials in comparison with a given reference point; • Accomplishing all the tasks given by the discipline holder. 								
		Forms		<ul style="list-style-type: none"> • Regular evaluation: appreciating the activism and the progress in acquiring the technique of athletic tests and the capacity to teach them + final evaluation: oral or written exam 								
		Final evaluation formula		50% regular evaluation for practical tests and programmed methodical activities; 50% oral or written exam.								

* NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE		HYGIENE, FIRST AID AND MEDICAL CHECK-UP				CODE:
STUDY YEAR	II	SEMESTER	II	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
2	1	42	108	5	E	ROMANA
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	Prof.univ.dr. Paula Drosescu				<i>PHYSICAL EDUCATION AND SPORTS</i>	
PREVIOUS GRADUATED DISCIPLINES		-Anatomy, Physiology and physiological effort, Physiopathology				
OBJECTIVES	<ul style="list-style-type: none"> - to lay the basis of the students sanitary education - to create correct eating habits in agreement with the daily needs - the possibilities of disease prevention - adjusting physical effort according to the body's possibility to adapt 					
GENERAL ISSUES	<ul style="list-style-type: none"> - The definition, objectives, aim and tasks of the discipline. Alimentary hygiene. - The influence of environment on body growth and development, on the general state of health. - Thermoregulatory mechanisms; strengthening the organism; the hygiene of sports indoors and outdoors grounds. - The athlete's living and training programme. The hygiene odd school and out-of-school activities. - The sport hygiene for junior and senior athletes 					
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> - Prevention of possible accidents within specific activities. - Introducing the manoeuvres necessary in special situations. - The most frequent accidents in physical education: definition, consequences, prevention. - Cardiovascular resuscitation. - Bruises and wounds; sprains; strains; fractures. - Haemostasis 					
TEACHING METHODS	<ul style="list-style-type: none"> - courses delivered in the forms of lectures - discussions on topics decided on in advance - the presentation of the concepts on the human skeleton and on the cast provided by the Faculty - the presentation of drawings and atlases, - cooperative learning 					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Drăgan I., <i>Medicină sportivă</i>, București,Editura Sport-Turism,1982 2. Drosescu Paula, <i>Igiena EFS, Noțiuni de prim ajutor</i>, Ed. Venus, 2002 3. Drosescu Paula, <i>Igiena, Controlul medical in EFS</i>, Ed. Tehnopress 2005 					
EVALUATION	Conditions	50% course attendance, 100% seminar attendance				
	Criteria	- active participation in the seminar activities, the presentation of a project an a topic of choice				
	Forms	Evaluation during the semester (distributive evaluation) + a seminar paper on a topic of choice + final written evaluation				
	Final mark formula	<ul style="list-style-type: none"> - distributive evaluation along the semester + the grade for the project/seminar paper 50% - 50% the final exam 				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		ACROBATIC AND ARTISTIC GYMNASTIC			CODE: SP2305	
STUDY YEAR	II	3	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt P ;E	TEACHING LANGUAGE ROMANIAN
C	S					
2	-	2	-	56	94	5
		NAME,SURNAME, SCIENTIFIC DEGREE			DEPARTMENT	
		UNIV ASIST DR CRISTIAN MIHAIL RUS			PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES						
OBJECTIVES	<ul style="list-style-type: none"> • Theoretical, methodical and practical knowledge needed in a good developing of the activities which use the Gymnastic ways assuming • Forming the motive abilities and didactical habituation using the Acrobatic and artistic Gymnastic Gaining the assurance and helping skills needed in the Gymnastic lesson, for preventing the accidents. 					
GENERAL ISSUES	<p>Domain evolution, Gymnastic in the other sportive branch. The place of Gymnastic in the Physical education curricula</p> <p>Porpoise, tasks, characteristics, branches, terminology.</p> <p>Artistic gymnastic as a branch of gymnastic, as a way of physical education, as sport.</p> <p>Gymnastic in other domains and sportive branches.</p> <p>Assurance and helping in Artistic an acrobatic Gymnastic. Ways of preventing the accidents.</p>					
ISSUES FOR SEMINARIES/ LABORATORIES	<p>Strengthening the ways used in the practical lessons in the first year.</p> <p>Acrobatic and artistic elements in a acrobatic row, in integral exercises.</p> <p>Static elements, positions</p> <p>Rolling, acrobatic elements</p> <p>Jumping and acrobatic elements</p> <p>Leading all the rings of a lesson, movement game, applicative tours, motive and volitional qualities developing exercises in different variants (frontal working, on groups)</p> <p>. Ways of preventing the accidents.</p>					
TEACHING METHODS	Explanation, Exposure, Demonstrations, Intuitive demonstrations, Explanations with demonstrations.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Cristea, E.- <i>Exercițiu de gimnastică recuperatorie la handicapați</i>, Ed. Medicală, 1984. 2. Dungaciu, P. și Vieru, N.-<i>Gimnasticasportivă pentru copii și juniori</i>, București, Ed. Stadion, 1971. 3. Fidler, P. - <i>Metodica educației fiziceși sportive</i>, Editura Fundației Chemarea, Iași, 2003. 4. Tuduscuiuc, I. – <i>Gimnastica acrobatică</i>, Editura Fundației România de Măine, București, 2001. 5. Coler, D. – <i>Aparatele ajutătoare și instalații în gimnastică</i>, Editura Stadion, Bucuresti, 1971. 6. Popițan, D- <i>Gimnastica,atletismul și jocurile în școală</i>, București, Ed. Sport-Turism, 1975. <p>Rus ,C., M. – <i>Pentru profesorul de educație fizică și sport.gimnastica</i>, Editura Universității „Alexandru Ioan Cuza”, Iași, 2005.</p>					
EVALUARE	Conditions	100% attendance to the practical lessons, The practical lessons notebook				
	Criteria	Active participation at the class, Disposition for physical and intellectual effort, Right equipment, Right attitude for team working.				
	Forms	During the methodical activity, Writen test and final practical probes.				
	Final evaluation formula	50% evaluation during the classes+50% final practical tests				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

SUBJECT NAME		FOOTBALL – BASIS OF TECHNIQUE AND TACTICS				CODE: SP 2310		
YEAR OF STUDY		II	SEMESTER	3	STATUS OF THE SUBJECT (OB-obligatory/OP-optional/F-facultative)		OB	
NUMBER OF HOURS PER WEEK				NUMBER OF HOURS PER SEMESTER	NUMBER OF HOURS INDIVIDUAL ACTIVITY**	NUMBER OF CREDITS	TYPE OF EVALUATION (P-on the way, C-colloquy, E-exam, M-mixt)	LANGUAGE OF STUDY
C	S	L	Pr.					
-	-	-	2	56	94	3	E	ROMANIAN
TITULAR OF THE SUBJECT		SCIENTIFIC AND TEACHING DEGREE, NAME, FORENAME					DEPARTMENT	
		Lect.Drd. Cezar HONCERIU					PHYSICAL EDUCATION AND SPORT	
PREVIOUSLY GRADUADED SUBJECTS		THEORY OF PHYSICAL EDUCATION AND SPORT, ATHLETICS, GYMNASTICS, ANATOMY.						
OBJECTIVES		<p>The basic objectives of the course :’’Football- basis of technique and tactics’’ are the following :</p> <p>Learning different warming techniques specific to football.</p> <p>Learning and/or consolidating the correct biomechanics of realisation of basic elements and practices in football.</p> <p>Learning and/or consolidating the elements of individual and collective tactics specific to football.</p> <p>Learning the football regulations.</p>						
GENERAL THEMATIC		<p>Learning and/or consolidating the elements and basic technical in football.</p> <p>Learning and/or consolidating the elements of individual and collective tactics.</p> <p>Specific aspects of teaching football at gymnasium and high-school level.</p> <p>The role of thematic games and their correlation with the objectives of the physical education classes.</p>						
THEMATIC OF THE SEMINARS / LABORATORY PAPERS		<p>Structures of exercises for learning and/or consolidating the football techniques and tactics (individual exercises, pair-work, as thematic games).</p> <p>Methodic lessons regarding teaching football, for age categories, according to school curriculum.</p> <p>Methodic lessons regarding selecting and training the school football representative.</p> <p>Sustaining the control tests (tehnical-tactic ranges, bilateral games).</p>						
METHODS OF TEACHING		<p>Interactive lecture; Power-point; video means; debating techniques; explanation, demonstration; practice, exercise with different alternatives group activities, posing problems, thematic games, bilateral game.</p>						
COMPULSORY BIBLIOGRAPHY (SELECTIVE)		<p>8. Cojocaru V. – ‘’Jocul de fotbal, Elemente de strategie și tactică’’, Edit. Topaz, București, 1995.</p> <p>9. Constantinescu, D., Honceriu, C., Enache, P., - ‘’Fotbal.Teoria jocului’’, Editura Cantes, Iași 2004.</p> <p>10. Popescu, L. – ‘’ Fotbalul în învățământul gimnazial’’. Curs IDD, FEFS Iași, 2000.</p> <p>11. Popescu, L. – ‘’ Formarea și pregătirea reprezentativelor școlare de fotbal’’. Curs IDD, FEFS Iași, 2000.</p> <p>12. Rădulescu, M., Cojocaru, V., 2003 – ‘’Ghidul antrenorului de fotbal, copii și junior’’, Editura Axis Mundi, București.</p> <p>13. Turpin, B., 2002 – ‘’Preparation et entraînement du footballeur’’. Edition Amphora, Paris.</p>						
EVALUATION		Conditions	100% Attendance , minimum degree 5 for all ongoing verifications during the semester.					
		Criteria	<p>Active and conscious to all practical activities scheduled;</p> <p>Realisation to a maximum possible level of all established activities to each practical activities;</p> <p>Progress done by the student regarding the technique of playing football.</p> <p>Individual performance done to all control tests established.</p>					
		Forms	Continuous + final evaluation					
		Formula of the finale grade	<p>50% ongoing evaluation</p> <p>50% final evaluation of practical and methodical activities scheduled;</p>					

* The number of hours for individual activities results from subtracting from 150 h/semester (number of hours equivalent to 5 credits), the total number of hours per semester allocated to the subject (see the previous rubric).

DISCIPLINE CARD

DISCIPLINE TITLE		SPECIALISATION IN A SPORT BRANCH BEGINNRES II: FITNESS – BODY BUILDING					CODE: ST 24	
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)			OB	
HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	2	-	28	62	3	P	ROMANIAN
DISCIPLINE HOLDER		NAME,SURNAME, SCIENTIFIC DEGREE CONF. UNIV. DR. CHIRAZI MARIN					DEPARTMENT PHYSICAL EDUCATION AND SPORTS	
PREVIOUS GRADUATED DISCIPLINES		SPECIALISATION IN A SPORT BRANCH BEGINNRES I: FITNESS – BODY BUILDING, HUMAN PHYSIOLOGY, HUMAN HYGIENE, FITNESS, BODY BUILDING, GYMNASTICS						
OBJECTIVES		<ul style="list-style-type: none"> - apprehension of effort dynamics during fitness and body building training - developing abilities of organizing and planning the fitness and body building training; - apprehension of criteria and methods to select the right drills and exercises during the training process. 						
GENERAL ISSUES		- Development of training routines – basic principles						
ISSUES FOR SEMINARIES / LABORATORIES		<ul style="list-style-type: none"> - implementing training routines for lower limbs muscles; - implementing training routines for upper limbs muscles; - implementing training routines for body muscles; 						
TEACHING METHODS		- Explication, demonstration, rehearsing						
BIBLIOGRAPHY COMPULSORY (SELECTIVE)		14. Baroga, L., (1993) – <i>Manual de haltere și culturism</i> , Editura Sport-Turism, București 15. Chirazi, M., (2004), - <i>Culturism, curs de specializare</i> , Editura Univ. „Al. I. Cuza”, Iași 16. Chirazi, M., Ciorbă, P., (2006), - <i>Culturism – întreținere și competiție</i> , Editura Polirom, Iași						
EVALUATION	Conditions	100% practical classes frequency						
	Criteria	Technical demonstration of all exercises studied during the semester Accomplishment of the required paper work						
	Forms	The semester activity evaluation: practical classes attending frequency, the progress in applying the specific methods						
	Final mark formula	50% the semester activity evaluation 50% oral exam						

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		SPECIALIZED TRAINING IN A SPORTS BRANCH - ATHLETICS: BEGINNERS II				CODE: ST2414 -19, SP 2413-17		
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)		C		
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE		
C	S						L	Pr.
-	-	2	-	28	108	3	Vp	ROMANIAN
DISCIPLINE HOLDER		NAME, SURNAME, SCIENTIFIC DEGREE Lect.univ.dr. Popescu Veronica				DEPARTMENT PHYSICAL EDUCATION AND SPORTS		
PREVIOUS GRADUATED DISCIPLINES		THEORY OF PHYSICAL EDUCATION AND SPORTS, THEORY AND METHODIC OF SPORTIVE PRACTICE, GENERAL AND PHYSICAL EFFORT PHYSIOLOGY, HYGIENE, FIRST AID AND MEDICAL CONTROL, ANATOMY AND BIOMECHANICS						
OBJECTIVES		<p>Through studying the theoretical and methodical contents of the specialization course – athletics, students should be able to:</p> <ul style="list-style-type: none"> • Have knowledge regarding the biomechanics of the movements specific to the acquired techniques; • Demonstrate and explain the technique of sportive march; • Demonstrate and explain the technique of running (with fences and obstacles); • Demonstrate and explain the technique of jumping (high jump – with steps and dorsal rollover, hop skip) • Demonstrate and explain the technique of throwing (weight throwing); • Elaborate methodical exercise structures, necessary to learn, consolidate and improve the athletic trials; • Recognize the mistakes within the athletic exercises and to correct them in a proper manner; • Organize an athletic competition (children category); • Have regulations knowledge required by IAAF. 						
GENERAL ISSUES		Age groups in athletics: classification and characteristics of athletic tests, the system of sportive classification in athletics; general bases of technique within the athletic tests; The technique and methodic of running tests; The technique and methodic of sportive march; The technique and methodic of jumping tests, The technique and methodic of throwing tests, Regulation notions regarding running, jumping and throwing.						
ISSUES FOR SEMINARS / LABORATORIES		<ul style="list-style-type: none"> • The methodic of teaching sportive march: learning, consolidating and improving sportive march. • The methodic of teaching running (with fences and obstacles): learning, consolidating and improving. • The methodic of teaching jumping (high jump – with steps and dorsal rollover, hop skip): learning, consolidating and improving the trials. • The methodic of teaching throwing (weight throwing): learning, consolidating and improving the trials. • Assisted leading of the first part of the sportive practice lesson. • Competitions focusing on the quality of technical execution and on sportive performance. 						
TEACHING METHODS		Discussion techniques, explanation, demonstration, practice, exercise with different variants, group activities, problematics, learning through cooperation, role play, etc.						
BIBLIOGRAPHY COMPULSORY (SELECTIVE)		<ol style="list-style-type: none"> 1. Dragnea, A. – <i>Antrenamentul sportiv</i>, Ed. Didactică și Pedagogică, R.A., București, 1996. 2. F.R.A. – <i>Regulament</i>, București, 1992. 3. Merică, A. – <i>Tehnica exercițiilor de atletism</i>, Ed. Ed. Universitatea „A.I.I.Cuza”, Iași, 1994. 4. Merică, A. – <i>Metodica predării exercițiilor de atletism</i>, Ed. Ed. Universitatea „A.I.I.Cuza”, Iași, 1994. 5. Popescu, V. – <i>Atletism – tehnica și metodica probelor atletice – specializare</i>, Ed. Universitatea „A.I.I.Cuza”, Iași, 2004. 						
EVALUATION		Conditions	50% presence at the lecture 100% presence at practical sessions; getting minimum a 5 for all programmed practical tests and methodical activities					
		Criteria	<ul style="list-style-type: none"> • active an aware participation at all programmed theoretical and practical activities; • individual performance at all control trials in comparison with a given reference point; • accomplishing all the tasks given by the discipline holder. 					
		Forms	<ul style="list-style-type: none"> • regular evaluation: appreciating the activism and the progress in acquiring the technique of athletic tests and the capacity to teach them + final evaluation: oral or written exam 					
		Final evaluation formula	50% regular evaluation for practical tests and programmed methodical activities; 50% oral or written exam.					

* NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE		PRACTICE AND APPLICATION IN SPECIALIZED PREPARATION- GYMNASTICS.					CODE: SP 2413	
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)			DI	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION		TEACHING LANGUAGE	
C	S				L	Pr.		P-during semester , C-colocvium, E-exam, M-mixt
-	-	2	1	42	108	5	C	ROMANIAN
DISCIPLINE HOLDER		NAME,SURNAME, SCIENTIFIC DEGREE UNIV. ASIST. PHD. RUS CRISTIAN MIHAIL				DEPARTMENT PHYSICAL EDUCATION AND SPORTS		
PREVIOUS GRADUATED DISCIPLINES		PHYSICAL EDUCATION AND SPORTS THEORY, BASIC AND ACROBATIC GYMNASTIC, ANATOMY, SPECIALIZED PREPARATION FOR A CERTAIN SPORT: BEGINERS LEVEL -I-. ANATOMY						
OBJECTIVES		<p>Through studying the contents of the practical activities and the specialization practice, gymnastic has as porpoise to:</p> <ul style="list-style-type: none"> • Get the students used to organize gymnastic clubs • Get the students used to the documents which direct the developing of the didactic activities in the university education with a sportive specific. • Develop the student's capacities to observe and analyze the didactic activities in a gymnastic training. • Develop the student's capacities to critically compare themselves with their own professional developing process. 						
GENERAL ISSUES		<p>The use of the knowledge they obtain after attending the specialization courses. The use of the knowledge they obtain after attending the psycho pedagogical module and the anterior practical lessons. Conscious participation at their own professional forming.</p>						
ISSUES FOR SEMINARIES/ LABORATORIES		<ul style="list-style-type: none"> • The examination of the schedule, schedule planning, didactic projects from groups or classes on which they go on assistance. • Weekly participation at the observation practice activities and filling in an observation card for each activity on which they assist; weekly participation at the didactic activities analyze on which they realized assistance, through descriptions, comments, reflections, questions. • Filling in, at the end of each practical activity day, a reflexive journal which must include: new clarified and memorised aspects, questions marks raised by the activities they attended. • Writing at the end of the term a 2 paged practical activities rapport, which must synthesize the contents of the reflexive journal filled in on every practical activities' day end. • Taking part at a colocvium in which they present the practical activities' portfolio they made. 						
TEACHING METHODS		Interactive meetings, debate techniques, explanation, demonstration, practicing, the exercise with different variants, group activities, problematizing, learning through cooperation, role game, etc.						
BIBLIOGRAPHY COMPULSORY (SELECTIVE)		<p>6. Alexe, N. – <i>Antrenamentul sportiv modern</i>. Ed. Editis, București, 1993. 7. Cucoș, C. – <i>Pedagogie</i>. Ed. Polirom, Iași 1996. 8. Dragnea, A.C. – <i>Teoria sportului</i>. Ed. FEST, București, 2002. Rus C.M. – <i>Formnarea profesorului de educație fizică</i>. Ed. Universității „A.I. Cuza ” Iași 2009.</p>						
EVALUATION		Conditions	50% presence at the theoretical courses and 100% presence at the practical tests; obtaining minimum 5 at each practical task and at the methodical activities sustained					
		Criteria	<p>Evaluation at the <i>Specialization practice</i> is realized on the basis of the portofolio, composed by the following pieces with a different importance in the final project:</p> <ul style="list-style-type: none"> - schedule, schedule planning - 1 point - observation cards at the activities they assist each week (2 cards per week) - 5 points - practical activities rapport - 2 points - presenting the individual potofolio at the colocvium at the end of term - 2 points 					
		Forms	Presenting the individual portofolio at the colocvium at the end of term.					
		Final mark formula	50% evaluation during the practical tasks and methodical activities scheduled. 50% portofolio presentation					

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	SPECIALIZED PREPARATION IN A SPORT :BEGINNERS LEVEL1	CODE: ST 2314-19 SP 2313-17
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STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
1	-		2	42	108	5	E	ROMÂNIAN

DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE Prof.assistant Nucu Antohi	DEPARTMENT PHYSICAL EDUCATION AND SPORTS
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PREVIOUS GRADUATED DISCIPLINES	Football basic course,Theory of Coaching,Football in school,Sport Psychology
OBJECTIVES	Special-selection in football game - Learning methods for training in soccer training, by age group (children, Junior C, Junior B, Junior A) - Acquiring training methods factor in preparing children juniorilor C, B and A - Preparation and training to obtain license UEFA coach.
GENERAL ISSUES	Special-methodical in preparing children and juniorilor football Factors-management training in preparation juniorilor football -Systems training in world football (South-American school, Dutch school, French school, German school, English school, Italian school)
ISSUES FOR SEMINARIES/ LABORATORIES	Games and exercises to practice the lesson of the children. Structures training in juniors physical training Means of learning the art of football game Tactical systems adapted to the game juniorilor
TEACHING METHODS	Lecture, video presentation, explanation, demonstration, practice, feedback after exercise
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Alexe N. Modelarea și programarea în teoria și practica antrenamentului sportiv contemporan. // E.F.S. Nr.11, București, 1979. - P. 23-26. 2. Antohi L., Antohi N. Fotbalul modern. De la antrenament la joc. Editura Fundației "Chemarea",1998, 230 p. 3. Bompa T.O. Periodizarea: Teoria și metodologia antrenamentului, Editura Ex Ponto, București, 2002, 444 p. 4. Cojocaru V. Strategia pregătirii juniorilor pentru fotbalul de înaltă performanță, Editura Axis Mundi, București, 2000, 136 p. 5. Ferguson A., Filozofia antrenorului.// Antrenorul nr. 3, F.R.F., Școala Națională de Antrenori, București, 2004. - P. 12-15. 6. Hitzfeld O., Principii de antrenare. // Antrenorul nr. 3, F.R.F., Școala Națională de Antrenori, București, 2004. - P. 6-7. 7. Houllier G., Arneson L., Pregătirea juniorilor./ Consfătuirea antrenorilor, București, 1992. - P. 51-53. 8. Rădulescu M., Cojocaru V. si colab.//Ghidul antrenorului de fotbal.la copii si juniori,Editura FRF,București,2003
EVALUATION	Conditions
	Criteria
	Forms
	Final mark formula

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		Specialization into a sportive area: beginners level I			CODE: ST2314-19	
STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
1		42	108	5	M	ROMANA
		NAME,SURNAME, SCIENTIFIC DEGREE			DEPARTMENT	
		Univ. Asist. MIHAI-RADU IACOB, PhD student			PHYSICAL EDUCATION AND SPORTS	
PREVIOUS GRADUATED DISCIPLINES		ATLETISM, HANDBALL, VOLLEYBALL, BIOMECHANICS, T.E.F.S.				
OBJECTIVES	Consolidating and perfecting the main technical procedures Perfecting the technical and tactical learning methodic Learning knowledge about theoretical- methodical teaching of the basketball game Acquire knowledge, skills and motric habits, organizational facilities Learning regulations and organization of the basket competitions Learning the specific language of the basketball game					
GENERAL ISSUES	Present characteristics of the basketball game Coaching junior teams The methodology of teaching the game (individual and collective tactics) Attack fundamental tactical actions Defensive and attack tactics combinations The methodic of learning attack and defense					
ISSUES FOR SEMINARIES / LABORATORIES	Individual technical-tactic instruction to accomplish the student demonstrating profile Individual and collective instruction Knowledge, skills and methodic habits Phasing the game components, according o the sportive training content.					
TEACHING METHODS	Explanation, demonstration and exercises with various alternatives, group activities, movement games, games with reduced number of players, both-side game 5x5.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	1. Teodora Predescu – „Baschet” – curs pentru studenti, Edit. Spicon, Tg. Jiu, 2000 2. Teodora Predescu, Corneliu Negulescu – Curs de baschet – specializare – Edit. A.N.E.F.S., București,1994 3. Zvezdin Victor, Zabolică Mihai, Luca Gheorghe – “ Baschetul în școală “ , Ed. Lumina, Chișinău, 1993 4. Luca Gheorghe, Pavelescu Dan – „Baschet – Îndrumar practico-metodic”- Ediția III-a, Edit. Univ.” Al. I. Cuza,, Iași,2005 5. Dârjan, C. – „Baschet- Metodica instruirii juniorilor”, Ed. Fundației România de mâine, Buc. 1998 6. Negulescu C. – „Bazele generale ale metodicii predării”, Ed. Fundației România de mâine, Buc. 2000 7. Regulamentul oficial al jocului de baschet F.I.B.A., 2006					
EVALUARE	Conditions	Prezență 100%, minim nota 5 la toate verificările de pe parcursul semestrului.				
	Criteria	Participare activă, însușirea corectă a elementelor și procedeele tehnice specifice jocului de baschet				
	Forms	Evaluare continuă + evaluare finală				
	Final evaluation formula	Media aritmetică a notelor obținute pe parcursul semestrului				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		TRAINING PRACTICE BEGINNERS I				CODE: SP 2421
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)		C
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S					
-	-	14	108	2	C	ROMANIAN
DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	Lect.univ.dr. Popescu Veronica				PHYSICAL EDUCATION AND SPORTS	
PREVIOUS GRADUATED DISCIPLINES	THEORY AND METHODIC OF SPORTIVE TRAINING, GENERAL AND PHYSICAL EFFORT PHYSIOLOGY, HYGIENE, FIRST AID AND MEDICAL CONTROL, ANATOMY AND BIOMECHANICS, SPORTS PSYCHOLOGY AND PEDAGOGY					
OBJECTIVES	<p>Through studying the theoretical and methodical contents of the training practice – athletics, students should be able to:</p> <ul style="list-style-type: none"> • Know the elements regarding the technique and method (running, jumping, throwing); • Know how to dose the effort during training sessions; • Demonstrate and explain the technique of the trials within the training; • Know the didactic principles adapted to sportive training; • Know the system of sportive classification; • Know the dynamics of effort parameters within training sessions; • To accomplish density within training sessions; • To elaborate methodical exercise structures for learning, consolidating and improving the athletic trials within training sessions; • Recognize the mistakes within the athletic exercises and to correct them in a proper manner; • Participate to local competitions as referee; • Have regulations knowledge required by IAAF. 					
GENERAL ISSUES	Training effort in athletic trials, Evaluation methods for training soliciting, Main effort parameters, The dynamics of effort parameters within the athletes' training, Sportive training cycles, Sportive form in athletics, Sportive training periodization, Training methods specific to athletic trials, Training program patterns specific to athletic trials, Selection system in athletics					
ISSUES FOR SEMINARS / LABORATORIES	<ul style="list-style-type: none"> • Assisting and observing the training session of the discipline holder and of the colleagues; • Assisted practical teaching, with beginners groups, after elaborating a teaching plan; • Dosing the sportive training effort to the trial, practice level and sportsman's age; • Applying the didactic principles in sportive training; • Organizing athletic competitions on age levels (children category); 					
TEACHING METHODS	Discussion techniques, explanation, demonstration, practice, exercise with different variants, group activities, problematics, learning through cooperation, role play, etc.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 9. Bompa, O. – <i>Periodizarea: teoria și metodologia antrenamentului</i>, Ed. EX PONTO, București, 2002. 10. Joseph L.R. – <i>Manualul antrenorului de atletism din SUA</i>, FRA, București, 2004 11. Popescu, V. – <i>Dimensiuni educative ale pregătirii sportivului</i>, Ed. Didactica și Pedagogică, București, 2006. 12. Popescu, V. – <i>Atletism – tehnica și metodică probelor atletice – specializare</i>, Ed. Universitatea „Al.I.Cuza”, Iași, 2004. 13. Ursanu, G., Budevici, A., Ursanu, V.- <i>Modelarea și algoritimizarea managerială a antrenamentului sportiv la grupele de incepatori si avansati in atletism</i>, Casa de Editura Demiurg, Iasi, 2008. 					
EVALUATION	Conditions	<ul style="list-style-type: none"> • 100% presence at training practices; • getting minimum a 5 for all programmed practical tests and methodical activities 				
	Criteria	<ul style="list-style-type: none"> • active an aware participation at all programmed training activities; • getting the maximum of possibilities for all the tasks corresponding to programmed activities;; • individual performance at all control trials in comparison with a given reference point; • accomplishing all the tasks given by the discipline holder. 				
	Forms	<ul style="list-style-type: none"> • regular evaluation: appreciating the activism and the progress in acquiring the technique of athletic tests and the capacity to organize learning activities + final evaluation 				
	Final evaluation formula	50% regular evaluation for practical tests and programmed methodical activities; 50% doing two final training sessions.				

* NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

SUBJECT NAME		FOOTBALL IN SCHOOL				CODE: SP 2410		
YEAR OF STUDY	II	SEMESTER	4	STATUS OF THE SUBJECT (OB-obligatory/OP-optional/F-facultative)		OB		
NUMBER OF HOURS PER WEEK		NUMBER OF HOURS PER SEMESTER	NUMBER OF HOURS INDIVIDUAL ACTIVITY**	NUMBER OF CREDITS	TYPE OF EVALUATION (P-on the way, C-colloquy, E-exam, M-mixt)	LANGUAGE OF STUDY		
C	S						L	Pr.
-	-	-	2	28	122	2	M	ROMANIAN
TITULAR OF THE SUBJECT	SCIENTIFIC AND TEACHING DEGREE, NAME, FORENAME					DEPARTMENT		
	Lect.Drd. Cezar HONCERIU					PHYSICAL EDUCATION AND SPORT		
PREVIOUSLY GRADUADED SUBJECTS	THEORY OF PHYSICAL EDUCATION AND SPORT, ATHLETICS, GYMNASTICS, ANATOMY.							
OBJECTIVES	<p>The basic objectives of the course :''Football in school'' are the following :</p> <p>Learning theoretical and practical notions regarding the technique of football ;</p> <p>Learning theoretical and practical notions regarding the tactics of football ;</p> <p>Learning the minimum baggage of knowledge regarding the selecting and training the school football representative;</p> <p>Knowledge of school curriculum for each study level, regarding the practice of football in school.</p>							
GENERAL THEMATICS	<p>The history of football game, its influence on organism, organisation of football activity at national and international activity.</p> <p>Learning and/or consolidating the elements and basic technical in football.</p> <p>Learning and/or consolidating the elements of individual and collective tactics.</p> <p>Selecting and training the school football representative per school categories.</p> <p>Specific aspects regarding the teaching of football at gymnasium and high-school levels.</p>							
THEMATIC OF THE SEMINARS / LABORATORY PAPERS	<p>Structures of exercises for learning and/or consolidating the football techniques and tactics (individual exercises, pair-work, as thematic games).</p> <p>Methodic lessons regarding teaching football, for age categories, according to school curriculum.</p> <p>Methodic lessons regarding selecting and training the school football representative.</p> <p>Sustaining the control tests (technical-tactic ranges, bilateral games).</p>							
METHODS OF TEACHING	<p>Interactive lectures; Power-point; videos; debating techniques; explanation, demonstration; practice, exercise with different alternatives group activities, setting problems, thematic games, bilateral game.</p>							
COMPULSORY BIBLIOGRAPHY (SELECTIVE)	<p>14. Cojocaru V. – ''Jocul de fotbal, Elemente de strategie și tactică'', Edit. Topaz, București, 1995.</p> <p>15. Constantinescu, D., Honceriu, C., Enache, P., - ''Fotbal.Teoria jocului'', Editura Cantes, Iași 2004.</p> <p>16. Popescu, L. -'' Fotbalul în învățământul gimnazial''. Curs IDD, FEFS Iași, 2000.</p> <p>17. Rădulescu, M., Cojocaru, V., 2003 – ''Ghidul antrenorului de fotbal, copii și junior''i, Editura Axis Mundi, București.</p> <p>18. Turpin, B., 2002 – ''Preparation et entraînement du footballeur''. Edition Amphora, Paris.</p>							
EVALUATION	Conditions	100% Attendance , minimum degree 5 for all ongoing verifications during the semester.						
	Criteria	<p>Active and conscious to all practical activities scheduled;</p> <p>Realisation to a maximum possible level of all established activities to each practical activities;</p> <p>Progress done by the student regarding the technique of playing football.</p> <p>Individual performance done to all control tests established.</p>						
	Forms	Continuous + final evaluation						
	Formula of the finale grade	<p>50% ongoing evaluation</p> <p>50% final evaluation of practical and methodical activities scheduled;</p>						

* The number of hours for individual activities results from subtracting from 150 h/semester (number of hours equivalent to 5 credits), the total number of hours per semester allocated to the subject (see the previous rubric).

DISCIPLINE CARD

DISCIPLINE TITLE		AQUATIC DISCIPLINES: TRAINEESHIP IN SWIMMING - ROWING				CODE: ST2413
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION	TEACHING LANGUAGE
C	S	L	Pr.		P-during semester , C-colocvium, E-exam, M-mixt	
-	-	-	30 h	30	2	M
DISCIPLINE HOLDER		NAME, SURNAME, SCIENTIFIC DEGREE			DEPARTMENT	
		Professor assistant FETESCU SAVA			PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES		ANATOMY; ATHLETICS; GYMNASTICS; THEORY ON SPORTS AND PHYSICAL EDUCATION; SWIMMING; GENERAL PHYSIOLOGY AND PHYSICAL EFFORT PHYSIOLOGY; HYGIENE, FIRST AID AND MEDICAL EXAMINATION.				
OBJECTIVES	<p>The activities during the practical sessions within the Swimming-paddling practice aim for the students to be capable of:</p> <ul style="list-style-type: none"> - Applying the sportive swimming technique by adapting it to the conditions of the natural environment; - Using, is such is the case, the technique of other types of applicative swimming; - Adapting the swimming techniques to concrete actions, such as crossing a river, flowing water courses, transporting merchandise or people and towing them; - Swimming with the clothes on and learning how to take the clothes off in the water; - Using the saving procedures: choosing the forwards-backwards itinerary, getting closer to the victim, handholding the victim, freeing from the victim's disturbing handholds, transporting the victim, cardio-respiratory reanimation, etc.; - Elaborating an itinerary and organizing an expedition on a flowing water course (simulation); - Simulating the organization of different activities alongside a water course with a group of sportsmen in cantonment or with a group of students during the holidays; - Recognizing the practice particularities of different nautical sports. 					
GENERAL ISSUES	All the programmed practical activities will have as general orientation the preoccupation of making the students acquire theoretical and practical abilities in order to be capable of adapting their motility to different applicative situations imposed by the natural environment – the water, in our case.					
ISSUES FOR SEMINARIES/ LABORATORIES	Perfecting the sportive swimming technique in the conditions of practicing it in natural water courses. Practicing the applicative swimming techniques. The physiology of drowning. First help procedures in case of drowning. Presenting the sportive and pleasure boats. The technique of maneuvering different types of boats. Different variants of practicing movements in the water. Ways of organizing leisure activities alongside a water course. Elaborating an itinerary and organizing an expedition on a flowing water course.					
TEACHING METHODS	Explanation, demonstration, practice, exercises with various variants, problematics, group activities, learning through cooperation, role play, etc.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Degeratu, M., Petru, A., Ioniță, S. – <i>Manualul scafandrului</i>. Ed. Per Omnes Artes, București, 1999. 2. Dumitrescu, N., Opreșcu, I. – <i>Înotul</i>. Ed. Stadion, București, 1973. 3. Florescu, C., Mociani, V. – <i>Canotaj</i>. Ed. Sport-Turism, București, 1985. 4. Gerhardt, L. – <i>Înotul pentru copii</i>. Ed. Stadion, București, 1974. 5. Olaru, M. – <i>Înot</i>. Ed. Sport-Turism, București, 1982. 6. Popescu, A., Samur, R. – <i>Planșa cu velă</i>. Ed. Sport-Turism, București, 1990. 7. U.C.F.S. – <i>Sporturi nautice</i>. Ed. Cultură Fizică și Sport, București, 1953. 					
EVALUATION	Conditions	100% presence at practical sessions; Getting minimum 5 for all programmed practical tests.				
	Criteria	Active and conscious participation at all programmed activities; Getting the maximum of possibilities for all the tasks corresponding to programmed activities; The progress registered by each student, compared to the initial level; The individual performance having as criterion the previously established degrees; Accomplishing all the tasks given by the didactic member responsible with the discipline.				
	Forms	evaluation during the semester by appreciating the activism and the progress in acquiring the technique of swimming styles in different applicative situations (crossing waters, swimming with the clothes on, diving and looking for objects, transporting objects, saving from drowning), as well as the capacity to use various pleasure boats.				
	Final mark formula	100% evaluation during the semester for practical tasks and programmed methodical activities				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE				ELEMENTS OF FOLKLORIC DANCE THERAPY				CODE: SP 2325					
STUDY YEAR		II		SEMESTER		3		DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)		C			
HOURS PER WEEK				HOURS PER SEMESTER		HOURS FOR INDIVIDUAL WORK		CREDITS		EVALUATION		TEACHING LANGUAGE	
C	S	L	Pr.							P-during semester , C-colloquium, E-exam, M-mixed			
-	-	1	-	28		108		2,5		C		ROMANIAN	
DISCIPLINE HOLDER				NAME, SURNAME, SCIENTIFIC DEGREE						DEPARTMENT			
				Lect.univ.dr. Popescu Veronica						PHYSICAL EDUCATION AND SPORT			
PREVIOUS GRADUATED DISCIPLINES				THEORY OF PHYSICAL EDUCATION AND SPORTS, GENERAL AND PHYSICAL EFFORT PHYSIOLOGY, RHYTHMIC GYMNASTICS									
OBJECTIVES				Through studying the theoretical and methodical contents of the course – folkloric dance, students should be able to: <ul style="list-style-type: none"> • Know the Romanian popular dances; • Know the Romanian wearing in various regions of the country; • Know the Romanian folkloric regions and sub-regions; • Know the Romanian traditions and customs; • Know the main specific steps for the most popular dances in Romania; • Prepare an ensemble of popular dances for the school festival; 									
GENERAL ISSUES				The history of popular dance and Romanian popular wearing, General characteristics of dance and Romanian popular wearing, Folkloric regions in Romania, Romanian traditions and customs, The methodic of teaching the Romanian popular dance (round dance, <i>sârba</i> , <i>geamparalele</i> , roundabout, etc), Popular dance – socialization means, the place of popular dance within physical education optional disciplines in school.									
ISSUES FOR SEMINARS / LABORATORIES				<ul style="list-style-type: none"> • Practical-methodical particularities of popular dance elements: preparation elements in order to learn the Romanian popular dance. • The methodic of teaching the popular dance elements and their influence upon the human physiology and psychic; • The methodic of teaching specific to all folkloric regions, using specific exercise structures; • Methodical lessons in order for the students to teach popular dances; • The methodology of creating an ensemble of popular dances. 									
TEACHING METHODS				Explanation, demonstration, practice, exercise with different variants, group activities, problematics, learning through cooperation, role play, etc.									
BIBLIOGRAPHY COMPULSORY (SELECTIVE)				<ol style="list-style-type: none"> 19. Caroli, M., Crișan, E., Julea, C. – <i>Gimnastică ritmică-modernă, dans tematic, dans poopular</i>, Ed. Emia, Deva, 2002. 2. Dobrescu, T.- <i>Expresie corporală, dans și euritmie</i>, Ed. PIM, Iași, 2006. 3. Popescu, V – <i>Estetică corporală – dans popular, dans sportiv- curs IFR</i>, Ed. Univ.”Al.I.Cuza”, Iași, 2008. 4. Stoenescu, G – <i>Expresie corporală și dans</i>, Ed. Univ. Ecologică, București, 1995. 5. Vișan, A – <i>Îndrumar- dans</i>, ANEFS, București, 1997. 6. Vasilescu, Th. – <i>Folclor coregrafic românesc</i>, Centrul de îndrumare a creației populare și a Mișcării Artistice de Masă , București, 1972. 									
EVALUATION				Conditions		<ul style="list-style-type: none"> • 100% presence at practical sessions; • getting minimum a 5 for all programmed practical tests and methodical activities. 							
				Criteria		<ul style="list-style-type: none"> • active an aware participation at all programmed theoretical and practical activities; • accomplishing all the tasks given by the discipline holder. 							
				Forms		<ul style="list-style-type: none"> • regular evaluation: appreciating the activism and the progress in acquiring the teaching techniques; • exam through practical test. 							
				Final evaluation formula		50% regular evaluation for practical tests and programmed methodical activities; 50% practical exam.							

* NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE	ORGANIZATION OF THE SPARE TIME AND OF THE RECREATIVE ACTIVITIES	CODE: SP3520
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OP
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
1		1		14	136	5	E	ROMANIAN

	NAME,SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	NICHIFOR FLORIN, LECTURER	PHYSICAL EDUCATION AND SPORT

PREVIOUS GRADUATED DISCIPLINES	Arrangement of the school sports bases, Management and marketing in physical training and sports
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OBJECTIVES	<ul style="list-style-type: none"> the aim of the course is to offer knowledge and abilities to practice individually or in group the recreative, spare time activities. It is intended for all the individuals (children, teenagers, young people, adults, but also elderly people) but especially for the public that does not practice mass or performance sports activities, all of these aim at the mental, behavioral and attitudinal conditions of the practitioners.
GENERAL ISSUES	<ul style="list-style-type: none"> What is loisir sport activities? Life and Sport activities. Management recreativ and loisir activities
ISSUES FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> sports leisure activities capacity to organize some events of this kind making a project regarding the spare time/leisure activities for different social categories
TEACHING METHODS	Explanation, demonstration: sketches, images, videos, interactivity.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> Iacob, I Iacob, R.M. "Sportul ca loisir", Casa Editoriale Demiurg, Iasi, 2005 Prutianu, S. "Manual de comunicare si negociere in sport", Editura Polirom, Bucuresti, 2000 http://www.erudit.org/revue/Is/2001/v24/n1
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EVALUARE	Conditions	<ul style="list-style-type: none"> minimum grade 5 for the on-going tests, as well as the final exam 50% attendance at the course and 100% at the seminar
	Criteria	<ul style="list-style-type: none"> active participation to seminars, making a project at option
	Forms	<ul style="list-style-type: none"> evaluation during the semester + making a report on a subject at option + final written evaluation
	Final evaluation formula	<ul style="list-style-type: none"> 50% evaluation during the semester + grade for the project/report 50% grade for the final exam

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		FIGHTING SPORTS: KARATE				CODE: Sp2335
STUDY YEAR	II	SEMESTER	2	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		DI
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
-	-	14	136	2.5	C	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	UNIV. ASIST. PhD. RUS CRISTIAN MIHAIL				PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES	ANATOMY, ATHLETISM, GYMNASTICS, PHYSICAL EDUCATION AND SPORTS THEORY					
OBJECTIVES	<ul style="list-style-type: none"> • Initialization in the basic karate techniques • Acquiring methodical knowledge about teaching karate at the beginners level • Knowing and applying some instruction and moral principles specific for karate 					
GENERAL ISSUES	Short historic of karate The philosophy of karate Natural weapons; The positions of the body in karate Kata, Kumite, Kihon Shiai, arbitrage in the karate competitions					
ISSUES FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> • Uke waza blocage : gedan barai; uchi uke; age uke; morote uke Soto uke, uchi komi; otoshi uke; shuto uke; haisho uke, • Keri waza, feet, atack, contra atack techniques • Ughi waze indirect hiting hand techniques • Kata : taikyoku shodan; te no kata, Heian shodan, • Kumite:gohon;sambon; jiyu ippon;jiyu kumite . 					
TEACHING METHODS	Explication, demonstration, exercising, the exercise with different varints, group activities, learning through cooperation					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Anghel I. – <i>Karate pentru competiții</i>, Ed. Stadion București 1998 2. Culda, C. – <i>Templul Shaolin, Budismul Zen și Artele Marțiale</i>, Editura Licorna, București, 1992. 3. Enache, I. – <i>Autoapărarea fizică</i>, Ed. Fundației „România de mâine” București 1999. 4. Frederic, L. – <i>Dicționar de arte marțiale</i>, Editura, Enciclopedică, București, 1993. 5. Ungurean, M. – <i>Karate Kata Shotokan</i>, Garell Publishing House, București, 1994 					
EVALUATION	Conditions	100% presence at the practical tasks Obtaining minimum 5 at each practical probe scheduled				
	Criteria	Active and conscious participation al all theoretical and scheduled practical activities. Realization of all practical scheduled activities at the maximum level of possibilities; the progress realized by the student in the technical executions. Individual performance realized at all control probes. Accomplish all the demands that the teacher has.				
	Forms	Evaluation during the classes: appreciation of the active participation at the classes, of the progress that the student has made and of the learning the technic executions.				
	Final mark formula	100% evaluation during the the practical tasks and the scheduled methodic activities				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	SPORT VERSION: STREETBALL	CODE: ST2438
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
			1	14	136	2,5	C	ROMANIAN

	NAME,SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Univ. Asist. MIHAI-RADU IACOB, PhD student	<i>PHYSICAL EDUCATION AND SPORT</i>

PREVIOUS GRADUATED DISCIPLINES	BASCHETBALL, VOLLEYBALL, HANDBALL
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OBJECTIVES	Student acquirements of the fundamental elements of techniques and tactic Perfecting the techniques and tactic teaching methods Acquire knowledge, skills and motric habits, organizational facilities Knowing the emergence and evolution of the streetball game Knowing the streetball regulations
GENERAL ISSUES	Technical elements with ball used in streetball game (holding the ball, catching and protect the ball, passing and leading the ball, throwing to the basket, stopping, pivoting and feints with ball) Technical elements without ball used in streetball game (fundamental position, movements, foot game, arms movements and deceiving movements) Acting ways related to streetball game, defense and attack (individual and collective tactic) Both-side game (with reduced number of players 2x2)
ISSUES FOR SEMINARIES / LABORATORIES	
TEACHING METHODS	Explanation, demonstration, exercises with different variants, group activities, games with reduced number of players, both-side game 3x3.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Luca Gheorghe, Pavelescu Dan – „Baschet – Îndrumar practico-metodic”- Ediția III-a, Edit. Univ.” Al. I. Cuza,, Iași,2005 2. Dârjan, C. –,Baschet- Metodica instruirii juniorilor”, Ed. Fundației România de mâine, Buc. 1998 3. Negulescu C. – „Bazele generale ale metodicii predării”, Ed. Fundației România de mâine, Buc. 2000 4. Știrbu C., Radu, A. – Streetball simplu, eficient și distractiv 5. Iacob, M.R. – Streetball- curs; I.D. Tipografia F.E.F.S., Iași, 2004 6. www. adidas.com 7. www. hoopitup.com
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EVALUARE	Conditions	Attendance 100%, minim degree 5 to all verification during the semester
	Criteria	Active participation, correct learning of the elements and technical procedures specific to the basketball game
	Forms	Continuous evaluation + final evaluation
	Final evaluation formula	Media of the degrees obtained during the semester

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		ADAPTED SPORTS: RUGBY 7'S			CODE: ST 2437	
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OP	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
-	-	14	136	2,5	M	ROMANIAN
HEAD OF DISCIPLINE	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	Lect. univ. MIHAI EMANUEL				PHYSICAL EDUCATION AND SPORTS	
PREVIOUS GRADUATED DISCIPLINES	ANATOMY, GYMNASTICS, ATHLETICS					
OBJECTIVES	Getting informed about the game's evolution and it's development all over the world; Apprehension of the basic tactical and technical rugby drills; Training the basic physical abilities thru methods specific to rugby; Explaining the educational aspects of rugby					
GENERAL ISSUES	Teaching the ball handle ling; Developing the specific physical training techniques; Action methods regarding the tactics of the game: attack and defense, playing systems; Explaining the laws of rugby and the refereeing basics.					
ISSUES FOR SEMINARIES / LABORATORIES	Apprehension of the one hand pass, to hands pass, kicking and picking of the ball; Apprehension of the technique methods used in the modern rugby game; Developing the technique methods used in the defense faze; Developing the technique methods used in the attack faze; Teaching the scrummage and the positioning of the players; Teaching the line outs and the positioning of the players; Apprehension of the basic tactical principles.					
TEACHING METHODS	Demonstration, explication, watching the recorded games from quality competitions					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Chiriac, Rene – Mini-rugby, Editura Sport Turism, București, 1972. 2. Chiriac, Rene – Rugby la cpoii, ANEFS, 1992. 3. Pădureanu, N. – Rugby. Noțiuni de bază în tehnica și tactica jocului, Editura Sport Turism, 1977. 4. Manoileanu, D. – Rugby modern, Editura Sport Turism, 1989. 5. Greenwood, Think Rugby, Publisher A&C Black, London, 1988. 6. Stăncescu, Ioan – Metereologie și drumeție, Editura Sport Turism, 1976. 					
EVALUARE	Conditions	100% attendance frequency at the practical lessons				
	Criteria	Active presence, good knowledge of the technical methods				
	Forms	Evaluation within the practical classes				
	Final evaluation formula	50% semester evaluation 50% final exam				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		CAPOEIRA - AFRO-BAZILIAN FIGHTING TECHNIQUES				CODE: SP 2445	
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB-compulsory /OP-optional/F-facultative)			F
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION		TEACHING LANGUAGE
C	S				L	Pr.	
-	-	28	122	5	M		Romanian
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE					DEPARTMENT	
	IULIAN DUMITRU, ASSISTANT					PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES		Gymnastics, Acrobatics and vaults, Introduction to martial arts issues.					
OBJECTIVES		<ul style="list-style-type: none"> • Getting acquainted with terminology specific discipline; • Assimilation of fundamental concepts and general issues; • Acquiring skills practice and training capacity for teaching specific technical content. 					
GENERAL ISSUES		<ul style="list-style-type: none"> • The forms of capoeira; • Specific modes and methods of practicing capoeira • The exercise system used in capoeira; • Lesson of capoeira - structure, exercises, methods, support, etc.; • Exercise programs for specific physical preparation. 					
ISSUES FOR SEMINARIES / LABORATORIES		<ul style="list-style-type: none"> • acquire the basic techniques: <ul style="list-style-type: none"> - defense: feints, blocks, sweeps, etc.; - attack: foot striking techniques, take-downs, etc.; • Miscellaneous forms of travel in the area of combat, specific acrobatic techniques, etc. • How to organize and conduct the fight: roda, Comprare au jogo. • Teaching the specific vocational skills for interpretation of music (vocal and instrumental). • Dealing the specific rituals: batizados, troca de cordas. • Complementary forms: samba de roda, maculele, puxada de rede, frevo, forró. 					
TEACHING METHODS		Observation (aided, organized and free), explanation and demonstration, thematic exercises, group work, etc.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)		Amălinei, Neculai – Expresia mișcării în artele marțiale, Ed. A 92, Iași, 2002 Nestor C. - <i>The Little Capoeira Book</i> , Blue Snake Books, Berkeley, California, 2003. XXX - <i>Capoeira – texts from Brazil</i> , Ministry of External Relations, Gráfica Brasil Printing. www.capoeiraarts.com www.capoeira4all.com www.capoeirabrasil.com www.aobrasil.com					
EVALUATION	Conditions	The 100% for class attendance Minimum 5 for essay, minimum 5 for practical exam					
	Criteria	Active, creative and consciousness participation at practical lessons. The ownership of the technique and general knowledge of practicing. Original, illustrated and documented achieve of essay.					
	Forms	Essay. Demonstrate the level of specific technical knowledge of fighting in roda.					
	Final evaluation formula	50% - essay 50% - practical exam					

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		DIDACTICA EDUCATIEI FIZICE SI SPORTIVE				CODE: ST 2420
STUDY YEAR	II	SEMESTER	II	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		F
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
2	2	56	94	5	M	ROMANA
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	PROF.UNIV. PAUL ROMULUS FIEDLER				PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES	Teoria Educatiei Fizice si Sportului, Metodica predarii ramurilor sportive, Pedagogie, Psihologie scolara, Anatomie, Kinetologie.					
OBJECTIVES	Formation of a system of knowledge on the fundamental concepts of physical education School. Building the skills (competent) of teaching the national curriculum in primary and secondary cycle, according to the particularities of complex morpho - functional, psychological and optional of the students. Training skills to design content area curricular Physical Education and Sports.					
GENERAL ISSUES	Key Concepts teachers in accordance with specific requirements. Forms of organization of physical education activities in school. Scientific training of driving skills and driving skills influentarii: methodological and organizational components. <ul style="list-style-type: none"> • teaching strategies and technologies specific, effective, to meet physical education and sports • Study the concept and content of "national curriculum and national school system of assessment, content and design of teaching methodology. • Study the principles of teaching content and teaching methods specific. • Lesson of physical education, the basic organizational structure, content type. 					
ISSUES FOR SEMINARIES / LABORATORIES	Organization of activities in the lesson, the methodology and conducted the effort, efficient and attractive alternatives. <ul style="list-style-type: none"> • skills training methodology driven, interdisciplinary study. • Place and role of exercises to influence driving skills according to age and level of potential students in primary and secondary cycle. • Structure and content of national curriculum requirements for the design of teaching methodology document composition and design faculty for the implementation of national system of school evaluation. 					
TEACHING METHODS	Interactive exhibition, conversation, study models, seminarizare workshop, group work, tests.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	Carstea Ghe. Teoria si metodica educatiei fizice si sportului Ed. Universul Bucuresti 1993 Fiedler Paul Didactica educatiei fizice si sportive Ed. Fundatiei Chemarea Iasi 2003 Fiedler Paul Educatie fizica si sport.Design instructional Ed. B.I.T. Iasi 2003 Fiedler Paul Dezvoltare fizica generala – indrumar metodic Ed. B.I.T. Iasi 2003 M.E.C. – C.N.C. Curriculum national. Programe de educatie fizica . Bucuresti 1999 M.E.N. – S.N.E.E. Sistemul national scolar de evaluare la disciplina Educatie fizica si sport Bucuresti. 1999 M.E.C. – C.N.C. Ghid metodologic de aplicare a programei de educatie fizica si sport (invatamant primar si gimnazial.					
EVALUATION	Conditions	Participation at workshops				
	Criteria	Theoretical knowledge.practical abilities				
	Forms	Oral exam, written test during semester ,project,				
	Final evaluation formula	Exam 50 %, project 20 %, test 10 %, workshops 20 % .				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	SKI	COD: SP 2324
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STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	2,14	-	30	120	5	VP	ROMÂNIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE				DEPARTMENT
	Lect. univ. dr. ADRIAN COJOCARIU				PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	SKI (MODULE 1), EFS THEORY, ATHLETICS, GYMNASTICS
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OBJECTIVES	<ul style="list-style-type: none"> • Consolidating and improving the basic skiing technique • Acquiring methodological knowledge for teaching skiing to beginners • Knowing the regulations for the ski competitions • Forming the capacity of organizing local skiing competitions
GENERAL ISSUES	
ISSUES FOR SEMINARS / LABORATORIES	<p>1 Accommodation and movement with the skis</p> <p>1.1 Falling and raising up on flat ground and slope</p> <p>1.2 Walking with the skis</p> <p>1.6 Turning back</p> <p>1.7 Climbing the slope in scissors</p> <p>2 Descents</p> <p>2.1 Direct descent</p> <p>2.2 Passing the field heaps</p> <p>3 Brakes</p> <p>3.1 Braking through side-slip</p> <p>4 Elides</p> <p>4.1 Elides with parallel skis</p>
TEACHING METHODS	Interactive lectures, explanation, demonstration, activities individually and in groups

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<p>Balint, G. - <i>Bazele teoretice și metodice ale predării schiului</i>, unic autor, Editura Tehnopress, Iași, 2005.</p> <p>Becea, L. - <i>Schi alpin. Tehnici complementare de instruire</i>, Editura Printech, Bucuresti, 2003.</p>
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EVALUATION	Conditions	100% presence at practical sessions Minimum 5 for examinations
	Criteria	Active participation Qualities and skills for teaching ski
	Forms	Evaluation during the semester + final practical evaluation
	Final evaluation formula	50% evaluation during the semester 50% final practical evaluation

* NO. OF HOURS FOR INDIVIDUAL WORK = 90 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE	ADAPTED SPORTS: VOLLEY BEACH	CODE: ST ST2438
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	OP
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	-	1	14	61	2,5	C	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Lect. Univ. Drd. Ungurean Bogdan	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	VOLLEYBALL: TECHNIQUE AND TACTICS METHODS
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OBJECTIVES	<ul style="list-style-type: none"> Improving the technical-tactical level Acquiring knowledge, skills and methodical and organizational abilities Acquiring the rule regulations
GENERAL ISSUES	<ul style="list-style-type: none"> School ball Technical procedures in attack (up passing with two hands, down service from forwards, up service from forwards, passing over the head, attack strike) Technical procedures in defense (taking the ball with two hands from up and down, individual blockage, lateral plunge) Tactical actions used in attack and defense Bilateral game
ISSUES FOR SEMINARS / LABORATORIES	
TEACHING METHODS	Explanation, demonstration, exercises with different variants, frontal work, activities on groups, movement games

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 8. Stroe , St. – <i>Volei. Curs de bază</i>, INEFS, București, 1987. 9. XXX – <i>Programa școlară</i>, 1999. 10. Iacob, I., Braharu, O. , Știrbu, C. – <i>Caiet de lucrări practice – Volei</i>, Ed. Universității ‘A.I.Cuza’ Iași, 1997. 11. XXX – <i>Regulamentul jocului de volei</i> 12. Braharu, O., Știrbu, C. – <i>Volei pentru toți</i>, Ed. Venus, Iași, 2002. 13. Scarlat, E. – <i>Volei. Pregătirea echipelor școlare</i>, Ed. Sport-Turism, București, 1981. 14. Iacob, I., Păcuraru , A. – <i>Volei – Curs de bază</i>,
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EVALUATION	Conditions	100% presence at practical sessions, minimum 5 for all tests during the semester
	Criteria	Active participation, correctly acquiring the technical procedures
	Forms	Evaluation during the semester + final evaluation
	Final evaluation formula	Arithmetic means of the tests during the semester

* NO. OF HOURS FOR INDIVIDUAL WORK = 75 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 75 is no. of total hours/semester for 2,5 credits

DISCIPLINE CARD

DISCIPLINE TITLE		FOOTBAL – TENNIS				CODE: SP2444
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OP
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P -during semester , C -colocvium, E -exam, M -mixt	TEACHING LANGUAGE
C	S					
	1	14	136	2,5	M	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	NICHIFOR FLORIN, LECTURER				PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES	FOOTBALL, GENERAL AND EFFORT PHYSIOLOGY, THEORY OF PHYSICAL TRAINING AND SPORTS					
OBJECTIVES	<ul style="list-style-type: none"> • Creating a theoretical baggage, as well as the capacity to practice the football-tennis game on different performance levels; • Capacity to organize and carry out football-tennis competitions on different training levels. 					
GENERAL ISSUES	<ul style="list-style-type: none"> • Influence of the football-tennis game practiced in organized framework (performance level) and as an entertainment activity in the individual's life; • Development of the capacity to make tight relations between the football-tennis game and other sports branches: the football-tennis game as a means to achieve some tasks and objectives for: contact sports, athletics, football, rugby, basketball, handball, lawn tennis, etc. 					
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> • Football-tennis game, a support for the physical, psychic development and of the moral and will capacities • Football-tennis game – ways and means to improve the motor capacity. 					
TEACHING METHODS	Explanation, demonstration: sketches, images, videos, interactivity.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Buletin informativ - Federația Română de Fotbal-Tenis 2. Miu Ștefan, Velea Florin – Fotbal / specializare, Editura Fundația România de Mîine, București 2002 3. www. IFTA.com 					
EVALUATION	Conditions	- 100 % attendance to the practical works; minim grade 5 for the control test				
	Criteria	- active participation; special interest for practicing the football-tennis game				
	Forms	- on-going evaluation + final evaluation by applying some specific technical procedures and through the football-tennis game				
	Final mark formula	<ul style="list-style-type: none"> - 50 % active participation to the practical works; - 50 % grade at the control test 				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		ARRANGEMENTS AND ADMINISTRATION OF THE SCHOOL SPORTS BASES				CODE: SP3520
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OP
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
1		14	136	2	E	ROMANIAN
DISCIPLINE HOLDER		NAME,SURNAME, SCIENTIFIC DEGREE NICHIFOR FLORIN, LECTURER			DEPARTMENT PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES						
OBJECTIVES		<ul style="list-style-type: none"> • The course proposes a practical approach of the aspects related to the arrangement and administration of the school sports bases so that it increased their usefulness degree, their efficiency, but also the present possibilities to turn them profitable. 				
GENERAL ISSUES		<ul style="list-style-type: none"> • The stages of the arrangement and administration of the school sports bases • Classification of the sports bases • Maintenance of the school sports base and the locations intended for sports activities • Ways of increasing the efficiency of the school sports base management 				
ISSUES FOR SEMINARIES / LABORATORIES		<ul style="list-style-type: none"> • Main directions in the arrangement and the administration of the school sports bases • Administration means • Typological characteristics: open air lands, running tracks for athletics and complex lands 				
TEACHING METHODS		Explanation, demonstration: sketches, images, videos, interactivity.				
BIBLIOGRAPHY COMPULSORY (SELECTIVE)		<ol style="list-style-type: none"> 1. Cristea, I.- <i>Management sportiv</i>, compendiu, Editura Ex Ponto, Constanța, 2000; 2. Cristea, S.- <i>Managementul organizației școlare</i>, ediția a II-a revăzută și adăugită, Editura Didactică și Pedagogică RA, București, 2005; 3. Toca, I. <i>Management educațional</i>, Editura Didactică și Pedagogică, R.A., București, 2002. 				
EVALUATION		Conditions	<ul style="list-style-type: none"> • minimum grade 5 for the on-going tests, as well as the final exam • 50% attendance at the course and 100% at the seminar 			
		Criteria	<ul style="list-style-type: none"> • active participation to seminars, making a project at option 			
		Forms	<ul style="list-style-type: none"> • evaluation during the semester + making a report on a subject at option + final written evaluation 			
		Final evaluation formula	<ul style="list-style-type: none"> • 50% evaluation during the semester + grade for the project/report • 50% grade for the final exam 			

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	ORGANIZATION OF THE SPARE TIME AND OF THE RECREATIVE ACTIVITIES	CODE: SP3520
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB-compulsory /OP-optional/F-facultative)	OP
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
1		1		14	136	5	E	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	NICHIFOR FLORIN, LECTURER	PHYSICAL EDUCATION AND SPORT

PREVIOUS GRADUATED DISCIPLINES	Arrangement of the school sports bases, Management and marketing in physical training and sports
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OBJECTIVES	<ul style="list-style-type: none"> the aim of the course is to offer knowledge and abilities to practice individually or in group the recreative, spare time activities. It is intended for all the individuals (children, teenagers, young people, adults, but also elderly people) but especially for the public that does not practice mass or performance sports activities, all of these aim at the mental, behavioral and attitudinal conditions of the practitioners.
GENERAL ISSUES	<ul style="list-style-type: none"> What is loisir sport activities? Life and Sport activities. Management recreativ and loisir activities
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> sports leisure activities capacity to organize some events of this kind making a project regarding the spare time/leisure activities for different social categories
TEACHING METHODS	Explanation, demonstration: sketches, images, videos, interactivity.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> Iacob, I Iacob, R.M. "Sportul ca loisir", Casa Editoriale Demiurg, Iasi, 2005 Prutianu, S. "Manual de comunicare si negociere in sport", Editura Polirom, Bucuresti, 2000 http://www.erudit.org/revue/Is/2001/v24/n1
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EVALUATION	Conditions	<ul style="list-style-type: none"> minimum grade 5 for the on-going tests, as well as the final exam 50% attendance at the course and 100% at the seminar
	Criteria	<ul style="list-style-type: none"> active participation to seminars, making a project at option
	Forms	<ul style="list-style-type: none"> evaluation during the semester + making a report on a subject at option + final written evaluation
	Final evaluation formula	<ul style="list-style-type: none"> 50% evaluation during the semester + grade for the project/report 50% grade for the final exam

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		COMBAT SPORTS: TRAINING IN MARTIAL ARTS			CODE: ST 2335	
STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (OB-compulsory /OP-optional/F-facultative)	OP	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
		14	61	2,5	C	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	ADRIAN COJOCARIU, PhD. LECTURER				PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES	Anatomy, Biomechanics, Gymnastics					
OBJECTIVES	<ul style="list-style-type: none"> • Initiating in technical basis of martial arts • Acquisition of knowledge on the methodical teaching martial arts to the beginners level • Knowledge and application of training and moral principles of martial arts 					
GENERAL ISSUES						
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> - Salute in martial arts (types, meaning) - the basic positions and displacements - Basic kicks with upper limbs - basic techniques with lower limbs - Blockings and counter-attacks - Immobilizations - Self-defence against catchments - Relaxation Exercises 					
TEACHING METHODS	Explanation, demonstration, work with whole subjects, in groups or pairs					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Culda, C. – <i>Shaolin Temple, Zen Buddhism and Martial Arts</i>, Editura Licorna, București, 1992 (in Romanian). 2. Frederic, L. – <i>Dictionary of martial arts</i>, Ed. Enciclopedică, București, 1993 (in Romanian). 3. Ungurean, M. – <i>Karate Kata Shotokan</i>, Garell Publishing House, București, 1994 (in Romanian). <p>*** - <i>Qwan Ki Do Magazin</i>, nr.1-20, Romanian Federation of Martial Arts,, Department of Qwan Ki Do (in Romanian).</p>					
EVALUATION	Conditions	100% presence in the practical courses At least 5 grade to the assessment during the semester and final exam				
	Criteria	Active participation Abilities and skills for practicing and teaching martial arts				
	Forms	Evaluations during the semester + final evaluation				
	Final mark formula	50% - grade for the second assessment during the semester 50% - grade for the final examination				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		JUDO			CODE: ST 2327	
STUDY YEAR	II	SEMESTER	2	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OP
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
-	-	14	61	2,5	P	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	CONF. UNIV. DR. CHIRAZI MARIN				PHYSICAL EDUCATION AND SPORTS	
PREVIOUS GRADUATED DISCIPLINES		EURHYTHMICS, ATHLETICS, GYMNASTICS				
OBJECTIVES	<ul style="list-style-type: none"> • creating some skills specific to judo; • familiarizing with movements specific to self-protection (falls), shifting, specific warm up exercises and development of some qualities specific to judo; • assimilating some attack and defense procedures specific to the main techniques; accumulating some minimum knowledge related to the regulations. 					
GENERAL ISSUES	<ul style="list-style-type: none"> • Methods of learning the falls; • Methods of learning the technical procedures comprised in the Go-kiu system up to Kiul 5 (group 1-5) 					
ISSUES FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> • specific shifting, loosing the balance, grips, falls – 2 lessons; • attack techniques from the fight from standing up – 3 lessons; • counterattack techniques and combinations – 1 lesson; • ground-fighting techniques - 1 lesson; 					
TEACHING METHODS	Demonstration, explanation, observation					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Hantău, I., - Judo, curs opțional – I.N.E.F.S. București, 1989 2. Hazincop, A. - <i>Judo - Îndrumar metodic – curs de bază</i>, Edit. Univ. “Al. I. Cuza”, Iași, 1993, 3. Ștefănuț, S. – <i>Antrenamentul sportiv în judo</i>, Edit. Scrisul Românesc, Craiova, 1986, 					
EVALUARE	Conditions	100% attendance to practical works				
	Criteria	Demonstrating the self-protection techniques and minimum five throwing techniques.				
	Forms	Practical verification				
	Final evaluation formula	50% final verification, 50% result of the partial verifications				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE NAME	SPORTIVE DANCE	COD:
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STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (OB -obligatory/ OP -optional/ F -facultative)	OP
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HOURS IN A WEEK				TOTAL HOURS IN SEMESTER	TOTAL HOURS INDIVIDUAL ACTIVITY*	CREDITS	EVALUATION TYPE P-en route, C-preliminary evaluation, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
			1	14	136	5	M	ROMANIAN

DISCIPLINE HOLDER	DIDACTIC AND SCIENTIFIC GRADE, FORENAME, NAME LECT. UNIV. CRISTINA MORARU	CHAIR PHYSICAL EDUCATION AND SPORTS
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DISCIPLINES PRIOR GRADUATED	BASIS AND ACROBATIC GYMNASTICS, MAINTENANCE AEROBIC GYMNASTICS
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OBJECTIVES	<ul style="list-style-type: none"> - Harmonious physical development, health maintaining and strengthen by optimizing physical qualities; - Education of rhythmic and movement musicality; - Formation and perfection of moral – volitional qualities; - The appropriation of teaching technique and methodic of certain basis steps in dance sport.
GENERAL THEMES	<ul style="list-style-type: none"> • FUNDAMENTAL NOTIONS; ASPECTS REGARDING THE INFLUENCES AND EFFECTS OF DANCE SPORT; • THEORETICAL NOTIONS REGARDING THE MUSICAL ACCOMPANIMENT; MUSICAL MEASURE; MUSIC PHRASE, MUSIC DYNAMICS, MELODIC LINE, MUSIC CHARACTER; • DESCRIPTION OF THE DANCE STEPS TECHNIQUE – STANDARD AND LATIN-AMERICAN SECTIONS;
SEMINARY/ LAB WORKS THEMES	<ul style="list-style-type: none"> • TECHNIQUE IN STANDARD DANCES: WALTZ, VIENNESE WALTZ, TANGO – MUSICAL MEASURE, TEMPO, DISPLACE, LIFTING AND DESCENT, STEP, TURNINGS, COUNTER-MOVEMENT; • TECHNIQUE IN LATIN-AMERICAN DANCES: CHA-CHA-CHA, SAMBA, JIVE – RHYTHM, DISPLACE, FOOT ACTION, BODY; • MOVEMENTS AT THE LEVEL OF SUPERIOR, INFERIOR MEMBERS AND TORSO; BALANCE MOVEMENTS; STEP COMBINATIONS AND DYNAMIC MOVEMENTS; • EXERCISES AT THE BALK TO FORM THE ARTISTIC FIGURE.
TEACHING METHODS	Explication, demo, group activities, case study, exercise with various ways, watching methodical videocassettes, etc

OBLIGATORY BIBLIOGRAPHY (SELECTIVE)	Năstase Viorel Dan – <i>Tehnica în dansurile standard</i> , Edit. Paralela 45, București, 2002; Năstase Viorel Dan – <i>Tehnica în dansurile latino-americane</i> , Edit. Paralela 45, București, 2002; Stoenescu Gineta – <i>Expresie corporală și dans</i> , Univ. Ecologică, București, 1995; Vișan Alice – <i>Îndrumar dans</i> , A.N.E.F.S., București, 1997;
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EVALUATION	Conditions	100% presence at practical works; Minimum 5 at the practical exam, minimum 5 en route examinations.
	Criteria	Active participation at practical courses; realizing the exercises proposed at the practical courses;
	Forms	En route evaluation + final evaluation through practical exam; The en route evaluation will include: doing the thought dance steps; The practical exam will consist of: making of a dance sport assembly (8 students).
	Formula of the final mark	50% mark at en route evaluation; 50% mark at practice exam

* number of hours for individual activities results by deducting from 150 h/semester (number of equivalent hours for 5 credits) of the total number of hours in the semester given to the discipline (see above)

DISCIPLINE CARD

DISCIPLINE TITLE		AQUATIC DISCIPLINES: SWIMMING - LEARNING METHODS						CODE: ST2411			
STUDY YEAR		II		SEMESTER		4		DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB	
HOURS PER WEEK		HOURS PER SEMESTER		HOURS FOR INDIVIDUAL WORK		CREDITS		EVALUATION P-during semester, C-colocvium, E-exam, M-mixt		TEACHING LANGUAGE	
C	S	L	Pr.	56		34		3		E	ROMANIAN
DISCIPLINE HOLDER		NAME, SURNAME, SCIENTIFIC DEGREE assistant FETESCU SAVA						DEPARTMENT PHYSICAL EDUCATION AND SPORT			
PREVIOUS GRADUATED DISCIPLINES		ANATOMY; ATHLETICS; GYMNASTICS; THEORY ON SPORTS AND PHYSICAL EDUCATION; SWIMMING (I modul); GENERAL PHYSIOLOGY AND PHYSICAL EFFORT PHYSIOLOGY; HYGIENE, FIRST AID AND MEDICAL EXAMINATION.									
OBJECTIVES		<p>By studying the theoretical and practical contents of the swimming class, the aim is for the students to:</p> <ul style="list-style-type: none"> • Be aware of the benefic influences of swimming upon the body and to know the hygiene rules within practicing this sportive branch; • Operate with terms from physics, anatomy, physiology, biomechanics etc. in explaining the laws of floating and going forwards into the water; • Correctly swim in three of the four swimming sportive branches: crawl on the chest, crawl on the back and bras, and the butterfly – facultative correctly describe the technique of the swimming sportive styles; • demonstrate the swimming technique in three sportive swimming sportive styles, integrally and on segments; • know the reanimating and saving procedures; • elaborate exercises and games necessary in order to teach swimming; • have the capacity to detect errors in practicing the swimming and to correct them; • be able to elaborate a project for organizing a swimming contest. 									
GENERAL ISSUES		<p>The history of swimming, the influences of practicing the swimming upon the organism, general issues regarding the Swimming (branches and practice particularities), technical bases of swimming (the laws of floating and going forwards into the water, the study of the effectiveness of swimming moves, the influence of anatomic and physiological particularities upon swimmers' effectiveness, the technique of swimming sportive styles (crawl on the chest, crawl on the back and bras, and the butterfly), regulation notions; the methodic of learning the swimming sportive styles, the swimming lesson (structure and contents), modern methodological orientations in learning the swimming sportive styles, sportive practice for level III and level II swimmers, general aspects regarding the practice of other swimming branches (diving, water polo, synchronized swimming, applicative swimming).</p>									
ISSUES FOR SEMINARIES/ LABORATORIES		<ul style="list-style-type: none"> • Exercises in order to strengthen the technique of sportive swimming styles; the sportive swimming styles: exercises on land, exercises of getting used to the water, floating, breathing, opening the eyes in the water; The technique of moving the arms and legs, their coordination with the breathing, the integral swimming. The start and turnings for the learnt swimming styles. • Methodical lessons in order to teach swimming to beginners. • Passing the control tests within a swimming contest. • Determining the champion of the year on swimming styles (boys, girls). 									
TEACHING METHODS		Interactive lectures, discussion techniques, explanation, demonstration, practice, exercises with various variants, problematics, group activities, learning through cooperation, role play, etc.									
BIBLIOGRAPHY COMPULSORY (SELECTIVE)		<ul style="list-style-type: none"> - Dumitrescu, N., Oprîșescu, I. – <i>Inotul</i>. Ed. Stadion, București, 1973. - Fiedler, P., Fetescu, S. – <i>Inot-curs pentru studenții FEFS</i>. Ed. Universitatea "Al.I.Cuza", Iași, 1996. - Fetescu, S. – <i>Înot-curs pentru studenții ID (trei module)</i>. Ed. Altius Academy, Iași, 2000. - Jivan, I. – <i>Îndrumar metodic de inot</i>. Ed. IEFS, București, 1990. - Gerhardt, L. – <i>Inotul pentru copii</i>. Ed. Stadion, București, 1974. - Olaru, M. – <i>Înot</i>. Ed. Sport-Turism, București, 1982. 									
EVALUATION		Conditions		100% presence at practical sessions; Getting minimum 5 for all programmed practical tests.							
		Criteria		Active and conscious participation at all programmed activities; Getting the maximum of possibilities for all the tasks corresponding to programmed activities; The progress registered by each student, compared to the initial level; The individual performance having as criterion the previously established degrees; Accomplishing all the tasks given by the didactic member responsible with the discipline.							
		Forms		evaluation during the semester by appreciating the activism and the progress in acquiring the technique of swimming styles and the capacity to organize teaching activities + final evaluation: oral or written exam.							
		Final mark formula		50% evaluation during the semester for practical tasks and programmed methodical activities; 50% oral or written exam.							

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		BASKETBALL IN SCHOOL				CODE: ST2410
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P -during semester , C -colocvium, E -exam, M -mixt	TEACHING LANGUAGE
C	S					
2		56	4	2	M	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	Univ. Asist. MIHAI-RADU IACOB, PhD student				<i>PHYSICAL EDUCATION AND SPORT</i>	
PREVIOUS GRADUATED DISCIPLINES		ATHLETISM, HANDBALL, VOLLEYBALL				
OBJECTIVES	<p>Learning and consolidating the main technical procedures Acquire theoretical- methodical knowledge about basketball game presentation, evolution, characteristics, components, means and methods to teach the game, game regulations, organizing and develop basketball competitions. Learning constitutive components of mini-basket and street-ball games.</p>					
GENERAL ISSUES	<p>Introduction into basketball game problems Consolidating the individual and collective tactics (in defense and attack) Theoretical- methodical aspects in the teaching process of the basketball game Organizing and the development stage of basketball game at national and international level Basketball game in school (during physical education course, optional during the sportive activities program)</p>					
ISSUES FOR SEMINARIES/ LABORATORIES	<p>General bases of basketball game theory and methodic The sides of basketball game theory and methodic The methodic of learning and perfecting in basketball game The content of the tactic in attack and defense (general principles, phases, forms and systems) Both-side game (with reduced number of players 1x1, 2x2, 3x3, with complete number of players – 5x5)</p>					
TEACHING METHODS	<p>Explanation, use of audio-video means, demonstration, exercises with different variants, group activities, movements games, games with reduced number of players, both-side game 6x6, interactive lectures, techniques and debates.</p>					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Teodora Predescu – „Baschet” – curs pentru studenti, Edit. Spicon, Tg. Jiu, 2000. 2. Zvezdin Victor, Zabolică Mihai, Luca Gheorghe – “ Baschetul în școală “ , Ed. Lumina, Chișinău, 1993. 3. Luca Gheorghe, Pavelescu Dan – „Baschet – Îndrumar practico-metodic”- Ediția III-a, Edit. Univ.” Al. I. Cuza,, Iași,2005. 4. Dârjan, C. –,„Baschet- Metodica instruirii juniorilor”, Ed. Fundației România de mâine, Buc. 1998 5. Negulescu C. – „Bazele generale ale metodicii predării”, Ed. Fundației România de mâine, Buc. 2000. 6. Official regulations of basketball game F.I.B.A., 2006 					
EVALUATION	Conditions	Attendance 100%, minim degree 5 to all verification during the semester				
	Criteria	Active participation, correct learning of the elements and technical procedures specific to the basketball game				
	Forms	Continuous evaluation + final evaluation				
	Final evaluation formula	Media of the degrees obtained during the semester				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		Specialization into a sportive area: beginners level II				CODE: ST2314-19
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P -during semester , C -colocvium, E -exam, M -mixt	TEACHING LANGUAGE
C	S					
		28	62	3	M	ROMANIAN
		NAME,SURNAME, SCIENTIFIC DEGREE			DEPARTMENT	
		Univ. Asist. MIHAI-RADU IACOB, PhD student			PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES		BASKETBALL, BASKETBALLSPECIALIZATION I, FOOTBALL, VOLLEYBALL, HANDBALL				
OBJECTIVES	Student acquirements of the fundamental elements of techniques and tactic Perfecting the techniques and tactic teaching methods Acquire knowledge, skills and motric habits, organizational facilities Learning regulations and organization of the basket competitions Learning the specific language of the basketball game					
GENERAL ISSUES	Positions fundamental and specific actions Tactical combinations in attack and defense Attack and defense systems Organizing basketball competitions					
ISSUES FOR SEMINARIES / LABORATORIES	Jumping throwing to basket Closing the penetrations, semicircle attack Physical preparation in basketball players training Personalizing the individual training Pennell rebound, passing, defensive blockage, jumping triangle Attack systems with pivotal player					
TEACHING METHODS	Explanation, demonstration, exercises with different variants, group activities, movements games, games with reduced number of players, both-side game 5x5.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	8. Teodora Predescu – „Baschet” – curs pentru studenti, Edit. Spicon, Tg. Jiu, 2000 9. Teodora Predescu, Corneliu Negulescu – Curs de baschet – specializare – Edit. A.N.E.F.S., București,1994 10. Zvezdin Victor, Zabolică Mihai, Luca Gheorghe – “ Baschetul în școală “ , Ed. Lumina, Chișinău, 1993 11. Luca Gheorghe, Pavelescu Dan – „Baschet – Îndrumar practico-metodic”- Ediția III-a, Edit. Univ.” Al. I. Cuza,, Iași,2005 12. Dârjan, C. – „Baschet- Metodica instruirii juniorilor”, Ed. Fundației România de mâine, Buc. 1998 13. Negulescu C. – „Bazele generale ale metodicii predării”, Ed. Fundației România de mâine, Buc. 2000 14. Official regulations of basketball game F.I.B.A., 2006					
EVALUARE	Conditions	Attendance 100%, minim degree 5 to all verification during the semester				
	Criteria	Active participation, correct learning of the elements and technical procedures specific to the basketball game				
	Forms	Continuous evaluation + final evaluation				
	Final evaluation formula	Media of the degrees obtained during the semester				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	SPECIALIZED PREPARATION IN A SPORT :BEGINNERS LEVEL 2	CODE: ST 2314-19 SP 2313-17
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
		2		28	62	3	M	ROMÂNIAN

DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Prof.assistant Nucu Antohi	<i>PHYSICAL EDUCATION AND SPORT</i>

PREVIOUS GRADUATED DISCIPLINES	Football basic course,Theory of Coaching,Football in school,Sport Psychology
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OBJECTIVES	<p>Special training in juniorilor A football game</p> <ul style="list-style-type: none"> - Strengthen training methods by age group - Skills training periodizării factors in antrenamentul juniorilor A - Preparation and training to obtain license UEFA coach.
GENERAL ISSUES	<p>Special-methodical in preparing juniorilor A football</p> <p>Factors-management training in preparation juniorilor A football</p> <p>-Systems training in world football (South-American school, Dutch school, school franceză school German, English school, Italian school)</p>
ISSUES FOR SEMINARIES / LABORATORIES	<p>Games and exercises in the training lesson at juniorilor A.</p> <p>Structures training in physical training juniorilor A</p> <p>Means of strengthening and perfecting the art of football game</p> <p>Systems tactical game at juniorilor A.</p>
TEACHING METHODS	video presentation, explanation, demonstration, practice, feedback after exercise

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 9. Alexe N. Modelarea și programarea în teoria și practica antrenamentului sportiv contemporan. // E.F.S. Nr.11, București, 1979. - P. 23-26. 10. Antohi L., Antohi N. Fotbalul modern. De la antrenament la joc. Editura Fundației "Chemarea",1998, 230 p. 11. Bompa T.O. Periodizarea: Teoria și metodologia antrenamentului, Editura Ex Ponto, București, 2002, 444 p. 12. Cojocaru V. Strategia pregătirii juniorilor pentru fotbalul de înaltă performanță, Editura Axis Mundi, București, 2000, 136 p. 13. Ferguson A., Filozofia antrenorului.// Antrenorul nr. 3, F.R.F., Școala Națională de Antrenori, București, 2004. - P. 12-15. 14. Hitzfeld O., Principii de antrenare. // Antrenorul nr. 3, F.R.F., Școala Națională de Antrenori, București, 2004. - P. 6-7. 15. Houllier G., Arneson L., Pregătirea juniorilor./ Consfătuirea antrenorilor, București, 1992. - P. 51-53. 16. Rădulescu M., Cojocaru V. si colab.//Ghidul antrenorului de fotbal.la copii si juniori,Editura FRF,Bucure;ti,2003 17. www.uefa.com ; www.fifa.com
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EVALUATION	Conditions	Participation at practical lessons,metodic project	
	Criteria	Active participation,evaluation during semester	
	Forms	Project disertation,test during semester,colocvium	
	Final mark formula	30% project ,30% during semester,30% colocvium,10% participation	

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	PRACTICE AND APPLICATIONS IN PREPARATION SPECIALIZATION: HANDBALL TRAINING SPECIALIZES IN A BRANCH OF SPORT: THE BEGINNING I	CODE: 2314-19
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STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
1			2	42	108	5	E	ROMANIAN

DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	LECT. DR. BEATRICE ABALASEI	PHYSICAL EDUCATION AND SPORT

PREVIOUS GRADUATED DISCIPLINES	HANDBALL, ANATOMY, ATHLETICS
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OBJECTIVES	<ul style="list-style-type: none"> Introduction to basic knowledge of specific performance handball Notions on the instuire training in handball game Improving technical and tactical Acquire the knowledge, skills and driving habits Acquiring new basic rules of the game The acquisition of knowledge, skill and methodological and organizational skills
GENERAL ISSUES	<ul style="list-style-type: none"> The object of theory and methodology training in handball game Methodology collective tactics in attack and defense Theoretical and methodological issues in the training game Handball representation team handball Representative school (in the physical education lesson, and optional time in sports activities)
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> The technical processes used in the attack (throwing in a semicircle on, fentele out) Technical processes used in defense (blocking balls thrown d ela 9m, diving somersault) Shares used in tactical attack and defense game Bilateral (with effectively reduced 3x3, 4x4, with effectively complete - 7x67
TEACHING METHODS	Explanation, demonstration, exercises with different variations, front work, group activities, movement games, game effectively reduced bilateral 6x6 game, interactive lectures, debate techniques.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Ghermănescu, K.I. - <i>Teoria și metodică handbalului</i>, Ed. Didactică și pedagogică, București, 1983 2. Gogâlan, V. <i>Instruirea copiilor și juniorilor în handbal</i>, Ed. Stadion, București, 1974. 3. Gogâltan Valeriu - <i>Handbal - curs opțional</i>, Editura M.E.I. și I.E.F.S., București, 1981 4. Harre, D. - <i>Teoria antrenamentului</i>, Editura Stadion, București, 1973 5. Jianu, E. și Bota, I. - <i>Curs de handbal</i>, Centrul de multiplicare al M.Î. - I.E.F.S., București, 1977 6. Mitra, Gh, Mogoș, A - <i>Metodica educației fizice</i>, Ed. Stadion, București, 1972
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EVALUATION	Conditions	100% attendance in practical work hours, minimum grade 5 in all examinations during the semester, 50% attendance at classes
	Criteria	Active participation, acquiring correct technical procedures, reports on topics agreed with the teacher
	Forms	Duaring evaluation, final evaluation
	Final mark formula	50% during the assessment tests practical and methodical activities scheduled, 50% written or oral exam.

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	PRACTICE AND APPLICATIONS IN PREPARATION SPECIALIZATION: HANDBALL TRAINING SPECIALIZES IN A BRANCH OF SPORT: THE BEGINNING I	CODE: 2414-19
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB-compulsory /OP-optional/F-facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	-	2	28	42	3	VP	ROMANIAN

	NAME,SURNAME, SCIENTIFIC DEGREE LECT.DR. BEATRICEABALASEI	DEPARTMENT PHYSICAL EDUCATION AND SPORT
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PREVIOUS GRADUATED DISCIPLINES	HANDBALL: BAZES OF TECHNIQUE AND TACTICSs, THEORY OF PHYSICAL EDUCATION AND SPORT
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OBJECTIVES	<ul style="list-style-type: none"> • Improving technical and tactical • Acquire the knowledge, skills and driving habits specifier handball performance • Acquire the knowledge, skills and organizational skills and methodical
GENERAL ISSUES	<ul style="list-style-type: none"> • Methodology tactics collective attack and defense • Theoretical and methodological issues in the training of handball game
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> • The technical processes used in the attack • The collective defense tactics (slipping, countdown, doubling) • Phases attack• Improving throwing attack in a semicircle on the game • Bilateral game(using the 4-2 attack sistem, attack in numerical inferiority)
TEACHING METHODS	Explanation, demonstration, exercises with different variations, front work, group activities, movement games, game effectively reduced bilateral, 7x7 game.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Popescu, C. - <i>Handbal - jocul portarului</i>, Ed. CNEFS, București, 1972 2. Popescu, D.C. - <i>Așa am antrenat</i>, Ed. Stadion, 1972 3. Sotiriu, Romeo - <i>Handbal, antrenament, teorie ~ metodică</i>, București, 1998, Sport-turism, București, 1983. 4. Trofin, E., Grigorovoci, S.,-<i>Handbal la copii și juniori</i>, Ed. C.N.E.F.S., București, 1967. 5. XXX - M.E.N. - Consiliul Național pentru Curriculum: „Curriculum pentru unitățile școlare cu program sportiv”, Ramura de sport handbal, București, 2000.
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EVALUARE	Conditions	100% attendance in practical work hours, minimum grade 5 in all examinations during the semester
	Criteria	Active participation, acquiring correct technical procedures, reports on topics agreed with the teacher
	Forms	During evaluation, evaluation practice final
	Final evaluation formula	Arithmetic average of the grades obtained during the semester

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		SPECIALIZED PREPARATION FOR A CERTAIN SPORT BEGINNERS LEVEL-I-GYMNASTICS				CODE: Sp2413		
STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (OB-compulsory /OP-optional/F-facultative)		DI		
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION		TEACHING LANGUAGE	
C	S				L	Pr.		P-during semester , C-colocvium, E-exam, M-mixt
1	-	2	48	108	5	E		ROMANIAN
DISCIPLINE HOLDER		NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT		
		UNIV. ASIST. PH.D. RUS CRISTIAN MIHAIL				PHYSICAL EDUCATION AND SPORT		
PREVIOUS GRADUATED DISCIPLINES		PHYSICAL EDUCATION AND SPORTS THEORY, BASIC AND ACROBATIC GYMNASTIC, ANATOMY, SPECIALIZED PREPARATION FOR A CERTAIN SPORT: BEGINNERS LEVEL -II-. GYMNASTICS.						
OBJECTIVES		<p>After studying the theoretical and practical content of the specialization course, the students must be capable to :</p> <ul style="list-style-type: none"> • Answer to the commands with the right motive actions. • Help, to sustain, to assure the performing of the specific technical elements. • Arrange the technical elements depending on the motive learning components. • Adapt the methodical of teaching the technical elements depending on each gymnastic apparatus particularities • Adapt the components of the second and third ring of the lesson depending on the age of the performers. • Respect the pedagogical principles in the technical executions. • Use the gymnastic terminology in a right and conscious way. 						
GENERAL ISSUES		The evolution of the sportive gymnastics . The sportive gymnastics terminology. The gymnastic lesson. General rules about the efectualtion of the gymnastic exercises. Physical training for practicing gymnastic. General basis for the techniques of the apparatus exercises. The tehnic and method of the elementary elements: bar, bars, rings, uneven bars, vaulting, pommel horse. The gymnastic training. The physiological principles of the training. Documents of planification and evidences.						
ISSUES FOR SEMINARIES/ LABORATORIES		<ul style="list-style-type: none"> • Exercises for strengthening the technical elements on apparatus: -Vaulting,uneven bars, balance beam, floor. -Vaulting, bars, rings, bar, pommel horse, floor. • Methodical lessons which have as purpose to teach sportive gymnastic to the beginners groups. Sustaining the technical and physical tasks. 						
TEACHING METHODS		Interactive lessons, debate technics, explanations, demonstrations, exercising, exercising with different variants, group activities, problematizing, learning through cooperation, the game with role, etc.						
BIBLIOGRAPHY COMPULSORY (SELECTIVE)		<ol style="list-style-type: none"> 20. Băiașu, G.N. – <i>Ginnastical</i>. Ed. Stadion, București, 1972. 21. Dungaciu, P.. – <i>Probleme de antrenament în gimnastică</i>. Ed. Uniunii de cultura fizică și sport București, 1967. 22. Rus C.M. – <i>Pentru profesorul de educație fizică și sport. Gimnastica</i>. Ed. Universității „A.I. Cuza ” Iași 2005. 23. Rus C.M. – <i>PFormnarea profesorului de educație fizică</i>. Ed. Universității „A.I. Cuza ” Iași 2009. 24. Șlemin, A. M. – <i>Pregătirea tinerilor gimnaști</i>. Ed. Sport-Turism, Craiova, 1976. 25. Ukran, M.L. – <i>Gimnastica sportivă</i>. . Ed. Uniunii de cultura fizică și sport București, 1965. 26. www.romgym.ro/index.php?option=com_yfm&Itemid=136&do=view&file=Documente+FRG Cod+Punctaj Cod+de+Punctaj+GAM+2009.pdf 						
EVALUATION		Conditions	50% classes attending and 100% test paper attending. Obtaining minimum 5 at each practical task and at the methodical activities sustained.					
		Criteria	<p>Active and conscious participation al all theoretical and practical activities scheduled. Realization of all practical scheduled activities at the maximum level of possibilities; the progress realized by the student in the technical executions and the capacity of organizing the teaching activities. The individual performance is realized at all control probes. Accomplish all the demands that the teacher has.</p>					
		Forms	Evaluation during the classes: appreciation of the active participation at the classes, of the progress that the student has made and of the capacity of organizing the teaching activities. Exam through oral probe.					
		Final mark formula	50% evaluation during the classes at the practical and methodological activities scheduled. 50% oral exam					

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	SPECIALIZED TRAINING IN A SPORTS BRANCH: BEGINNERS I	CODE: ST 2314-19 ST2313-17
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STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1	-	-	2	42	108	5	E	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE		DEPARTMENT
	Lect. Univ. Dr. Știrbu Cătălin		PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	VOLLEYBALL: TECHNIQUE AND TACTICS BASES, ANATOMY, ATHLETICS
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OBJECTIVES	<ul style="list-style-type: none"> • General orientations in the methodic of teaching volleyball • General issues regarding the theories and methods of volleyball for beginners • Improving the technical-tactical level • Acquiring the rule regulations • Acquiring knowledge, skills and methodical and organizational abilities
GENERAL ISSUES	<ul style="list-style-type: none"> • General issues regarding the theories and methods of volleyball for beginners • The concept and characteristics of teaching for beginners • Establishing and presenting the game models • Selections: generalities, phases, criteria, the system of selection trials • Volleyball at the representative team and special classes with a volleyball profile (V-X) • The contents and methodic of elaborating the main evidence and planning documents
ISSUES FOR SEMINARS / LABORATORIES	<ul style="list-style-type: none"> • Technical procedures in attack (up passing with two hands, down service from forwards, up service from forwards, passing over the head, attack strike) • Technical procedures in defense (taking the ball with two hands from up and down, collective blockage, back plunge) • Tactical actions used in attack and defense • Bilateral game (in reduced formation 3x3, 4x4, in full formation – 6x6)
TEACHING METHODS	Explanation, demonstration, exercises with different variants, frontal work, activities on groups, movement games, game in reduced formation, bilateral game 6x6, interactive lectures, and discussion techniques.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1.Stroie, St. – <i>Volei. Curs de bază</i>, INEFS, București, 1987. 2.Iacob, I., Braharu, O., Știrbu, C. – <i>Caiet de lucrări practice – Volei</i>, Ed. Universității „Al.I.Cuza”, Iași, 1997. 3.XXX – <i>Regulamentul jocului de volei</i> 4.Braharu, O., Știrbu, C. – <i>Volei pentru toți</i>, Ed. Venus, Iași, 2002. 5.Scarlat, E. – <i>Volei. Pregătirea echipelor școlare</i>, Ed. Sport-Turism, București, 1981. 6.Solomonov, O., Solomonov, S., - <i>Curs de metodică predării voleiului</i>, Ed. Fundației „România de mâine”, București, 1998
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EVALUATION	Conditions	100% presence at practical sessions, minimum 5 for all tests during the semester
	Criteria	Active participation, correctly acquiring the technical procedures, essays on themes established with the teacher
	Forms	Evaluation during the semester + final evaluation
	Final evaluation formula	Arithmetic means of the tests during the semester

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE	PRACTICE AND APPLICATIONS IN SPECIALIZED TRAINING: Specialized training in a sportive branch: beginners II	CODE: ST 2414-19 SP 2413-17
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	-	2	28	62	3	M	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Lect. Univ. Dr. Știrbu Cătălin	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	VOLLEYBALL: TECHNIQUE AND TACTICS BASES, ATHLETICS, BIOMECHANICS
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OBJECTIVES	<ul style="list-style-type: none"> Improving the technical-tactical level Acquiring the rule regulations Acquiring knowledge, skills and methodical and organizational abilities General issues regarding the theories and methods of volleyball for beginners
GENERAL ISSUES	<ul style="list-style-type: none"> The theory subject and methodic of volleyball The methodology of collective tactics in attack and defense Theoretical-methodical aspects in the instruction process within volleyball Volleyball at representative team Volleyball in school (during the physical education class, optional and during sportive activities)
ISSUES FOR SEMINARS / LABORATORIES	<ul style="list-style-type: none"> Technical procedures in attack (up passing with two hands, down service from forwards, up service from forwards, passing over the head, attack strike) Technical procedures in defense (taking the ball with two hands from up and down, collective blockage, back plunge) Tactical actions used in attack and defense Bilateral game – 6x6
TEACHING METHODS	Explanation, demonstration, exercises with different variants, frontal work, activities on groups, movement games, game in reduced formation, bilateral game 6x6, interactive lectures, and discussion techniques.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1.Stroie , St. – <i>Volei. Curs de bază</i>, INEFS, București, 1987. 2.Iacob, I., Braharu, O. , Știrbu, C. – <i>Caiet de lucrări practice – Volei</i>, Ed. Universității „Al.I.Cuza”, Iași, 1997. 3.XXX – <i>Regulamentul jocului de volei</i> 4.Braharu, O., Știrbu, C. – <i>Volei pentru toți</i>, Ed. Venus, Iași, 2002. 5.Scarlat, E. – <i>Volei. Pregătirea echipelor școlare</i>, Ed. Sport-Turism, București, 1981. 6.Solomonov ,O., Solomonov, S., - <i>Curs de metodică predării voleiului</i>, Ed. Fundației „România de mâine”, București, 1998
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EVALUATION	Conditions	100% presence at practical sessions, minimum 5 for all tests during the semester
	Criteria	Active participation, correctly acquiring the technical procedures, essays on themes established with the teacher
	Forms	Evaluation during the semester + final evaluation
	Final evaluation formula	Arithmetic means of the tests during the semester

* NO. OF HOURS FOR INDIVIDUAL WORK = 90 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 90 is no. of total hours/semester for 3 credits

DISCIPLINE CARD

DISCIPLINE TITLE	PRACTICE AND APPLICATIONS IN SPECIALIZED TRAINING: Training practice beginners I	CODE: SP 2421
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STUDY YEAR	II	SEMESTER	2	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	-	1	14	46	2	C	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Lect. Univ. Dr. Știrbu Cătălin	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	VOLLEYBALL: TECHNIQUE AND TACTICS BASES, ATHLETICS
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OBJECTIVES	<ul style="list-style-type: none"> Phasing in the methodic of instruction Getting the means systematized in the methodic of teaching volleyball for beginners Participating at volleyball training and competitions organized for beginners (mini-volleyball and cadets)
GENERAL ISSUES	<ul style="list-style-type: none"> The subject and methodic of teaching volleyball The methodology of collective tactics in attack and defense Volleyball for beginners
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> Active participation at practices and competitions Practical sessions include preparing the practice contents under the mentor's surveillance The themes of practical sessions are in concordance with the mentor's planning documents
TEACHING METHODS	Practical advice, teaching with the help of the mentor or of the colleagues, evaluating on the basis of the colleagues' observance.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Alexe, N., - <i>Antrenamentul sportiv modern</i>, Ed. Editis, București, 1993 2. Iacob, I., Braharu, O. , Știrbu, C. – <i>Caiet de lucrări practice – Volei</i>, Ed. Universității „Al.I.Cuza”, Iași, 1997. 3. XXX – <i>Regulamentul jocului de volei</i> 4. Braharu, O., Știrbu, C. – <i>Volei pentru toți</i>, Ed. Venus, Iași, 2002. 5. Scarlat, E. – <i>Volei. Pregătirea echipelor școlare</i>, Ed. Sport-Turism, București, 1981. 6. Solomonov ,O., Solomonov, S., - <i>Curs de metodică predării voleiului</i>, Ed. Fundației „România de mâine”, București, 1998
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EVALUATION	Conditions	100% presence and evaluating the portfolio
	Criteria	Active participation, practical abilities, creativeness
	Forms	Evaluation during the semester + evaluation of the portfolio
	Final evaluation formula	Arithmetic means of the evaluation during the semester and the portfolio

* NO. OF HOURS FOR INDIVIDUAL WORK = 60 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 60 is no. of total hours/semester for 2 credits

DISCIPLINE CARD

DISCIPLINE TITLE		SPECIALISATION IN A SPORT BRANCH BEGINNRES I: FITNESS – BODY BUILDING				CODE: ST24		
STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB		
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE		
C	S						L	Pr.
1	-	-	2	42	108	5	M	ROMANIAN
DISCIPLINE HOLDER		NAME,SURNAME, SCIENTIFIC DEGREE CONF. UNIV. DR. CHIRAZI MARIN			DEPARTMENT PHYSICAL EDUCATION AND SPORTS			
PREVIOUS GRADUATED DISCIPLINES		PHYSICAL EDUCATION AND SPORTS THEORY , HUMAN PHYSIOLOGY, HUMAN HYGIENE, FITNESS, BODY BUILDING, GYMNASTICS						
OBJECTIVES		<ul style="list-style-type: none"> - Developing a specific terminological language - Creating a general base of muscular topography - Implementing the basic principles of Fitness - Implementing the basic principles of Body Building - Knowledge assimilation of specific exercises - Developing the interest into independent Fitness training 						
GENERAL ISSUES		<ul style="list-style-type: none"> - Body Building's genesis and evolution - Fitness genesis and evolution - General knowledge of muscular anatomy and physiology - Body Building and Fitness training specificity - Body Building and Fitness training principles - Physical abilities improving methods thru Body Building - Special training methods for improving muscular force - Special training methods for improving muscular mass - Special training methods for losing wait 						
ISSUES FOR SEMINARIES / LABORATORIES		<ul style="list-style-type: none"> - Exercises for upper limb muscles - Exercises for shoulder and upper back muscles - Exercises for chest muscles - Exercises for abdominal muscles - Exercises for lower back muscles - Exercises for lower limb muscles 						
TEACHING METHODS		Intuitive methods, interactive conversations, debating techniques, explications, demonstrations, rehearsing						
BIBLIOGRAPHY COMPULSORY (SELECTIVE)		27. Apostol. I., (1998), - <i>Ergofiziologie</i> , Editura Editura Univ. „Al. I. Cuza”, Iași 28. Baroga, L., (1993) – <i>Manual de haltere și culturism</i> , Editura Sport-Turism, București 29. Chirazi, M., (2004), - <i>Culturism, curs de specializare</i> , Editura Univ. „Al. I. Cuza”, Iași 30. Chirazi, M., Ciorbă, P., (2006), - <i>Culturism – întreținere și competiție</i> , Editura Polirom, Iași 31. Drosescu, P., (2002), - <i>Anatomia aparatului locomotor</i> , Editura Venus, Iași 6. Dragnea, A., (1996) - <i>Antrenament sportiv</i> , Editura Didactică și Pedagogică, București						
EVALUATION		Conditions	50%teoretical classes frequency and 100% practical classes frequency					
		Criteria	Technical demonstration of all exercises studied during the semester Accomplishment of the required paper work					
		Forms	The semester activity evaluation: practical classes attending frequency, the progress in applying the specific methods					
		Final mark formula	50% the semester activity evaluation 50% oral exam					

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		BASKEBALL- TECHNICAL AND TACTICAL BASES				CODE: ST2310
STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
		28	62	3	M	ROMANA
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	Univ. Asist. MIHAI-RADU IACOB, PhD student				PHYSICAL EDUCATION AND SPORTS	
PREVIOUS GRADUATED DISCIPLINES		ATLETISM, HANDBALL, VOLLEYBALL, BIOMECHANICS, T.E.F.S.				
	Students learning the technical and tactical fundamentals elements Consolidating the technical and tactical teaching methods Acquire knowledge, skills and motric habits, organizational facilities Learning regulations and organization of the basket competitions Learning the specific language of the basketball game					
GENERAL ISSUES	Ball school Technical elements with ball used in basket game (holding the ball, catching and protect the ball, passing and leading the ball, throwing to the basket, stopping, pivoting and feints with ball) Technical elements without ball used in basketball game (fundamental position, movements, foot game, arms movements and deceiving movements) Acting ways related to basketball game, defense and attack (individual and collective tactic), game systems used in defense and attack. Both-side game (with reduce number of players 1x1, 2x2, 3x3, with complete number of players – 5x5)					
ISSUES FOR SEMINARIES / LABORATORIES	Individual technical-tactic instruction to accomplish the student demonstrating profile Individual and collective instruction Knowledge, skills and methodic habits Phasing the components of the game corresponding to the content of the physical education curricula from elementary school, gymnasium and high school					
TEACHING METHODS	Explanation, demonstration and exercises with various alternatives, group activities, movement games, games with reduced number of players, both-side game 5x5.					
BIBLIOGRAPHY COMPULSORY (S ELECTIVE)	<ol style="list-style-type: none"> 1. Teodora Predescu – „Baschet” – curs pentru studenti, Edit. Spicon, Tg. Jiu, 2000 2. Zvezdin Victor, Zabulică Mihai, Luca Gheorghe – “ Baschetul în școală “ , Ed. Lumina, Chișinău, 1993 3. Luca Gheorghe, Pavelescu Dan – „Baschet – Îndrumar practico-metodic”- Ediția III-a, Edit. Univ.” Al. I. Cuza,, Iași,2005 4. Dârjan, C. –,„Baschet- Metodica instruirii juniorilor”, Ed. Fundației România de mâine, Buc. 1998 5. Negulescu C. – „Bazele generale ale metodicii predării”, Ed. Fundației România de mâine, Buc. 2000 Regulamentul oficial al jocului de baschet F.I.B.A., 2006					
EVALUATION	Conditions	Attendance 100%, minim degree 5 to all verification during the semester				
	Criteria	Active participation, correct learning of the elements and technical procedures specific to the basketball game				
	Forms	Continuous evaluation + final evaluation				
	Final evaluation formula	Media of the degrees obtained during the semester				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE SHEET

DISCIPLINE TITLE	ATHELTICS IN SCHOOL	CODE: SP 2303
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STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C- colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
2	-	2	-	56	122	3	M	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Lector dr. POPESCU VERONICA	<i>PHYSICAL EDUCATION AND SPORTS</i>

PREVIOUS GRADUATED DISCIPLINES	THEORY PF PHYSICAL EDUCATION AND SPORTS, ANATOMY, BIOMECHANICS, GYMNASTICS
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OBJECTIVES	<ul style="list-style-type: none"> • Correctly acquiring and perfecting the basic motor skills, specific to running and throwing; • Acquiring a terminology specific to athletics; • Forming didactic aptitudes – elaborating didactic projects; • Initiating the students in the methodics of teaching athletics in school.
GENERAL ISSUES	<ul style="list-style-type: none"> • Technique and methodics of teaching running; • Technique and methodics of teaching jumps; • Technique and methodics of teaching throwing; • Frequent mistakes, their causes, ways to correct them; • Regulation notions.
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> • Preparing exercises in order to learn throwing; • Technique and methodics of teaching fence races • Technique and methodics of teaching of throwing the rounders ball • Technique and methodics of teaching of weight throwing
TEACHING METHODS	Lecture, explanation, demonstration, problematics, algorithm, creative games, workshops, watching tapes etc.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	7. Merică, Al., Pop, R., Ursanu, G., - „ <i>Metodica predării exercițiilor de atletism</i> ”, Editura Universității „Al. I. Cuza”, Iași, 1993. 8. Merică, Alexandru – „ <i>Tehnica probelor de atletism</i> ”, Editura Universității „Al. I. Cuza”, Iași, 1993. 9. Tatu, N., Titus, Alexandrescu, Dumitru, Ardelean, Tiberiu – „ <i>Atletism</i> ”, Editura Didactică și Pedagogică, București, 1983.
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EVALUATION	Conditions	- 100% presence at practical sessions; minimum a 5 for practical tests • Presenting the work notebook with games, exercises and creative relays during the session, in order to acquire and assume the knowledge learnt
	Criteria	- Elaborating a system of exercises, in order to learn an athletic test, in methodical order • Conscious, active and creative participation through methodical coordination of exercises which lead to acquiring the athletic tests taught during the class
	Forms	- Evaluation during the semester + work notebook + evaluation through test / written paper - Evaluation through the test or written paper will verify the knowledge of the student
	Final evaluation formula	- Active participation at practical sessions (appreciating creative thinking) 20%; - Results at control tests and norms 30%; - Grade for verifying test / written paper 50%.

* NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE		HISTORY OF SPORTS AND PHYSICAL EDUCATION			CODE:			
STUDY YEAR	I	SEMESTER	I	DISCIPLINE STATUS (OB-compulsory /OP-optional/F-elective)	OB			
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-mid-term assessment , C-colloquium, E-exam, M-mix	TEACHING LANGUAGE		
C	S						L	Pr.
1	-	2	0	42	108	5	C	Romanian
		NAME, SURNAME, SCIENTIFIC DEGREE			DEPARTMENT			
		GABRIELA APREUTESEI, LECTURER PHD			MATHEMATICS			
PREVIOUSLY GRADUATED DISCIPLINES								
OBJECTIVES	<ul style="list-style-type: none"> ✓ Study of the main forming of a text using Word 2003 ✓ Using PowerPoint for electronical presentations 							
GENERAL TOPICS	<ul style="list-style-type: none"> • Windows in Office Word 2003 and the main menius • Compose and save a Word document • Fonts, Romanian letters, indents and spacing, text boxes • Bullets and numbering, borders • Insert header and footer, date and time, number of page, references • Tables and some operations in tables • Insert pictures in a Word document and forming these pictures • Draw and tools for drawing in Word • A PowerPoint presentation using autocontents wizard, templates and white presentations • Compose a new slide • Insert animation and slide transition in a PowerPoint presentation 							
TOPICS FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> • Apply the general topics • We prepare 2 works in Word: <ol style="list-style-type: none"> 1. A mail and CV 2. A table using Formula from the menu Table and a picture mixed with text • We prepare a PowerPoint presentation for colloquium 							
TEACHING METHODS	<ul style="list-style-type: none"> ▪ Lecture, presentation, computer and videopresentation 							
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	32. M. Clocotici – <i>Word 2003</i> , personal web page, 2006 33. S. Johnson - <i>Office-WORD 2003, Intuitext</i> , 2004 3. <i>Manual Microsoft Word 2003</i> , LIBRARY & INFORMATION SERVICES IT TRAINING							
EVALUATION	Requirements	<ul style="list-style-type: none"> ▪ 50% course attendance + 67% seminar attendance. 2 projects in Word 2003 						
	Criteria	<ul style="list-style-type: none"> ▪ Active participation to debates on selected themes of courses and laboratories 						
	Forms	<ul style="list-style-type: none"> ▪ Mid-term assessment (report) + Mid-term assessment of the acquired knowledge 						
	Final evaluation formula	<ul style="list-style-type: none"> • 25% Mid-term assessment + 3x25% Mark to the oral examination (from 3 projects) 						

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		SOCIOLOGY OF PHYSICAL EDUCATION AND SPORT			CODE: FS 35..	
STUDY YEAR	III	SEMESTER	5	DISCIPLINE STATUS (OB-compulsory /OP-optional/F-facultative)	OB	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
1	1	28	32	2	E	romanian
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	LECTURER OANA RUSU				<i>PHYSICAL EDUCATION AND SPORT</i>	
PREVIOUS GRADUATED DISCIPLINES	THEORY OF PHYSICAL EDUCATION AND SPORT, HISTORY OF PHISYCAL EDUCATION AND SPORT, OLYMPISM.					
OBJECTIVES	<ul style="list-style-type: none"> • Presentation, explaining fundamental concepts and acquire the sociology of physical education and sport. • Description, analysis and interpretation of sports as social phenomena. • Assessing the types of relationships between groups of athletes, between them and their formal or informal leaders. • Study the relevance of social and sporting phenomenon, its role in the education of young generations and the wider process of change of mentalities and offering a a new model. 					
GENERAL ISSUES	<ol style="list-style-type: none"> 1. Sociology of sport as ascientific discipline. Subject of sociology of sport. 2. Socio-political functions of sport 3. Sport as a social strategy for the individual. Correlation between group and individual in sports. Social group and individual socialization. Leader of sport group. 4. Socio-cultural strategy of sport. The sport event as show. 5. Sport and health from sociological pesrpectiva. Physical activities and sports to people with disabilities. 6. Violence and sports as social events. 7. Sport and social stratification 					
ISSUES FOR SEMINARIES / LABORATORIES	<ol style="list-style-type: none"> 1. Influences of globalization and mass media on sport 2. Doping in Sports - deviant behavior. Social, cultural, economical and political implications 3. Social, political and cultural impact of extreme sports 4. Forms of discrimination in sport (racism, ethnicity, gender) 5. Physical education and sport area as social institution. Policies and strategies of sport at the central and local authorities in Romania. Other political systems in Europe or the world. 6. Violence in sport. Study cases (in different countries in Europe, Latin America, Romania). 7. Olympic Games as social phenomenon. 					
TEACHING METHODS	Interactive lectures, discussion techniques, explanation, debates, group activities, and so on.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ul style="list-style-type: none"> • MTS, INCS – <i>Medicamente, sport si politica</i>, B.I. nr. 551-554, Bucuresti, 2001 • Andrews, P. – <i>Jurnalismul sportiv. O introducere</i>, editura Polirom, Iasi, 2006 • Rushton, J.P. – <i>Rasa, evolutie si comportament. O perspective a istoriei de viata</i>, Transation Publishers, 2000 • M.T.S., Consiliul Europei, Comitetul pentru dezvoltarea sportului, – <i>Impactul sportului asupra socializării. Semnificația sportului pentru societate</i>, C.C.P.S., București, 1996. • de Visscher, P.; Neculau, A. (coord.) – (2001) – <i>Dinamica grupurilor. Texte de bază</i>, Editura Polirom, Iași • Maxim, S.T., Dascalu, D.I., Popoveniuc, B., Ionescu, E. – <i>Violenta in sport</i>, editura Universitatii, Suceava, 2006 • Rusu, O. – <i>Sociologia educației fizice și sportului</i>, editura Casa Editorială Demiurg, Iași, 2008 • Rusu, O. ; Rusu, D. – <i>CIO ca miză politică în relațiile internaționale</i>, editura PIM, Iași, 2008 					
EVALUATION	Conditions	100% attendance at seminars; obtaining a minimum grade 5 to work written examination;				
	Criteria	Active participation during the activities of the seminars and courses; Compliance with the requirements made by the holder of the teaching discipline.				
	Forms	Portfolio assessment and appraisal activities in the seminars and courses Final assessing: examination by writing				
	Final evaluation formula	50% portfolio assessment and activities during the seminars and courses, 50% written exam.				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		SCIENTIFIC RESEARCH METHODOLOGY IN PHYSICAL EDUCATION AND SPORT					CODE: ST 3508
STUDY YEAR	III	SEMESTER	1	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)			OB
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION		TEACHING LANGUAGE
C	S				L	Pr.	
2	2	56	94	5	M		ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT		
	CONF. UNIV. DR. CHIRAZI MARIN				PHYSICAL EDUCATION AND SPORTS		
PREVIOUS GRADUATED DISCIPLINES	THEORY OF PHYSICAL EDUCATION AND SPORTS, DIDACTICS OF PHYSICAL TRAINING AND SPORTS						
OBJECTIVES	<ul style="list-style-type: none"> • familiarizing the students with the terminology specific to the research activity in the area of physical training and sports; • introduction into the problems of the research in the area of physical training and sports; • creating the skills for using the research methods; creating the knowledge necessary for drawing up the bachelor's degree (research) thesis.						
GENERAL ISSUES	<ul style="list-style-type: none"> • placing physical training and sports within the other sciences; • presenting the research activity and the main types of research used in the area of physical training and sports; • presenting and classifying the research methods; <ul style="list-style-type: none"> - observation method – as a method of scientific research; - survey method – as a method of scientific research; - experimental method; - statistic-mathematical method; • contents and structure of a research thesis; drafting and presentation conditions of a research thesis.						
ISSUES FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> • Presentation of the subject; Defining the notion of science and placing Physical Training and Sports in the general context of the sciences; Research, types, objectives, methodology, methods; • Parameters of the central and dispersion tendency and signification; Category of tests, measurements and evaluations found in physical training and sports;						
TEACHING METHODS	Lecture, explanation, demonstration, presentation of documentaries, exercising, exercise with several variants, group activities, learning through cooperation etc.						
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	Epuran, M., - <i>Metodologia cercetării în activitatea corporală</i> , I.N.E.F.S, București, vol. I și II, 1977. Epuran, M., - <i>Îndrumar pentru elaborarea lucrărilor de cercetare științifică în domeniul educației fizice și sportului</i> , I. N. E. F. S., București, 1970. Thomas, R. J., Nelson, K., J. - <i>Metodologia cercetării în activitatea fizică</i> , CCPS, București, 1998.						
EVALUATION	Conditions	50% attendance to the theoretical course and 100% attendance to the practical works; obtaining minimum grade 5 for each scheduled practical test and the sustained practical activities					
	Criteria	Demonstrating the accumulated theoretical knowledge					
	Forms	Oral verification					
	Final evaluation formula	50% final verification, 50% result of the partial verifications Oral verification					

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE NAME	RHYTHMIC GYMNASTICS	COD:
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STUDY YEAR	III	SEMESTER	5	DISCIPLINE STATUS (OB -obligatory/ OP -optional/ F -facultative)	OB
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HOURS IN A WEEK				TOTAL HOURS IN SEMESTER	TOTAL HOURS INDIVIDUAL ACTIVITY*	CREDITS	EVALUATION TYPE P-en route, C-preliminary evaluation, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1			2	42		5	M	ROMANIAN

DISCIPLINE HOLDER	DIDACTIC AND SCIENTIFIC GRADE, FORENAME, NAME ASIST. UNIV. CRISTINA MORARU	CHAIR PHYSICAL EDUCATION AND SPORTS
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DISCIPLINES PRIOR GRADUATED	BASIS GYMNASTICS; ACROBATIC GYMNASTICS, SPORT DANCE
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OBJECTIVES	<ul style="list-style-type: none"> - Realizing the components of body and movements esthetic – artistic figure and execution, harmonious development, rhythmic and movement musicality - Appropriation of technique and teaching method of the body elements and action of apparatus - Development of specific manifestation forms of the movement qualities in Rhythmic Gymnastics 		
GENERAL THEMES	<ul style="list-style-type: none"> • FORMATION AND EVOLUTION OF RHYTHMIC GYMNASTICS; TERMINOLOGY OF RHYTHMIC GYMNASTICS; MUSIC ACCOMPANIMENT; • MOVEMENT CONTENT SPECIFIC TO RHYTHMIC GYMNASTICS; BODY TECHNIQUE AND ACTION OF APPARATUS; • THE METHOD OF STRUCTURING THE FREE EXERCISES AND ASSEMBLY; • ORGANIZING AND PROCESS OF COURSES; ARBITRATION 		
SEMINARY/ LAB WORKS THEMES	<ul style="list-style-type: none"> • RHYTHMIC EDUCATION; OPERATIONAL MODELS FOR FIGURE AND ARTISTIC EXECUTION; • BODY TECHNIQUE: WALKING AND RUNNING STEPS SPECIFIC TO RHYTHMIC GYMNASTICS, DANCE STEPS, WAVES AND BALANCES, TURNINGS AND PIROUETTES, JUMPS • TECHNIQUE AND TEACHING METHOD OF EXERCISES AT BALK; • ACTION TECHNIQUE OF APPARATUS: BALANCE, WRAPPING, DETACHMENT AND CLUTCH, RICOCHET, JUMPS ROLLING, ROLLING BACK, WINDINGS, SPIRALS, LAUNCHES AND ASSUMPTIONS 		
TEACHING METHODS	Explication, demo, group activities, case study, exercise with various ways, watching methodical videocassettes, etc		
BIBLIOGRAFIE OBLIGATORIE (SELECTIV)	Abadne Hauzer Henriette – <i>Gimnastica ritmică sportivă</i> , Edit. Sport-Turism, București, 1983; Luca Alice – <i>Gimnastică ritmică</i> , Edit. Univ. „Al.I.Cuza”, Iași, 2000; Macovei Sabina – <i>Gimnastica ritmică sportivă</i> , Edit. A.N.E.F.S., Edit. A.N.E.F.S., 1996; Sima Ileana – <i>Gimnastica ritmică (curs de bază)</i> , I.E.F.S., București, 1980; Stoenescu Gineta – <i>Gimnastica ritmică modernă</i> , Edit. Sport-Turism, București, 1978; Târnoveanu Manos Mihaela – <i>Gimnastica ritmică sportivă</i> , A.N.E.F.S., București, 1996.		
EVALUATION	Conditions	50% presence at course and 100% at practical courses; Minimum 5 at the practical exam, minimum 5 at oral examinations	
	Criteria	Active participation at practical courses; realizing the exercises proposed at the practical courses;	
	Forms	En route evaluation + final evaluation through written exam; The en route evaluation will include: exercise with apparatus, assembly	
	Formula of the final mark	50% mark at en route evaluation; 50% mark at oral exam	

* number of hours for individual activities results by deducting from 150 h/semester (number of equivalent hours for 5 credits) of the total number of hours in the semester given to the discipline (see above)

DISCIPLINE CARD

DISCIPLINE TITLE	MASSAGE AND SELF-MASSAGE	CODE: ST2351
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STUDY YEAR	III	SEMESTER	5	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1	-	2	-	42	108	5	P + E	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Conf. univ. dr. BĂLTEANU VERONICA	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	ANATOMY, PHYSIOLOGY
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OBJECTIVES	<ul style="list-style-type: none"> Learning the theoretical notions in practicing the massage Indications and contraindications for the hygiene, therapeutic and sportive massage Forming the ability (handiness) in order to execute to massage Knowing the organization and elaboration of the massage practice
GENERAL ISSUES	<ul style="list-style-type: none"> Describing the main massage maneuvers Describing the auxiliary massage maneuvers The effects of massage upon the organism Self-massage Other proceedings and massage techniques Rules in practicing the massage
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> Learning the massage proceedings from the basic techniques Learning the auxiliary proceedings Learning the self-massage Learning other complementary proceedings
TEACHING METHODS	Lecture, watching tapes, CD Practical-methodical sessions of practicing the massage

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Bălteanu V. – <i>Curs de masaj</i>, Ed. Univ. „Al.I.Cuza” Iași, 2001. 2. Barnett L, Chambers M. – <i>Reiki</i> – translation, Ed. Univ. Oradea, 1994. 3. Melc S. – <i>Masajul tălpilor – formă de reflexoterapie</i>, Ed. Medicală, București, 1991. 4. Cordun M. – <i>Masajul – Tehnici și aplicații în sport</i>, Ed. Ministerului Tineretului și Sportului, București, 1992. 5. Drăgan I., Petrescu O. – <i>Masaj – automasaj</i>, Ed. Editis, București, 1993. 6. Ivan Sabin – <i>Presopunctura și alte mijloace naturiste</i>, Ed. RAI, București, 1994.
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EVALUATION	Conditions	50% presence at the course 100% at the seminar
	Criteria	Active participation to practical sessions and elaborating programs for traumatism
	Forms	Exam
	Final evaluation formula	Answers to practical sessions and exam: 50% Written exam: 50%

* The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE				ORGANIZATION OF SCHOOL SPORTS COMPETITIONS				CODE: SP3619					
STUDY YEAR		II		SEMESTER		4		DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		F			
HOURS PER WEEK				HOURS PER SEMESTER		HOURS FOR INDIVIDUAL WORK		CREDITS		EVALUATION P-during semester, C-colocvium, E-exam, M-mixt		TEACHING LANGUAGE	
C	S	L	Pr.										
1	1	-	-	28		62		3		C		Romanian	
				NAME,SURNAME, SCIENTIFIC DEGREE						DEPARTMENT			
				IULIAN DUMITRU, ASSISTANT						PHYSICAL EDUCATION AND SPORT			
PREVIOUS GRADUATED DISCIPLINES				Gymnastics, Acrobatics and vaults, Introduction to martial arts issues.									
OBJECTIVES				<p>By browsing the content of this theory is currently seeking for students to be able to:</p> <ul style="list-style-type: none"> • to master the basic concepts of school sports competitions. • to acquire the theoretical concepts on the organization and conduct of a school sporting event. • to know the legislative concepts and financial issues. • to know the techniques and tools of event promotion. • be familiar with sports sponsorship issues. • be able to do an evaluation and control of results. 									
GENERAL ISSUES				<ul style="list-style-type: none"> • conceptual notions, types of school competitions, profile of participants. • organize and conduct problems: competition phases, conditions of participation and qualification; systematic evidence, titles and awards. • legal and financial benchmarks: legislative issues, funding, budgeting. • promoting sport event: techniques and tools, low cost promotion. • sports sponsorship: theoretical aspects; partnership. • evaluation and control. • horizons and directions of development. 									
ISSUES FOR SEMINARIES/ LABORATORIES				<ul style="list-style-type: none"> • tournament – event; identifying the types of events; • competition design for a particular sporting discipline. • identify sources of financing, construction budget methodology. • selecting and using techniques and tools for promotion, strategies for low-cost promotion. • building a partnership. • quantifying results and analysis. • identify the directions of development. 									
TEACHING METHODS				Interactive lectures, discussion techniques, explanation, group activities, cooperative learning, role playing, etc.									
BIBLIOGRAPHY COMPULSORY (SELECTIVE)				<p>Datculescu, P. - <i>Cercetarea de marketing</i>, Brand Builders Group, București, 2006. Mihăilescu, N. - <i>Management, marketing, legislație în activitatea sportivă</i>, Editura Universității din Pitești, Pitești, 2006. Mullin, B. J., Hardy, S., și Sutton, W. - <i>Sport Marketing</i>, Human Kinetics Publisher, Champaign, USA, 1993. Oprîșan, Virginia - <i>Marketing și comunicare în sport</i>, Editura Uranus, București, 2001. Prutianu, Ș., Munteanu, C., Caluschi, C. - <i>Inteligența marketing plus</i>, Editura Polirom, Iași, 2004. Schäfer-Mehdi, St. - <i>Organizarea evenimentelor</i>, Editura All, București, 2008. Prutianu, Ș. – <i>Tratat de comunicare și negocieri în afaceri</i>, Editura Polirom, Iași, 2008.</p>									
EVALUARE		Conditions		50% attendance to the course and 100% attendance to the seminar. An event press kit.									
		Criteria		<ul style="list-style-type: none"> • active participation in debates on the topic of seminar. • knowledge, interpretation and proper application of the methodological concepts of laws, financial conditions and sponsorship problems on organizing sport events; 									
		Forms		evaluation during semester (assessment of participation in support of a problem) + final evaluation (presenting the event file press).									
		Final evaluation formula		50% assessment during semester: Active participation in the workshop and the quality of interventions. 50% final exam: project presentation.									

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		MANAGEMENT AND MARKETING IN SPORT			CODE: SP 3534	
STUDY YEAR	III	SEMESTER	5	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
1		28	122	3	E	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	LILIANA RADU, LECTURER				<i>PHYSICAL EDUCATION AND SPORT</i>	
PREVIOUS GRADUATED DISCIPLINES	-					
OBJECTIVES	By studying the course content management and marketing in sport, it follows that students should be able to: - know the basic concepts of management in general and in sport, the need for theoretical knowledge, training, development and management developments in physical education and sport; - know the problems faced by the manager of sport in achieving goals; - to develop organizational and leadership ability; - to be acquainted with the reality of contemporary marketing and sports.					
GENERAL ISSUES	Notions about: management, management functions, resources management, managers. Sports organizations. Management of sports organizations. Human resources management in sport. Management of sports activities. Organization of sports events - Case Studies. Sponsorship in sport. Ethics in Sport. Definition and typology of sports marketing. Marketing and sports organizations, strategic marketing planning.					
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> • The organizational culture - Case Study • Management of school sports competitions. Sports for All Management • Conflict Management in Sport • Time Management • Volunteering • Sports marketing event: planning and completion phases of marketing event 					
TEACHING METHODS	Lecture, group activities, discussion etc..					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	Lăzărescu, Al. – Management în sport, Editura Fundației « România de mâine », Bucharest, 1999 Voicu, A.V. – Managementul organizațiilor și activității sportive, Ed. Risoprint, Cluj Napoca, 1998 Voicu, S.F. – Management în educație fizică și sport școlar, Ed. Mirton, Timișoara, 2002 Voicu, F.S. Managementul sportului, Ed. Mirton, Timișoara, 2002 Ruben, Acosta Hernandez – Managing Sport Organizations, Human Kinetics, 2002 Oprișan, Virginia – Marketing și comunicare în sport, Ed. Uranus, Bucharest, 2002					
EVALUATION	Conditions	50% attendance to class and 100% attendance at seminar				
	Criteria	Active participation in debates on the topic of lecture and workshop, originality, creativity in addressing the issues imposed. Realization of two study projects / essays.				
	Forms	during the evaluation: supporting the two projects to study / reports, final evaluation: written exam				
	Final evaluation formula	15% first paper 15% second paper 70% written exam				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	LEISURE AND OLYMPISM: SPORT FOR ALL	CODE: ST3531
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STUDY YEAR	III	SEMESTER	I	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C- colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1	-	1	-	28	122	2,5	C	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Lect. univ. dr. ŞTIRBU CĂTĂLIN	PHYSICAL EDUCATION AND SPORT

PREVIOUS GRADUATED DISCIPLINES	THEORY OF PHYSICAL EDUCATION AND SPORT
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OBJECTIVES	Organizing physical education and sports activities and make it more attractive to the community, knowing the service offer and programs regarding the activities of a physical education and sport department, as well as the population's independent activities
GENERAL ISSUES	<ul style="list-style-type: none"> • Sport for All in Romania. • Leisure. • Sport and relaxation. • Organizational strategies in Sport for All.
ISSUES FOR SEMINARS / LABORATORIES	<ul style="list-style-type: none"> • The concept of Sport for All. • The service concept. • The program concept. The offer. • Services and programs offered by a physical education and sport department
TEACHING METHODS	Interactive lectures, explanation, problematics, group activities.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Irimie, E.- Organizarea timpului elevului. 2. ***Buletine Informative editate de Federația Română Sportul pentru Toți. 3. Oprea, D.- Managementul proiectelor, Iași, 2002. 4. Băiașu, N.; Bîrlea, A.; Magda, S. – Exercițiul fizic pentru toți, Ed. Stadion, București, 1972. 5. Angelescu, C.; Jula, D.; Cetină, I. – Dezvoltarea serviciilor pentru populație și timpul liber, Ed. Politică, București, 1989.
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EVALUATION	Conditions	100% presence at practical sessions
	Criteria	Active participation of the students regarding the established themes
	Forms	Evaluation during the semester + final essay
	Final evaluation formula	50% active participation at the practical sessions, 50% presentation of the essay

* NO. OF HOURS FOR INDIVIDUAL WORK = 90 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE		OLYMPISM			CODE: SP 3529	
STUDY YEAR	III	SEMESTER	5	DISCIPLINE STATUS (OB-compulsory /OP-optional/F-facultative)	OP	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
1		28	122	2,5	C	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	LILIANA RADU, LECTURER				<i>PHYSICAL EDUCATION AND SPORT</i>	
PREVIOUS GRADUATED DISCIPLINES						
OBJECTIVES	By studying the content of Olympism course, the aim is that students should be able: - to acquire the specific terminology, content and meaning of basic concepts of the phenomenon: Olympism, Olympic Movement and Olympic activity; - to acquire the skills necessary to design, organization and conduct activities in an Olympic Group; - to learn how to promote Olympism, the spirit of fair play, non-violence, anti-doping, to organize at school / college of the actions of the Olympic Week .					
GENERAL ISSUES	Introduction to the history of the Ancient Olympics and Modern Olympic Games. The Greek miracle and the Olympia Games. Olympic history - from triumph to boycott Olympic. Olympic heroes. The principles of Olympics. Olympic Charter, Olympic spirit, Olympic symbols. Sport Organizations involved in the Olympic Movement. Fair-play or unwritten rule of behavior athletes. Romania at the Olympic Games.					
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> • Myths and heroes in Ancient Greece, The decline of Ancient Olympics; • Ancient Olympic pentathlon • Olympic symbols and Olympic ceremonies; • Olympic education programs; • Olympic Projects: Olympic Day at school; Olympic truce in school; Olympic Group in School; • Problems faced Olympic Movement: women and sport, marketing, politics, etc.. 					
TEACHING METHODS	Lecture, group activities, discussion etc..					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. George, T, Ludu, V. - Olympia, Ed Sport-Turism, București, 1985 2. Pecetel, S. – Antichitatea greco-romană despre sport, Ed Sport Turism, București, 1980 3. Matei, I. – Ramul de măslin al Olimpiei, Ed Albatros, București, 1985 4. Topescu, C. - Fair play, Ed Humanitas, București, 2003 5. Postolache, N. - Olimpismul în istoria civilizațiilor, Ed Saeculum IO, București, 2004 6. Frunteș, R. – Pentatlon olimpic pentru mileniul III, AOR & COR, București, 2003 7. Radu, L. - Olimpism, Casa Editorială Demiurg, Iași, 2008 8. XXX – România la JO, București, 2001 					
EVALUATION	Conditions	50% attendance to class and 100% attendance in practical work				
	Criteria	- active participation in practical and theoretical activities scheduled - active participation in realization of the contest "Olympic Triathlon" in collaboration with the Olympic Groupe "Maricica Puică" and " Vasile Pavelcu " School - a project study				
	Forms	- during the evaluation: supporting a project to study and involvement in the sporting action of the "Olympic Triathlon" - final evaluation: assessment of test knowledge				
	Final evaluation formula	40% support the project study, 20% involvement in the contest "Be olympic in your school" 40% test assessment of knowledge.				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	SPORTS WITH THE RACKET AND THE PADDLE: TABLE TENNIS	CODE: ST3630
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STUDY YEAR	III	SEMESTER	2	DISCIPLINE STATUS (C-compulsory / OP -optional/ F -facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	1	-	14	136	2,5	C	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Lect. univ. dr. ȘTIRBU CĂTĂLIN	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	THEORY OF PHYSICAL EDUCATION AND SPORTS
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OBJECTIVES	Improving the technical-tactical level, acquire motor knowledge, skills and abilities, learning the game rules and the skills and abilities specific to table tennis.
GENERAL ISSUES	<ul style="list-style-type: none"> • Short history of table tennis; • Regulation notions; • The technique of table tennis; • Tactics in current table tennis; • Organizing table tennis competitions.
ISSUES FOR SEMINARS / LABORATORIES	Regulation notions, terminology notions, paddle handholding, basic position, middle game, defence, attack, counterattack, service, taking over the service, stop, bilateral game. The tactics of simple game. The tactics of double game.
TEACHING METHODS	Explanation, demonstration, group exercises, exercises with different variants, bilateral game

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Angelescu, N.-Tenis de masă, Ed. Sport-Turism, București, 1977. 2. Agopoff, A.- Tenis de table, Ed. Amphora, Paris, 1978. 3. Reiter, T., -Tenis de masă, Ed. Cultură Fizică și Sport, București, 1955.
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EVALUATION	Conditions	100% presence at practical sessions
	Criteria	Active participation of the students, acquiring technical procedures
	Forms	Evaluation during the semester
	Final evaluation formula	Arithmetic means of the grades during the semester (minimum 5 for each).

* NO. OF HOURS FOR INDIVIDUAL WORK = 90 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE		SPORTS AND PHYSICAL EDUCATION PSYCHOLOGY			CODE: EP 35..	
STUDY YEAR	III	SEMESTER	I	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P -during semester , C -colocvium, E -exam, M -mixt	TEACHING LANGUAGE
C	S					
1	1	28	62	3	E	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	ILEANA POPOVICI, PH D LECTURER				PHYSICAL EDUCATION AND SPORTS	
PREVIOUS GRADUATED DISCIPLINES						
OBJECTIVES	<ul style="list-style-type: none"> -Familiarity with fundamental concepts of physical education and psychology of sport; - The assimilation of mental processes involved in motrical learning. - Acquisition of skills necessary for conflict resolution and efficiency of communication in the lesson of physical education or sports training; - Comprehension of strategies to remove the factors of stress and anxiety, in order to obtain the athletes of exceptional performance. 					
GENERAL ISSUES	<ul style="list-style-type: none"> • Demarcation of the object of psychological study physical education and sport; • Communication and interpersonal relations in physical education and sport; • The concept of learning in physical education, forms and types of learning; • Motivation: the definition of the concept, types of motivation, theories of motivation; • Stress and anxiety: conceptual demarcations, sources of stress and anxiety, coping strategies to combat stress and anxiety; • Aggression in sport: definition, theories of psychological agresivității. 					
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> • Psihocomportamental profile of elite athletes; • Techniques for effective communication process; • Training through the game. Ways to streamline training; • Motivational regulation strategies; • The study of certain situations generating stress and anxiety, students learned from experience - sport performance and high performance; • Aggression in sports. Implications for athletes, coaches and spectators . 					
TEACHING METHODS	Explanation,debate,lecture,brain storming.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Crăciun, M. (2008). Psihologia sportului, Editura RISOPRINT, Cluj-Napoca 2. Dobson, J. (1981). <i>Sport Psychology</i>, Prentice-Hall, New Jersey 3. Epuran, M. (1990). <i>Modelarea conduitei sportive</i>, Editura Sport-Turism, București 4. Epuran,M., Holdevici, I., Tonița, F. (2001). <i>Psihologia sportului de performanță. Teorie și practică</i>, Editura FEST, București 5. Moran, A., P. (2004). <i>Sport and Exercise Psychology</i>, Editura Routledge, New York 6. Niculescu, M. (1999). <i>Elemente de psihologia sportului de performanță și mare performanță</i>, Editura Didactică și Pedagogică, București Weinberg, R. S., Gould, D. (1997) <i>Psychologie du sport et de l'activité physique</i>, Edisem Inc., Canada 					
EVALUATION	Conditions	80 % seminars participation				
	Criteria	Active participation to seminars				
	Forms	Evaluation during semester(project presentation) Final evaluation-written exam				
	Final mark formula	50% project mark 50% exam mark				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		MEASUREMENT AND EVALUATION OF MOTRICITY			CODE: SP3627			
STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)				
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE		
C	S						L	Pr.
1	-	1	-	28	122	5	E	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT			
	PROF.ASSISTANT NUCU ANTOHI				PHYSICAL EDUCATION&SPORTS			
PREVIOUS GRADUATED DISCIPLINES	RESEARCH METHODOLOGY IN EFS, STATISTIC APLIED TO EFS,THEORY OF PH.Ed.&SPORT,THEORY OF COACHING,DIDACTIC OF EFS,PSYCHOLOGY OF EFS							
OBJECTIVES	<ul style="list-style-type: none"> • Acquire basic specialist • Creating a general guidelines related to issues of measurement and evaluation in physical education and school sport in the performance of our country • Acquiring the ability to use tests and assessment tools in EFS 							
GENERAL ISSUES	<ul style="list-style-type: none"> • Docimologia - science of assessing school performance • Types of assessment. specific methods and evaluation in physical education and sport • The validity and significance - basic criteria for assessing the quality of measurements • Measurements used in the physical education and sport <p style="margin-left: 20px;">Evaluation in Ph.ed.&Sport</p>							
ISSUES FOR SEMINARIES / LABORATORIES	<p>The National Education Assessment in physical education and sport</p> <ul style="list-style-type: none"> • Psychological Evaluation of athletes • Debates on the topics presented at times of course 							
TEACHING METHODS	Lectures interactive explanation, demonstration, problematizarea, case study, practice, etc..							
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. De Landsheere, G. – <i>Evaluarea continuă a elevilor și examenele (Manual de docimologie)</i>, Colecția „Pedagogia secolului XX”, Editura Didactică și Pedagogică, București, 1975. 2. Dragnea, A. – <i>Măsurarea și evaluarea în educație fizică și sport</i>, Editura Sport-Turism, București, 1984. 3. Cucuș, C. – <i>Evaluarea rezultatelor activității școlare(în Psihopedagogia pentru examen de definitivat și gradul didactic II, pag. 205-218)</i>, Editura Spiru Haret, Iași, 1995. 4. M.E.N. – Sistemul Național Școlar de Evaluare la disciplina Educație Fizică și Sport, aprobat prim Ordinul Ministrului nr. 4063/09.07.1999. <p>Șerban, M. – <i>Aprecierea calităților în sport</i>, Editura Sport-Turism, București, 1987.</p>							
EVALUATION	Conditions	50 % course participation, 100% seminar participation						
	Criteria	Active participation at seminars,debate,themes of subjects,						
	Forms	Evaluation during semester, project						
	Final mark formula	10 % participation,30% project,30 % evaluation during semester,30% final evaluation						

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	THE THERAPY OF PHYSICAL DEFICIENCIES IN SCHOOL	CODE: ST3623
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STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1	-	1	-	28	122	3	P + C	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Prof. univ. dr. BĂLTEANU VERONICA	PHYSICAL EDUCATION&SPORTS

PREVIOUS GRADUATED DISCIPLINES	ANATOMY, PHYSIOLOGY, BIOMECHANICS, THEORY OF PHYSICAL EDUCATION
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OBJECTIVES	<ul style="list-style-type: none"> • Acquiring knowledge regarding the investigation of the locomotive system • Acquiring theoretical notions regarding physical deficiencies and the methodic of correcting them • Forming abilities and skills of applying physical exercise adapted to all forms of physical deficiencies • Forming methodical-practical knowledge for elaborating corrective programs
GENERAL ISSUES	<ul style="list-style-type: none"> • The principles of the kinesiotherapy activity (correction) • General physical deficiencies of the locomotive system • General physical deficiencies of the growth a development of the organism • Segmental physical deficiencies of the locomotive system • The methodic of correcting physical deficiencies
ISSUES FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> • Constituting exercise programs for correcting kyphosis • Constituting exercise programs for correcting lordosis • Constituting exercise programs for correcting upper-lordosis • Constituting exercise programs for correcting scoliosis • Constituting exercise programs for correcting the deficiencies of the superior limbs • Constituting exercise programs for correcting the deficiencies of the inferior limbs
TEACHING METHODS	Lecture, watching tapes, CD, practical methodical lessons with a focus on the segmental corrective exercises

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Bălțeanu V. – <i>Introducere în kinetologie</i>, Ed. Univ. „Al.I.Cuza” Iași , 2004. 2. Dumitru D. – <i>Ghid de reeducare funcțională</i>, Ed. Sport-Turism, București, 1981. 3. Oabrașcu C. și colab. – <i>Corectarea coloanei vertebrale</i>, Ed. Medicală, București, 1993. 4. Șdic L. – <i>Kinetoterapia în recuperarea algiiilor și tulburărilor de statică vertebrală</i>, Ed. Medicală, București, 1987.
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EVALUATION	Conditions	Presence at the course 50% ; at practical sessions 100%
	Criteria	Active participation at practical sessions and elaborating corrective programs for physical deficiencies
	Forms	Colloquium
	Final evaluation formula	Answers during practical sessions –60 % Tests during the semester – 40 %

* The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE	MESSAGE AND THERAPY ELEMENTS: MESSAGE AND SELF- MESSAGE	COD: ST3651
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STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	1	-	14	136	2	P	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Conf. univ. dr. VERONICA BĂLTEANU	INDIVIDUAL SPORTS

PREVIOUS GRADUATED DISCIPLINES	ANATOMY, PHYSIOLOGY; GYMNASTICS
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OBJECTIVES	<ul style="list-style-type: none"> Learning the theoretical notions in practicing the massage Indications and contraindications for the hygiene, therapeutic and sportive massage Forming the ability (handiness) in order to execute to massage Knowing the organization and elaboration of the massage practice
GENERAL ISSUES	<ul style="list-style-type: none"> Describing the main massage maneuvers Describing the auxiliary massage maneuvers The effects of massage upon the organism Self-massage Other proceedings and massage techniques Rules in practicing the massage
ISSUES FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> Learning the massage proceedings from the basic techniques Learning the auxiliary proceedings Learning the self-massage Learning other complementary proceedings
TEACHING METHODS	Lecture, watching tapes, CD Practical-methodical sessions of practicing the massage

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Bălțeanu V. – <i>Curs de masaj</i>, Ed. Univ. „Al.I.Cuza” Iași, 2001. 2. Barnett L, Chambers M. – <i>Reiki – translation</i>, Ed. Univ. Oradea, 1994. 3. Melc S. – <i>Masajul tălpilor – formă de reflexoterapie</i>, Ed. Medicală, București, 1991. 4. Cordun M. – <i>Masajul – tehnici și aplicații în sport</i>, Ed. Ministerului Tineretului și Sportului, București, 1992. 5. Drăgan I., Petrescu O. – <i>Masaj – automasaj</i>, Ed. Editis, București, 1993. 6. Ivan Sabin – <i>Presopunctura și alte mijloace naturiste</i>, Ed. RAI, București, 1994.
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EVALUATION	Conditions	Presence at the course 50% ; at practical sessions 100%
	Criteria	Active participation at practical sessions and elaborating recovery programs for different traumatism
	Forms	Colloquium
	Final evaluation formula	Answers during practical sessions –60 % Tests during the semester – 40 %

* The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE		ETHICS, PROFESSIONAL DEONTOLOGY AND COMMUNITY INTEGRATION				CODE: ST 3639
STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)		C
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S					
1	1	28	108	5	E	ROMANIAN
DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	Lect.univ.dr. POPESCU VERONICA				PHYSICAL EDUCATION&SPORTS	
PREVIOUS GRADUATED DISCIPLINES		EF5 THEORY, HISTORY, LEGISLATION AND ORGANIZATION IN EF5, EF5 SOCIOLOGY, PEDAGOGY, PSYCHOLOGY				
OBJECTIVES	<p>Through studying the theoretical and methodical contents of the course – ethics, professional deontology and community integration, students should be able to:</p> <ul style="list-style-type: none"> • Know the role of education in the ethic and deontological behaviour of the teacher; • Be aware of the importance of factors and components which determine education in forming the child's personality; • Have moral knowledge – morality – ethics – professional deontology and community integration; • Know the moral values and norms which govern the human behaviour from the ethic and deontological perspective; • Know the contents of a deontological code according to the profession; • Know the ethic and deontological rapport between the teacher and the student. 					
GENERAL ISSUES	<p>Conceptual delimitation of the terms professional ethics and deontology, Education phases and its role in contributing to the formation of a profession, Education – the foundation of human behaviour, attitude and decisions, the theory of moral self-determination, The role of awareness in the professional formation, Moral dimension in the professional formation, Moral – morality – ethics – professional deontology, The importance of moral values in the professional relationships, Moral values and personality orientation, Legislative elements in national and international sportive activities.</p>					
ISSUES FOR SEMINARS / LABORATORIES	<ul style="list-style-type: none"> • Conceptual delimitation of the terms professional ethics and deontology; • Education – the foundation of human behaviour, attitude and decisions; • Moral education, determining factor in the professional ethics and deontology; • Moral – morality – ethics – professional deontology differences and similitude between concepts; • Importance of moral values in the professional activity; • Rights and obligations of the physical education teacher; • Legislative elements in national and international physical education. 					
TEACHING METHODS	<p>Interactive lecture, discussion techniques, explanation, demonstration, practice, exercise with different variants, group activities, problematics, learning through cooperation, role play, etc.</p>					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<p>34. Albu, G. – <i>Comunicarea interpersonală</i>, Institutul European, 2008 35. Bertrand, C-J. – <i>Deontologia mijloacelor de comunicare</i>, Insitul European, 1997. 36. Cătineanu, T. – <i>Elemente de etică- vol I</i>, , Ed. Dacia, Cluj-Napoca, 1982. 37. Popescu, V – <i>Dimensiuni educative ale pregătirii sportivului</i>, Ed. Editura Didactică și Pedagogică, R.A, București, 2006. 38. Râmbu, N. – <i>Tirania valorilor</i>, Editura Didactică și Pedagogică, R.A, București, 2006</p>					
EVALUATION	Conditions	50% presence at the lecture 100% presence at practical sessions; getting minimum a 5 for all programmed practical tests and methodical activities				
	Criteria	<ul style="list-style-type: none"> • active an aware participation at all programmed theoretical and practical activities; • individual performance at all control trials in comparison with a given reference point; • accomplishing all the tasks given by the discipline holder. 				
	Forms	<ul style="list-style-type: none"> • regular evaluation: appreciating the activism and the progress in acquiring the teaching techniques; • exam through written or oral test. 				
	Final evaluation formula	50% regular evaluation for practical tests and programmed methodical activities; 50% written or oral exam				

* NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE NAME		CHOREOGRAPHY ELEMENTS OF SCHOOL SHOW				CODE:	
STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (OB -obligatory/ OP -optional/ F -facultative)			OB
HOURS IN A WEEK		TOTAL HOURS IN SEMESTER	TOTAL HOURS INDIVIDUAL ACTIVITY*	CREDITS	EVALUATION TYPE P -en route, C -preliminary evaluation, E -exam, M -mixed	TEACHING LANGUAGE	
C	S					L	Pr
1		28	122	5	M	ROMANIAN	
DISCIPLINE HOLDER	DIDACTIC AND SCIENTIFIC GRADE, FORENAME, NAME				CHAIR		
	LECT. UNIV. CRISTINA MORARU				PHYSICAL EDUCATION&SPORTS		
DISCIPLINES PRIOR GRADUATED		BASIS AND ACROBATIC GYMNASTICS, MAINTENANCE AEROBIC GYMNASTICS, SPORT DANCE					
OBJECTIVES		<ul style="list-style-type: none"> - Development of neuro-muscular coordination and spatial-temporal orientation; - Perception of concordance between the music rhythm and movements rhythm; - Education of body and movement esthetic; - Stimulation of creativity and moral-volitional qualities - Rhythm and musical movement education; - Formation and perfection of moral-volitional qualities; - Appropriation of knowledge and habits regarding the sport show. 					
GENERAL THEMES		<ul style="list-style-type: none"> • STRUCTURE OF ASSEMBLIES WITH OBJECT OR THEME – THEORETICAL AND PRACTICAL-METHODICAL FUNDAMENTS • THEORETICAL ASPECTS REGARDING THE COMPOSITION FOR MODERN; • MUSIC ACCOMPANIMENT; BASE NOTIONS FROM CLASSIC BALLET; STRUCTURE OF FORMATIONS AND THEIR TRANSITION; RULES REGARDING THE CHOOSING OF MUSIC AND COSTUMES. 					
SEMINARY/ LAB WORKS THEMES		<ul style="list-style-type: none"> • APPROPRIATION OF DANCE STEPS: MODERN, SPORT DANCE, FOLK DANCE; STEPS SPECIFIC TO RHYTHMIC GYMNASTICS, STEPS FROM CLASSIC BALLET; • MOVEMENTS AT THE LEVEL OF SUPERIOR, INFERIOR MEMBERS AND TORSO; BALANCE MOVEMENTS; STEP COMBINATIONS AND DYNAMIC MOVEMENTS; • BASE ELEMENTS FROM RHYTHMIC, ARTISTIC OR AEROBIC GYMNASTICS; • EXERCISES WITH APPARATUS; CONNECTIONS OF ELEMENTS AND STRUCTURES; • EXERCISES AT THE BALK; ELEMENTS FROM THE CLASSIC DANCE; EXPRESSIVE WAYS THROUGH GESTURE AND ATTITUDE; IMPROVISATION. 					
TEACHING METHODS		Explication, demo, group activities, case study, exercise with various ways, watching methodical videocassettes, etc					
OBLIGATORY BIBLIOGRAPHY (SELECTIVE)		Abadne Hauzer Henriette – <i>Gimnastica ritmică sportivă</i> , Edit. Sport-Turism, București, 1983; Caroli Mariana, ș.a. – <i>Gimnastică ritmică modernă. Dans tematic. Dans popular</i> , Edit. EMIA, Deva, 2002; Magyar E., Gonda S.– <i>Curs de dans clasic</i> , Comitetul de Stat pentru Cultură și Artă, București, 1965 Stoenescu Gineta – <i>Expresie corporală și dans</i> , Univ. Ecologică, București, 1995; Stoenescu Gineta – <i>Gimnastica Ritmică Modernă</i> , Edit. Sport-Turism, București, 1978. Vișan Alice – <i>Îndrumar Dans</i> , A.N.E.F.S., București, 1997.					
EVALUATION		Conditions	50% presence at course and 100% at practical courses; Minimum 5 at the practical exam, minimum 5 at oral examinations				
		Criteria	Active participation at practical courses; realizing the exercises proposed at the practical courses;				
		Forms	En route evaluation + final evaluation through oral exam; The en route evaluation will include: making of an assembly or dance and participation at a sportive show.				
		Formula of the final mark	50% mark at en route evaluation; 50% mark at practice exam				

* number of hours for individual activities results by deducting from 150 h/semester (number of equivalent hours for 5 credits) of the total number of hours in the semester given to the discipline (see above)

DISCIPLINE CARD

DISCIPLINE TITLE	ARRANGEMENTS AND ADMINISTRAT OF THE SCHOOL SPORTS BASES			CODE: SP3520		
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OP	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
1		14	136	2	E	ROMANIAN
		NAME,SURNAME, SCIENTIFIC DEGREE			DEPARTMENT	
		NICHIFOR FLORIN, LECTURER			PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES						
OBJECTIVES	<ul style="list-style-type: none"> The course proposes a practical approach of the aspects related to the arrangement and administration of the school sports bases so that it increased their usefulness degree, their efficiency, but also the present possibilities to turn them profitable. 					
GENERAL ISSUES	<ul style="list-style-type: none"> The stages of the arrangement and administration of the school sports bases Classification of the sports bases Maintenance of the school sports base and the locations intended for sports activities Ways of increasing the efficiency of the school sports base management 					
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> Main directions in the arrangement and the administration of the school sports bases Administration means Typological characteristics: open air lands, running tracks for athletics and complex lands 					
TEACHING METHODS	Explanation, demonstration: sketches, images, videos, interactivity.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> Cristea, I.- <i>Management sportiv</i>, compendiu, Editura Ex Ponto, Constanța, 2000; Cristea, S.- <i>Managementul organizației școlare</i>, ediția a II-a revăzută și adăugită, Editura Didactică și Pedagogică RA, București, 2005; Toca, I. <i>Management educațional</i>, Editura Didactică și Pedagogică, R.A., București, 2002. 					
EVALUARE	Conditions	<ul style="list-style-type: none"> minimum grade 5 for the on-going tests, as well as the final exam 50% attendance at the course and 100% at the seminar 				
	Criteria	<ul style="list-style-type: none"> active participation to seminars, making a project at option 				
	Forms	<ul style="list-style-type: none"> evaluation during the semester + making a report on a subject at option + final written evaluation 				
	Final evaluation formula	<ul style="list-style-type: none"> 50% evaluation during the semester + grade for the project/report 50% grade for the final exam 				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

SUBJECT NAME	LOISIR AND OLYMPISM – PLAY ACTIVITIES			CODE: ST3533				
YEAR OF STUDY	III	SEMESTER	5	STATUS OF THE SUBJECT (OB-obligatory/OP-optional/F-facultative)	OB			
NUMBER OF HOURS PER WEEK		NUMBER OF HOURS PER SEMESTER	NUMBER OF HOURS INDIVIDUAL ACTIVITY**	NUMBER OF CREDITS	TYPE OF EVALUATION (P-on the way, C-colloquy, E-exam, M-mixt)	LANGUAGE OF STUDY		
C	S						L	Pr.
-	-	-	2	14	136	2,5	M	ROMANIAN
TITULAR OF THE SUBJECT	SCIENTIFIC AND TEACHING DEGREE, NAME, FORENAME				DEPARTMENT			
	Lect.Drd. Cezar HONCERIU				PHYSICAL EDUCATION AND SPORT			
PREVIOUSLY GRADUAUED SUBJECTS	HISTORY, ATHLETICS, GYMNASTICS, HANDBALL, VOLLEYBALL, FOOTBALL, EFS DIDACTICS.							
OBJECTIVES	<ul style="list-style-type: none"> • Getting familiar to the terminology and thmatics of the discipline Play activities; • Knowing the formative valences of the playful motor activity in all forms of teaching; • Knowing and deepening some methodic and practical knowledge necessary to students for acquiring the basic elements of teaching the ludic activities during the physical education class, for sports training, speding of spare time and other forms of organisation; <p>Acquiring the necessary abilities to be a social-cultural animator, free and creative in the play motor area, of the sport for all of us in an organised or not environment.</p>							
GENERAL THEMATIC	The importance and finality of the ludic activities in the curriculum of physical education. The concept of game and its classification; movement games classification; the methodics of learning movement games; the place and importance of the movement games inthe physical education content; the educative character of movement games; the influence of movement games over modelling and multilateral development of child's personality; the contribution of ludic activities in the process of socialisation ; the importance of knowing the morpho-functional particularities (morpho physiological and psichomotive) according to age groups and the influence of movement games on them.							
THEMATIC OF THE SEMINARS / LABORATORY PAPERS	Assimilating the organisation methods of the class; Assimilating some movement games which comprise basic motric habits, aplicative ones, motric qualities; Assimilating some preparing movement games for different areas of sports. Movement games structured on lesson wings.							
METHODS OF TEACHING	Interactive lectures; debating techniques; explanation, demonstration; practice, exercise with different alternatives, group activities,raising problems, learning by cooperation, roleplay, Etc.							
COMPULSORY BIBLIOGRAPHY (SELECTIVE)	<ol style="list-style-type: none"> 1. Chiriță, G., 1983 – Educație prin jocuri de mișcare, Ed. Sport-Turism, București. 2. Fiedler, P., 2003 – Didactica efs, Ed. Fundației Chemarea Iași. 3. Honceriu, C., Massiera, B., Achiței, C., 2005 – 60 de situații sportive și recreative pentru optimizarea echipelor. Editura Universității Sophia Antipolis, Nice, Franța. 4. Rugină, E., 1998 – Activități ludice, curs ID 5. Țicaliuc, E., 1979 – 1001 jocuri pentru copii, Ed. Sport Turism, București. 							
EVALUATION	Conditions	100% Attendance , minimum degree 5 to all practical activities .						
	Criteria	Active participation in the practical activities, original and complete realisation of the methodic portfolio.						
	Forms	Portfolio+final evaluation by practical test.						
	Formula of the finale grade	50% active participation to the lesson+50% the grade for the general assessment.						

* The number of hours for individual activities results from subtracting from 150 h/semester (number of hours equivalent to 5 credits), the total number of hours per semester allocated to the subject (see the previous rubric).

DISCIPLINE CARD

DISCIPLINE TITLE		SPORTS WITH PALLET AND RACQUET: LAWN TENNIS				CODE: SP 3623	
STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)			OP
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE	
C	S					L	Pr.
		14	61	2,5	C		
		ADRIAN COJOCARIU, PhD. LECTURER				PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES		Theory of physical education and sports Anatomy, Biomechanics, Teaching the physical education and sports					
OBJECTIVES	<ul style="list-style-type: none"> • Acquiring the technique and tactics of the game • Learning the notions of regulation • Knowledge of methods of teaching tennis at the beginners • Knowledge of general and specific aspects of the game 						
GENERAL ISSUES							
ISSUES FOR SEMINARIES / LABORATORIES	I. Overview of the game - surfaces, materials. II. Special exercises for warming up and physical preparation III. Technical game of tennis - racket catching, positions and forms of displacement, the ball effects and jumps, forehand, backhand, service, vole and smash IV. Tactics of the game <ul style="list-style-type: none"> • simple game tactics: - fixed phases and their times (service and return of service); alternate game phases and their times; special tactical situations • double game tactics. 						
TEACHING METHODS	Interactive lecture, explanation, demonstration, practice in groups and individual						
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	1. Brown, J. – <i>Tennis – steps to success</i> , Ed. Teora, București, 1997 (in Romanian). 2. Cristea, E.; Năstase, I. – <i>Tennis</i> , 2 nd edition, Ed. Sport-Turism, București, 1979 (in Romanian). 3. Georgescu, Șt. – <i>Lawn Tennis</i> , Ed. Stadion, București, 1974 (in Romanian). 4. Segărceanu, A. – <i>Tennis for children</i> , Ed. Sport-Turism, București, 1989 (in Romanian).						
EVALUATION	Conditions	100% presence in the practical courses At least 5 grade to the assessment during the semester and final exam					
	Criteria	Active participation Abilities and skills for practicing the tennis					
	Forms	Evaluations during the semester + final evaluation					
	Final mark formula	50% - grade for the second assessment during the semester 50% - grade for the final examination					

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	SPORTS WITH THE RACKET: BADMINTON	CODE: SP3628
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STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	DO
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	1		14	136	2.5	C	ROMANINAN

	NAME,SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Asist. univ. Dr. RUS CRISTIAN MIHAIL	PHYSICAL EDUCATION AND SPORT

PREVIOUS GRADUATED DISCIPLINES	ANATOMY, ATHLETISM, GYMNASTICS, PHYSICAL EDUCATION AND SPORTS THEORY
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OBJECTIVES	<ul style="list-style-type: none"> To assimilate the theoretical, methodical and practical knowledge, needed in a good developing of the activities which use badminton. Underlining the advantages of practicing badminton in schools. Gaining the abilities needed in the simple and double badminton game. Knowing the conditions in which a scholar competition may take place.
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GENERAL ISSUES	<ul style="list-style-type: none"> Short historic of the badminton game Regulation notions The badminton game technique The training in badminton Realising the competition charts
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ISSUES FOR SEMINARIES/ LABORATORIES	Fundamentals positions, the movement in the field, the flight of the ball. Exercises for the fundamental position, for the movement in the field. The grip, Exercises with the racket and the badminton ball (butterfly). Forehand. Exercises for learning the forehand move. Backhand. Exercises for learning the backhand move. Team game. Combinations of strokes between three and four players. Simple game. Bilateral double game. Bilateral double mixt game.
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TEACHING METHODS	Explanation, demonstration, practicing, exercise with different variants, group activities, learning through cooperation.
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BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Demeter, Z.,- <i>Badminton</i>, Ed. Stadion, București, 1983. 2. Marcu, V.,- <i>Badminton</i>, Ed. Stadion, București, 1989. 3. Mârza, I.,- <i>Badminton, Note de curs</i>, Univ. Transilvania Braşov, 1991. 4. Şiclovan, I.,- <i>Teoria antrenamentului sportiv</i>, Ed. Stadion, București, 1977. 5. Rus C.M., - <i>Badminton</i>, Analele FEFS Iași 1998. <p>Rus C.M., - <i>Pentru profesorul de educatie fizică și sport. Badmintonul</i>, Ed. „Univ.A.I.I.Cuza” Iași 2008.</p>
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EVALUARE	Conditions	100% presence at the practical tasks Obtaining minimum 5 at each practical probe scheduled
	Criteria	Active and conscious participation al all theoretical and scheduled practical activities. Realization of all practical scheduled activities at the maximum level of possibilities; the progress realized by the student in the technical executions. Individual performance realized at all control probes. Accomplish all the demands that the teacher has.
	Forms	Evaluation during the classes: appreciation of the active participation at the classes, of the progress that the student has made and of the learning the technic executions.
	Final evaluation formula	100% evaluation during the the practical tasks and the scheduled methodic acitivities

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		ETHICS, DEONTOLOGY AND LEGISLATION ELEMENTS IN KINESIOTHERAPY				CODE: ST2411
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)		C
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S					
1	1	28	108	2	E	ROMANIAN
DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	Lect.univ.dr. POPESCU VERONICA				PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES		PEDAGOGY, PSYCHOLOGY, HISTORY, LEGISLATION AND ORGANIZATION IN EFS, THEORETICAL BASES IN KINESIOTHERAPY				
OBJECTIVES	Through studying the theoretical and methodical contents of the course – ethics, deontology and legislation elements in kinesiotherapy, students should be able to: <ul style="list-style-type: none"> • Know the role of education in the ethic and deontological behaviour of the kinesiotherapist; • Be aware of the importance of factors and components which determine education in forming the kinesiotherapist's human personality. • Have moral knowledge – morality – ethics – professional deontology; • Know the moral values and norms which govern the human behaviour from the professional and personal perspective; • Know the current legislation and to be aware of the changes within it; • Know the contents of a deontological code according to the profession; • Know the ethic and deontological rapport between the kinesiotherapist and the patient. 					
GENERAL ISSUES	Conceptual delimitation of the terms professional ethics and deontology, Education phases and its role in contributing to the formation of a profession, Education – the foundation of human behaviour, attitude and decisions, the theory of moral self-determination, The role of awareness in the professional formation, Moral dimension in the professional formation, Moral – morality – ethics – professional deontology, The importance of moral values in the professional relationships, Moral values and personality orientation, Legislative elements in national and international kinesiotherapy					
ISSUES FOR SEMINARS / LABORATORIES	<ul style="list-style-type: none"> • Conceptual delimitation of the terms professional ethics and deontology; • Education – the foundation of human behaviour, attitude and decisions; • Moral education, determining factor in the professional ethics and deontology; • Moral – morality – ethics – professional deontology differences and similitude between concepts; • Importance of moral values in the professional activity; of kinesiotherapists; • Rights and obligations of kinesiotherapist; • Legislative elements in national and international kinesiotherapy 					
TEACHING METHODS	Interactive lecture, discussion techniques, explanation, demonstration, practice, exercise with different variants, group activities, problematics, learning through cooperation, role play, etc.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	39. Albu, G. – <i>Comunicarea interpersonală</i> , Institutul European, 2008 40. Bertrand, C-J. – <i>Deontologia mijloacelor de comunicare</i> , Insitul European, 1997. 41. Bunescu, Gheorghe – „ <i>Scoala și valorile morale. Teorii și practici ale dezvoltării psihosociomorale</i> ”, Editura Didactică și Pedagogică R.A., București, 1998. 42. Cătineanu, T. – <i>Elemente de etică- vol I</i> , , Ed. Dacia, Cluj-Napoca, 1982. 43. Cotoraci, C. – <i>Bioetica</i> , „Vasile Goldiș” University Press, Arad, 2007.					
EVALUATION	Conditions	50% presence at the lecture 100% presence at practical sessions; getting minimum a 5 for all programmed practical tests and methodical activities				
	Criteria	<ul style="list-style-type: none"> • active an aware participation at all programmed theoretical and practical activities; • individual performance at all control trials in comparison with a given reference point; • accomplishing all the tasks given by the discipline holder. 				
	Forms	<ul style="list-style-type: none"> • regular evaluation: appreciating the activism and the progress in acquiring the teaching techniques; • exam through written or oral test. 				
	Final evaluation formula	50% regular evaluation for practical tests and programmed methodical activities; 50% written or oral exam				

* NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE	THEORETICAL BASES OF KINESIOTHERAPY	CODE: ST2348
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STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.	42	94	5	E	ROMANIAN
2	-	1	-					

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Kinesiotherapist Culiceanu Marcel	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	<ul style="list-style-type: none"> - ANATOMY AND BIOMECHANICS - PHYSIOLOGY OF PHYSICAL EXERCISES
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OBJECTIVES	<ul style="list-style-type: none"> • Getting familiarized with the terminology and themes of the discipline “theoretical bases of kinesiotherapy” • Presenting a view upon the human pathology, beneficiary of the mass-kinesio-physiotherapeutic services. • Studying the relations of the locomotive system with the main functions of the organism in normal or pathologic conditions.
GENERAL ISSUES	<ul style="list-style-type: none"> • Studying the notions of hemispherical, kinematic, kinetic, postural, corporal alignment laterality • Classification of the movements of axes and functional plans • Physical exercise – basic means of modern therapy • Primary and secondary kinesiotherapy; possibilities and limits • Basic principles for elaborating the kinesiotherapy treatment plan • The notions of plan, program, treatment lesson and session in the kinesiotherapy practice
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> • Evaluating the mio-neuro-arthro-kinetic functional parameters in laboratory conditions • Practical demonstration of classifying the moves in functional plans; zero position • Studying the concentric and eccentric moves, in the inside and on the outside of the contraction segment • Audit notions. General considerations. Analytical and global motor audit • Psychic, sensitive, social audit • Visits to sanitary unities with beds and ambulatories • Incursion through the kinesiotherapy treatment techniques and methods
TEACHING METHODS	– Interactive lectures, discussions on set themes; studies of clinical cases in sanitary unities; seminars.

FACULTATIVE BIBLIOGRAPHY	<ol style="list-style-type: none"> 1. Albu C., Vlad T., Albu A. – <i>Kinetoterapie activă</i> – Polirom, Iași, 2001 2. Apostol I., Vlad T. – <i>Bazele teoretico – metodice ale kinetoterapiei</i> – Omnia, Iași 1992 3. Plas F., Hagron E. – <i>Kinetoterapie activă</i> – Polirom, Iași, 2001 4. Sbenghie T. – <i>Kinetoterapie profilactică, terapeutică și de recuperare</i> – Ed. Medicală, Buc. 1999 5. Sbenghie T. – <i>Bazele teoretice și practice ale kinetoterapiei</i> – Ed. Medicală, Buc. 1999 6. Vald T., Pendefunda L. – <i>Recuperarera bolnavului hemoplegic adult</i> – Ed. Contact Internațional, Iași, 1992 7. - Vlad T. – <i>Fizioterapie</i> – Ed. Univ. „Al. I. Cuza” Iași, 2003
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EVALUATION	Conditions	50% presence at the course 100% at the seminar
	Criteria	Active and argued participation to the discussions on the course themes and practical practices
	Forms	Regular evaluations + practical evaluation+ final evaluation through written exam
	Final evaluation formula	Final grade: 50% practical evaluation; 50% written exam.

* The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE	KINESIOLOGY TECHNIQUES AND METHODS	CODE: ST2459
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
2	-	2		56	108	3	M	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE Prof. univ. dr. VERONICA BĂLTEANU	DEPARTMENT PHYSICAL EDUCATION AND SPORTS
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PREVIOUS GRADUATED DISCIPLINES	ANATOMY, BIOMECHANICS, THEORETICAL AND METHODOLOGICAL BASES OF KINESIOTHERAPY, KINESIOTHERAPY IN NEUROLOGICAL AFFECTIONS, THE THEORY OF PHYSICAL EDUCATION
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OBJECTIVES	<ul style="list-style-type: none"> • Acquiring the theoretical knowledge of the physical exercise techniques and of the methods used in kinesiotherapy • Knowing the theoretical and methodical particularities of physical exercise as therapeutic means • Forming competence and skills for using the exercises and techniques specific to kinesiotherapy
GENERAL ISSUES	<ul style="list-style-type: none"> • Movement – the basis of kinesiotherapy • Non-kinetic techniques • Kinetic techniques • Manipulations • Special functional exercises and methods in kinesiotherapy • Kinesiology methods
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> • Non-kinetic techniques: posture and immobilization • Learning the passive mobilizations • The technique of manipulating different body segments • Exercises for the progress of the articular mobility • Exercises for the progress of the muscle force • Learning kinesiology methods
TEACHING METHODS	Lectures, visits in care institutions (School I. Holban), practical-methodical lessons for the techniques and methods used during the course (watching tapes)

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Bălteanu V. – <i>Compendiu de Kinetoterapie – tehnici și metode</i>, Ed. Tehnopress, Iași, 2005. 2. Flora D. – <i>Tehnici de bază în kinetoterapie</i>, Ed. Univ. Oradea, 2002. 3. Sbenge T. – <i>Kinetoterapia profilactică, terapeutică și de recuperare</i>, ed. Medicală, București, 1987-1994. 4. Șdic L. – <i>Kinetoterapia în recuperarea algiilor și tulburărilor de statică vertebrală</i>, Ed. Medicală, București, 1982. 5. <i>Encyclopédie Médico Chirurgicale</i> (vol. 3), Editions Techniques France, Paris
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EVALUATION	Conditions	Presence at the course 50%; for practical sessions 100%
	Criteria	Active participation to seminars and practical lessons
	Forms	Exam
	Final evaluation formula	Practical exam – 50 % Written exam – 50 %

* The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE	MASSAGE AND SELF-MASSAGE	CODE: ST2351
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STUDY YEAR	III	SEMESTER	5	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1	-	2	-	42	108	5	P + E	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE Prof. univ. dr. BĂLTEANU VERONICA	DEPARTMENT PHYSICAL EDUCATION AND SPORTS
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PREVIOUS GRADUATED DISCIPLINES	ANATOMY, PHYSIOLOGY
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OBJECTIVES	<ul style="list-style-type: none"> Learning the theoretical notions in practicing the massage Indications and contraindications for the hygiene, therapeutic and sportive massage Forming the ability (handiness) in order to execute to massage Knowing the organization and elaboration of the massage practice
GENERAL ISSUES	<ul style="list-style-type: none"> Describing the main massage maneuvers Describing the auxiliary massage maneuvers The effects of massage upon the organism Self-massage Other proceedings and massage techniques Rules in practicing the massage
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> Learning the massage proceedings from the basic techniques Learning the auxiliary proceedings Learning the self-massage Learning other complementary proceedings
TEACHING METHODS	Lecture, watching tapes, CD Practical-methodical sessions of practicing the massage

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 7. Bălteanu V. – <i>Curs de masaj</i>, Ed. Univ. „A.I.Cuza” Iași, 2001. 8. Barnett L, Chambers M. – <i>Reiki</i> – translation, Ed. Univ. Oradea, 1994. 9. Melc S. – <i>Masajul tălpilor – formă de reflexoterapie</i>, Ed. Medicală, București, 1991. 10. Cordon M. – <i>Masajul – Tehnici și aplicații în sport</i>, Ed. Ministerului Tineretului și Sportului, București, 1992. 11. Drăgan I., Petrescu O. – <i>Masaj – automasaj</i>, Ed. Editis, București, 1993. 12. Ivan Sabin – <i>Presopunctura și alte mijloace naturiste</i>, Ed. RAI, București, 1994.
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EVALUATION	Conditions	50% presence at the course 100% at the seminar
	Criteria	Active participation to practical sessions and elaborating programs for traumatism
	Forms	Exam
	Final evaluation formula	Answers to practical sessions and exam: 50% Written exam: 50%

* The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE	PHYSIOLOGY PATHOLOGYC: PSYCHOMOTRICITY / PSICHOMOTRICITY REEDUCATION	CODE: ST2452
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
1	1	-	-	28	32	2	E	ROMANIAN

	NAME,SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	LECTURER DR. BEATRICE ABALASEI	PHYSICAL EDUCATION AND SPORT

PREVIOUS GRADUATED DISCIPLINES	ANATOMY, PHYSIOLOGY, PSYCHOLOGY
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OBJECTIVES	<ul style="list-style-type: none"> • Introduction to basic knowledges of psychomotricity • General notions about psychomotricity • Acquire the knowledge, skills and driving habits • Programs for psychomotric reeducation.
GENERAL ISSUES	<ul style="list-style-type: none"> • The basic components of psychomotricity • Disorders of psychomotricity • Motric Central Pathology • Organize driving central activity and educational reeducative in psychomotricity • Assessing the potential of the child psychomotric.
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> • Child growth and development-somatic issues • Increased development and child-psychosocial aspects occurrence disorders • Side of the body and its role in the education and reeducation psychomotric • Therapeutic role of the draw • Programs of design education and reeducation psychometric for children
TEACHING METHODS	Explanation, demonstration, exercises with different variations, front work, group activities, movement games, game effectively reduced bilateral 6x6 game, interactive lectures, debate techniques.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. AJURIAGUERRA, J., AUZIAS,M., COUMES, F., și colectivul(1980)- <i>Scrisul copilului</i>, Ed. Didactică și Pedagogică, București. 2. BORGOGNO , ELLETA(1985)-<i>Psihomotricita e terapia psihomotoria</i> , in <i>Tratatto di neurologia riabilitativa</i>, M.M.Formica ,Marrapese Editore , Roma; 3. DEBESSE, M., (1981) – <i>Etapele educației</i>, Ed. Didactică și Pedagogică, București. 4. EPURAN,M ; HOLDEVICII ; TONIȚA,F ;(2001) – <i>Psihologia sportului de performanță. Teorie și practică</i> ; Editura FEST , București ; 5. FORMICA, M., N., (1985) e colab.- <i>Tratatto di neurologia reabilitativa</i> , Marrapese Editore Roma. 6. HORGHIDAN , V.(1997) – <i>Metode de psihodiagnostic</i>, Editura Didactică și pedagogică R.A., București;
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EVALUARE	Conditions	100% attendance in practical work hours, minimum grade 5 in all examinations during the semester, 50% attendance at classes
	Criteria	Active participation, acquiring correct technical procedures, reports on topics agreed with the teacher
	Forms	Duaring evaluation, final evaluation
	Final evaluation formula	50% during the assessment tests, 50% written or oral exam.

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		PATIENT MANIPULATION TECHNIQUES			CODE: ST2367	
STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	Op	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P -during semester , C -colloquium, E -exam, M -mixed	TEACHING LANGUAGE
C	S					
		28	122	2	m	Romanian
DISCIPLINE TITULAR	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	PREP. DRD. CRISTINA ZAHARIA				PHISICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES	ANATOMY, BIOMECHANISC, GENERAL BASIS OF PHYSICALTHERAPY					
OBJECTIVES	<ul style="list-style-type: none"> • Psychical and behavioural training of the patient. • The adaptation of body and segments position for the demands of the therapeutic plan • The assurance of communication and and cooperation between physical therapist and patient during movement therapy 					
GENERAL ISSUES	<ul style="list-style-type: none"> • What are and what values have the manipulations. • The primary ways of applying the manipulations: placement and posturing of patient. • The placement: correct segment mobilization, prevention of vicious positions; achieving the correct representation of the movement; taking notice of patients' reactions during the physical therapeutical actions. Fundamental and derived positions, turns, lifts (elevations), displacement and transfer. • Antalgic, corrective and facilitating postures. • Posturing premises. Posture adoption techniques. Special devices and arrangements. The evaluation of performance residue. 					
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> • Learning the appropriate positioning techniques, according to the therapeutical plan. • The use of turning, elevating, displacement techniques, as well as the transferring from bed to the wheel chair. Ways of applying postures for corrective or facilitating purpose in respiratory neurologic and cardiovascular diseases. 					
TEACHING METHODS	Presentation of images adapted to each structure. Practical actions performed by students that verify the capacity of comprehending each manipulation technique.					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	1. Adrian, Albu, C., Albu, I., Petcu – Asistența în familie persoanei cu deficiență funcțională, Editura Polirom, Iași, 2002. C., Albu, T.L. Vlad, Adrian Albu – Kinetoterapia pasivă, Editura Polirom, Iași, 2003.					
EVALUARE	Conditions	100% attendance to the practical activities				
	Criteria	Laying down a paper that covers the appropriate manipulation technique for certain diseases. Passing practical trials.				
	Forms	Evaluation during practical activities and the paper.				
	Final evaluation formula	50 % practical activities mark + 50 % paper mark.				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER.
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

NAME OF THE DISCIPLINE	CLINICAL OBSERVATION STAGE	CODE: ST 2464
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	2	-	28	122	2	P	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	KT Liliana Chelariu	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	THEORETICAL AND METHODOLOGICAL BASES OF KINESIOTHERAPY, TECHNIQUES OF MANEUVERING THE PATIENT, ELECTROTHERAPY
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OBJECTIVES	<ul style="list-style-type: none"> • Knowing the future working place, the treatment base, the equipment, the interdisciplinary relations, the patient-therapist relationships, the staff of the team with which he cooperates • Getting used to the patient, organizing the working place
GENERAL ISSUES	<ul style="list-style-type: none"> • Learning the general postures in the kinetic work • The general kinetic and non-kinetic techniques • Methods of neuro-proprioceptive facilitation
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> • Visiting the whole recuperative hospital, as well as all the treatment bases • Observing the working techniques with the patients • Knowing the compulsory treatment base for an ideal activity course • The main phases of a kinesiotherapy session
TEACHING METHODS	Explanation, exercise with various variants, groups activities, study case, techniques – discussion, banners, posters, brochures

EVALUATION	Conditions	100% for the seminar minimum 5 for oral examination, regular evaluation, interest level, participating at discussions
	Criteria	Active participation to all the discussions. Capacity to argument through oral exam the knowledge acquired during the semester
	Forms	Regular evaluation + portfolio + final examination through oral exam Methodical portfolio (individual): essay on a theme chosen with the teacher; an example of all the didactic projection documents of the cycle.
	Final evaluation formula	50% active participation 50% oral exam

* The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE		OLYMPISM			CODE: SP 2329	
STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OP	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
1		28	122	2,5	C	romanian
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	LILIANA RADU, LECTURER				<i>PHYSICAL EDUCATION AND SPORTS</i>	
PREVIOUS GRADUATED DISCIPLINES	HISTORY, ORGANIZATION AND LEGISLATION IN PHYSICAL EDUCATION AND SPORT					
OBJECTIVES	By studying the content of Olympism course, the aim is that students should be able: - to acquire the specific terminology, content and meaning of basic concepts of the phenomenon: Olympism, Olympic Movement and Olympic activity: - to acquire the skills necessary to design, organization and conduct activities in a Olympic Group, level children with disabilities - to learn how to promote Olympism, the spirit of fair play, non-violence, anti-doping, to organize at school / college of the actions of the Olympic Week .					
GENERAL ISSUES	Introduction to the history of the Ancient Olympics and Modern Paralympic Games. The Greek miracle and the Olympia Games. Olympic history - from triumph to boycott Olympic. Olympic heroes. The principles of Olympics. Olympic Charter, Olympic spirit, Olympic symbols. Sport Organizations involved in the Olympic Movement and Paralympic Movement. Fair-play or unwritten rule of behavior athletes. Romania at the Olympic Games.					
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> • Ancient Olympic Pentathlon; • Paralympic sports, ceremonies; • Olympic education programs; • Olympic Day in school; • Olympic truce; • Olympic Group. 					
TEACHING METHODS	Lecture, group activities, discussion etc..					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. George, T, Ludu, V. - Olympia, Ed Sport-Turism, București, 1985 2. Pecetel, S. – Antichitatea greco-romană despre sport, Ed Sport Turism, București, 1980 3. Matei, I. – Ramul de măsline al Olimpipei, Ed Albatros, București, 1985 4. Topescu, C. - Fair play, Ed Humanitas, București, 2003 5. Postolache, N. - Olimpismul în istoria civilizațiilor, Ed Saeculum IO, București, 2004 6. Frunteș, R. – Pentatlon olimpic pentru mileniul III, AOR & COR, București, 2003 7. Radu, L. - Olimpism, Casa Editorială Demiurg, Iași, 2008 8. XXX – România la JO, București, 2001 9. www.paralimpics.org 					
EVALUATION	Conditions	50% attendance to class and 100% attendance in practical work				
	Criteria	<ul style="list-style-type: none"> - active participation in practical and theoretical activities scheduled - active participation in realization of the "Be olympic in your school" in collaboration with the Olympic Groupe "Maricica Puică" and " Ion Holban " School - a project study 				
	Forms	<ul style="list-style-type: none"> - during the evaluation: supporting a project to study and involvement in the sporting action of the "Be olympic in your school" - final assessment: assessment of test knowledge 				
	Final evaluation formula	<ul style="list-style-type: none"> 40% support the project study, 20% involvement in the contest "Be olympic in your school" 40% test assessment of knowledge. 				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE				ELEMENTS OF DANCE THERAPY				CODE: ST 2389					
STUDY YEAR		II		SEMESTER		3		DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)		C			
HOURS PER WEEK				HOURS PER SEMESTER		HOURS FOR INDIVIDUAL WORK		CREDITS		EVALUATION P-during semester , C- colloquium, E-exam, M-mixed		TEACHING LANGUAGE	
C	S	L	Pr.										
-	-	1	-	28		108		2,5		C		ROMANIAN	
DISCIPLINE HOLDER		NAME, SURNAME, SCIENTIFIC DEGREE						DEPARTMENT					
		Lect.univ.dr. POPESCU VERONICA						PHYSICAL EDUCATION AND SPORTS					
PREVIOUS GRADUATED DISCIPLINES				THEORY OF PHYSICAL EDUCATION AND SPORTS, GENERAL AND PHYSICAL EFFORT PHYSIOLOGY, HYGIENE, PSYCHOLOGY, RHYTHMIC GYMNASTICS, DANCE. THEORETICAL BASES OF KINESIOTHERAPY									
OBJECTIVES				<p>Through studying the theoretical and methodical contents of the course – therapy through dance, students should be able to:</p> <ul style="list-style-type: none"> • Be aware of the benefice elements of the dance upon the human physiology and psychic ; • Operate with terms from anatomy, physiology, biomechanics, psychology, in order to explain the logic of moves and actions for normal people and people with disabilities; • Know the affections that could be cured or ameliorated through dance; • Know aspects regarding the didactic communication, the forms of language: verbal, nonverbal , • Adapt the dance to the patients affections/deficiencies; • Demonstrate the technical bases of dance and to apply them; • Elaborate adapted structures in order to comply with the specific affections; • Have effective means of communication. 									
GENERAL ISSUES				Short history of dance therapy, General characteristics of dance, Introduction to the therapeutic phenomenon of dancing, Dance therapy – means for relaxing and socialization for people with disabilities, Dance as prophylactic and therapeutic means in school physical education and leisure activities, The benefits of dance therapy, Realizing the communication through dance for people with disabilities, classification of dances according to their effect upon the human physiology and psychic.									
ISSUES FOR SEMINARS / LABORATORIES				<ul style="list-style-type: none"> • Theoretical and practical aspects regarding the methodic of teaching dance elements and their influence upon the human physiology and psychic; • Methods of finding the right dance for certain affections; • Dance as a way to prevent and to treat; • Establishing criteria for sessions according to the specific affections; • Methodical lessons which focus upon teaching dance to people with disabilities; • Passing the control tests by executing certain dance moves. 									
TEACHING METHODS				Interactive lecture, discussion techniques, explanation, demonstration, practice, exercise with different variants, group activities, problematics, learning through cooperation, role play, etc.									
BIBLIOGRAPHY COMPULSORY (SELECTIVE)				<p>44. Caroli, M., Crişan, E., Julea, C. – <i>Gimnastică ritmică-modernă, dans tematic, dans popular</i>, Ed. Emia, Deva, 2002.</p> <p>7. Dobrescu, T. - <i>Expresie corporală, dans și euritmie</i>, Ed. PIM, Iași, 2006.</p> <p>8. Popescu, V – <i>Estetică corporală – dans popular, dans sportiv- curs IFR</i>, Ed. Univ.”Al.I.Cuza”, Iași, 2008.</p> <p>9. Stoenescu, G – <i>Expresie corporală și dans</i>, Ed. Univ. Ecologică, București, 1995.</p> <p>10. Vişan, A – <i>Îndrumar- dans</i>, ANEFS, București, 1997.</p>									
EVALUATION		Conditions		50% presence at the lecture 100% presence at practical sessions;									
		Criteria		<ul style="list-style-type: none"> • getting minimum a 5 for all programmed practical tests and methodical activities • active an aware participation at all programmed theoretical and practical activities; • accomplishing all the tasks given by the discipline holder. 									
		Forms		<ul style="list-style-type: none"> • regular evaluation: appreciating the activism and the progress in acquiring the teaching techniques; • exam through written or oral test. 									
		Final evaluation formula		50% regular evaluation for practical tests and programmed methodical activities; 50% written or oral exam									

* NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE		MANAGEMENT IN KINETOTHERAPY				CODE: SP 2466
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OP
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P -during semester , C -colocvium, E -exam, M -mixt	TEACHING LANGUAGE
C	S					
1		28	122	5	C	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	LILIANA RADU, LECTURER				<i>PHYSICAL EDUCATION AND SPORTS</i>	
PREVIOUS GRADUATED DISCIPLINES						
OBJECTIVES	By studying the course content Management in kinetotherapy, aims that students be able: <ul style="list-style-type: none"> - to know the notions of management and general management in kinetotherapy; - to possess the necessary theoretical knowledge, training, management development and evolution in kinetotherapy; - to know the problems faced in achieving goals; - to develop organizational capacity and leadership; - to be acquainted with the reality in contemporary management kinetotherapy and health system. 					
GENERAL ISSUES	General notions about management: the concept of management, management functions, managers. NGOs (associations and foundations). Management of non-governmental organizations. Management of kinetotherapy activities. Human resources management and interpersonal relationships in kinetotherapy. Business ethics vis-a-vis professional ethics. Insurance system, payment system and services offered in the medical health insurance.					
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> • Resources management in kinetotherapy, pyramid managers, organizational structure; • The organizational culture - case studies; • Management of kinetotherapy lesson. Organization of office kinetotherapy; • Human Resources Management in kinetotherapy; • Volunteering; • Code of Professional Ethics; • Strategic and operational actions required at the central or local management in the strategic plan. 					
TEACHING METHODS	Lecture, group activities, discussion etc..					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	Nica, P. – Managementul firmei, Ed. Condor, Chişinău, 1994 Duma, Odetta – Sănătate publică și management sanitar, Ed. MATRIX ROM, Bucureşti, 2003 Zanoschi, Georgeta - Sănătate publică și management sanitar,, Ed. DAN, Iaşi, 2003 Mitrache, G., Predescu, C. – Managementul stresului în profilaxia bolilor degenerative, Ed. Didactică și Pedagogică, Bucureşti, 2007					
EVALUATION	Conditions	50% attendance to class and 100% attendance at seminar				
	Criteria	Active participation in debates on the topic of lecture and workshop, originality, creativity in addressing the issues imposed. Realization of two study projects / essays.				
	Forms	- during the evaluation: supporting the two projects to study / reports; - final assessment: assessment of test knowledge.				
	Final evaluation formula	60% of study projects, 40% work in the workshop, 20% test for evaluation of knowledge				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	RESEARCH METHODOLOGY AND ELEMENTS OF STATISTICS IN KINETOTHERAPY	CODE: ST 2408
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STUDY YEAR	II	SEMESTER	2	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
1	1	-	-	28	62	3	M	ROMANIAN

DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	CONF. UNIV. DR. CHIRAZI MARIN	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	THEORY OF PHYSICAL TRAINING AND SPORTS, DIDACTICS OF PHYSICAL TRAINING AND SPORTS
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OBJECTIVES	<ul style="list-style-type: none"> • familiarizing the students with the terminology specific to the research activity in the area of kinetotherapy; • creating the skills for using the research methods; • creating the knowledge necessary for drawing up the bachelor's degree (research) thesis; • introduction into the problems of statistics in the area of physical training and sports; creating the skills for using the indicators for statistical processing of the data;
GENERAL ISSUES	<ul style="list-style-type: none"> • presenting the research activity and the main types of research used in the area of kinetotherapy; • presenting and classifying the research methods; <ul style="list-style-type: none"> - observation method – as a method of scientific research; - survey method – as a method of scientific research ; - experimental method; - case study method; • contents and structure of a research thesis; • presentation of the most used statistical indicators; presentation forms of the results.
ISSUES FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> • Observation method • Survey method • Experiment method; • Case study method; • Presentation of the central tendency indicators and their significance; • Presentation of the dispersion indicators and their significance; Presentation methods of the research results.
TEACHING METHODS	Lecture, explanation, demonstration, presentation of documentaries, exercising, exercise with several variants, group activities, learning through cooperation etc.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	1. Epuran, M., - <i>Metodologia cercetării în activitatea corporală</i> , I.N.E.F.S, București, vol. I și II, 1977. 2. Thomas, R. J., Nelson, K., J. - <i>Metodologia cercetării în activitatea fizică</i> , CCPS, București, 1996 Iacob, I., Gheorghiu, C.R., - <i>Elemente de statistică aplicate în educație fizică și sport</i> , Edit. Univ. "Al. I. Cuza", Iași, 1996.
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EVALUARE	Conditions	50% attendance to the theoretical course and 100% attendance to the practical works;
	Criteria	Obtaining minimum grade 5 for each scheduled practical test and the sustained practical activities.
	Forms	Demonstrating the accumulated theoretical knowledge; Fulfilling on a maximum level of possibilities all the tasks established for each practical activity;
	Final evaluation formula	Oral or written exam for the current activity

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	METHODICAL & PRACTICAL BASES OF KINESIOTHERAPY	CODE: ST2448
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1	-	2	-	56	94	2	E	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Kinesiotherapist Culiceanu Marcel	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	– ANATOMY AND BIOMECHANICS; PHYSIOLOGY OF PHYSICAL EXERCISES; THEORETICAL BASES OF KINESIOTHERAPY
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OBJECTIVES	<ul style="list-style-type: none"> • Determining the students to acquire more knowledge, regarding the selection, combination and adaptation of the treatment means and methods, according to the affection and the patient. • Ensuring the capacity to evaluate the functional parts of the patients, upon the affection criterion, beneficiaries of kinesiotherapy. • The technique of mio-neural-artro-kinetic and psychic audits. • Incursion in the possibilities and limits of kinesiotherapy according to the affection, in elaborating the short, medium and long-term diagnoses. • Presenting the vital risk situations in relation to kinesiotherapy. • Discussions upon the plans, programs, lessons and sessions. • Visits to sanitary units with presenting cases, in hospital and ambulatory conditions.
GENERAL ISSUES	
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> • Widening and consolidating the knowledge taught during the class, mostly for practical applications. • Bringing up to date the ethics and professional deontology precepts. • There will be a special focus on preparing the students for functional testing, remaining aptitudes, in relation to the self-serving and movement autonomy.
TEACHING METHODS	Interactive lectures, discussions on set themes; studies of clinical cases in sanitary unities; seminars.

FACULTATIVE BIBLIOGRAPHY	<ol style="list-style-type: none"> 1. Albu C., Vlad T., Albu A. – <i>Kinetoterapia Pasivă</i> – Polirom Iași, 2004. 2. Apostol I., Vlad T. – <i>Bazele teoretico-metodice ale kinetoterapiei</i>, Ed. Omnia, Iași 1992. 3. S Benghe T. – <i>Kinetologie profilactică, terapeutică și de recuperare</i>, Ed. Medicală, Buc. 1987. 4. Plas F., Hagron E. – <i>Kinetoterapie activă</i> – Polirom, Iași, 2003. 5. Vlad T., Pendefunda L. – <i>Recuperarea bolnavului hemiplegic adult</i> – Ed. Contact Internațional, Iași, 1992. 6. Vlad T. – <i>Fiziopatologie</i> – Ed. Univ. „Al. I. Cuza”, Iași, 2003.
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EVALUATION	Conditions	50% presence at the course 100% at the seminar
	Criteria	Active and argued participation to the discussions on the course themes and practical practices
	Forms	Regular evaluations + practical evaluation+ final evaluation through written exam
	Final evaluation formula	Final grade: 50% practical evaluation; 50% written exam.

* The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE	GENERAL PHYSIOLOGY	CODE: ST2355
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STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE	
C	S	L	Pr.						
2	2			56	94	5	E	ROMANIAN	
DISCIPLINE HOLDER		NAME,SURNAME, SCIENTIFIC DEGREE					DEPARTMENT		
		ASSOCIATE PROFESSOR HAGIU BOGDAN-ALEXANDRU					<i>PHYSICAL EDUCATION AND SPORT</i>		

PREVIOUS GRADUATED DISCIPLINES	Anatomy and biomechanics
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OBJECTIVES	<ul style="list-style-type: none"> - Informing students on internal environment, blood, cardio-vascular, respiratory, metabolism, digestion, excretion, endocrine, nervous and muscular physiology - Presentation of physical exercise influence on cardiovascular activity, respiration and striated muscles morphophysiology
GENERAL ISSUES	Physiology of blood <ul style="list-style-type: none"> • Physiology of the cardiovascular system and physiology of breathing • Physiology of metabolisms • Physiology of digestion and excretion • Physiology of endocrine glands • Nervous system physiology and physiology of analyzers • Physiology of muscular system
ISSUES FOR SEMINARIES/ • LABORATORIES	<ul style="list-style-type: none"> • Basic functional structures of the human body • Blood plasma and cells • Morphological changes and biochemical blood products of effort • Manifestations of cardiac activity. Electrocardiogram • Cardiac output and arterial pressure • Cardiovascular adaptation to effort • Volumes and respiratory rates. Spirometry • Calorimetry and energy needs • Thermoregulation • Absorption of food substances and nutritional value of food • Motor function of the nervous system • Morphofunctional differences between smooth, cardiac and striated muscle • The influence of physical exercise on striated muscles morphophysiology • Pupil reflexes and images of Purkinje
TEACHING METHODS	Exposure, discussions of physiological mechanisms

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	1. Hagi B.A., 2006, Fiziologie-metabolism si motricitate, Ed. Pim, Iași. 2. Haulica Ion, Fiziologie, 2007, Ed Medicala, Bucuresti. 3. Course notes
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EVALUATION	Conditions	30% attendance at lecture and 100% attendance at seminar
	Criteria	quality of the interventions in the seminar, essay scoring and marking paper
	Forms	essay in the course of the semester and written exam in the session
	Final mark formula	50% average grade during the semester, 50% examination mark obtained in writing

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	PATHOLOGICAL PHYSIOLOGY	CODE:
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OB
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S	L	Pr.					
1	1	-	-	28		3	E	ROMANIAN
DISCIPLINE HOLDER		NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT		
		ASSOCIATE PROFESSOR HAGIU BOGDAN-ALEXANDRU				<i>PHYSICAL EDUCATION AND SPORT</i>		

PREVIOUS GRADUATED DISCIPLINES	Anatomy and biomechanics, General physiology
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OBJECTIVES	<ul style="list-style-type: none"> - presentation of the main mechanisms involved in the production and evolution of disease - prepare students to address the main theoretical problems that can lead to dysfunction of the neuro-myo-artrokinetic chain
GENERAL ISSUES	<ul style="list-style-type: none"> • Constitution and terrain. Disease. • Shock. Inflammation • Pathophysiology of respiratory and cardiovascular functions • Pathophysiology of the digestive system • Pathophysiology of the endocrine system • Pathophysiology of the nervous system • Pathophysiology of the striat muscle
ISSUES FOR SEMINARIES/ LABORATORIES	<ul style="list-style-type: none"> • Developmental stages of the disease • General adaptation syndrome • Classification and evolution of shock • Syndromes of central and peripheral motor neuron • Bone marrow syndromes • Polymyositis and progresive muscle dystrophy • Myasthenia
TEACHING METHODS	Exposure, discussions of pathophysiological mechanisms

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Sbenghe T. Kinetologie profilactica, terapeutica si de recuperare, Ed Medicala, Bucuresti, 1987 2. Sbenghe T. Recuperarea medicala la domiciliul bolnavului, Ed Medicala, Bucuresti, 1996 3. Nica A. - Compendiu de medicină fizică și recuperare, Ed. Univ. C. Davila, 1998 4. Kiss I. - Fiziokinetoterapia și recuperarea medicală, Ed. Med., 1999 5. Vlad T.- Fiziopatologie, Ed. Univ Al I Cuza, Iași, 2003.
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EVALUATION	Conditions	50% attendance at lecture and 100% attendance at seminar
	Criteria	quality of the interventions in the seminar, marking paper and score essay
	Forms	essay in the course of the semester and written exam in the session
	Final mark formula	50% average grade during the semester, 50% examination mark obtained in writing

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE				BIOMECHANICS				CODE: ST 2328	
STUDY YEAR		SEMESTER		DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)				OB	
HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION		TEACHING LANGUAGE
C	S	L	Pr.				P-during semester , C-colloquium, E-exam, M-mixt		
1	1	-	-	28	122	3	E		ROMANA
DISCIPLINE HOLDER		NAME,SURNAME, SCIENTIFIC DEGREE						DEPARTMENT	
		Prof.univ.dr. Paula Drosescu						PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES				Anatomy, Physiology					
OBJECTIVES		<ul style="list-style-type: none"> - Illustration of biomechanics elements and the way that sport performance can be improved by optimizing its movements - The description and analysis of the main types of humans movements - Explicarea elementelor de Biomecanică și a modului în care se poate îmbunătăți performanța sportivă prin optimizarea mișcărilor acestuia - Descrierea și analiza principalelor tipuri de mișcări pe care le poate realiza omul 							
GENERAL ISSUES		<ul style="list-style-type: none"> - Definition and enumeration of the general principles of biomechanics - Bodys' most important group muscles identiffication - Presentation of internal and external factors on which human movement depends on - Description of articular biomechanics elements - Walking, running, jumping, throwing biomechanics - Definirea și enumerarea principiilor generale ale Biomecanicii - Identificarea pricipalelor grupe musculare ale corpului - Prezentarea factorilor externi și interni de care depinde mișcarea umană - Descrierea elementelor de biomecanică articulară - Biomecanica mersului, alergării, sărituri, aruncări - 							
ISSUES FOR SEMINARIES / LABORATORIES		Seminars resume and expand the concepts presented in the theoretical courses							
TEACHING METHODS		<ul style="list-style-type: none"> - courses delivered in the forms of lectures - discussions on topics decided on in advance - the presentation of the concepts on the human skeleton and on the cast provided by the Faculty - the presentation of drawings and atlases, - cooperative learning 							
BIBLIOGRAPHY COMPULSORY (SELECTIVE)		<ul style="list-style-type: none"> 45. Baciu Clement, Anatomia funcțională și biomecanica, București, Editura Sport-Turism,1977 46. Drosescu Paula, Biomecanica aparatului locomotor, Ed. Tehnopress, 2005 47. Papilian Victor, Anatomia omului, București, Editura All 1992 48. Ranga Viorel, Tratat de anatomie a omului, București, Editura Medicală, 1993 							
EVALUATION		Conditions	50% course attendance, 100% seminar attendance						
		Criteria	- active participation in the seminar activities, the presentation of a project an a topic of choice						
		Forms	Evaluation during the semester (distributive evaluation) + a seminar paper on a topic of choice + final written evaluation						
		Final mark formula	<ul style="list-style-type: none"> - distributive evaluation along the semester + the grade for the project/seminar paper 50% - 50% the final exam 						

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	PRACTICE IN CARE INSTITUTIONS	CODE: ST 2463
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STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	2	-	28	112	3	C	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Kinesiotherapist ROXANA BAICAN	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	ANATOMY, THEORETICAL AND METHODOLOGICAL BASES OF KINESIOTHERAPY; THE THEORY OF PHYSICAL EDUCATION; LEGISLATION, PROFESSIONAL ETHICS AND DEONTOLOGY
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OBJECTIVES	<ul style="list-style-type: none"> • Getting familiarized with the terminology and themes of the discipline “Practice in care institutions”; • Ability to correctly use the curricular documents specific to the practice in a care institution and to project effective activities for the harmonious physical development and for the progress of the motor force during the school years; • Forming the capacity to argue concerning the relation between the physical and psychic progress of the student and the need for specific age-related motor activities; • Acquiring the abilities necessary to elaborate and organize the recovery activity.
GENERAL ISSUES OF THE PRACTICE IN A CARE INSTITUTION	<ul style="list-style-type: none"> • The importance of kinesiotherapy in the child’s development and its functions. The relationship with the other branches; • The tasks and the functioning of such institutions; • The didactic principles and methods of the kinesiotherapy for students; • Diagnosis methods and treatment means; • The influence of physical disabilities upon the student’s organism; • The examination methods: morphological and functional; • Preventing and correcting the physical disabilities of the students; • The system of means used in kinesiotherapy: the game as a form of treatment and its importance in the school kinesiotherapy; • The means used in correcting the physical disabilities. Static and dynamic exercises. • Means and methods associated with medical gymnastics (massaging, fortifying the organism); • Ergotherapy. Auxiliary means for daily activities; • Hygiene and medical care (of the child, the institution, the personnel); • Nutrition and its importance; • The significance and contents of the individual records in kinesiotherapy.
TEACHING METHODS	Interactive lectures, explanation, debate techniques, exercise with different variants, group activities, learning through cooperation, study case, simulation, role play, etc.

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Bălteanu, V., <i>Curs de masaj</i>, Ed. Universității “Alexandru Ioan Cuza”, Iași, 2003. 2. Dumitru, D., <i>Reeducarea funcțională în afecțiunile coloanei vertebrale</i>, Ed. Sport – Turism, București, 1984. 3. Dumitru, D., <i>Ghid de reeducare funcțională</i>, Ed. Sport-Turism, București, 1981. 4. Sbenghe, T., <i>Kinetologia profilactică, terapeutică și de recuperare</i>, Ed. Medicală, București, 1987. 5. Sdic, L., <i>Kinetoterapia în recuperarea algiilor și a tulburărilor de statică vertebrală</i>, Ed. Medicală, București, 1982.
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EVALUATION	Conditions	100 % presence at practice
	Criteria	Active and argued participation at the discussions on the practice themes; doing the applicative exercises proposed within the practice
	Forms	Regular evaluation
	Final evaluation formula	100% active participation at practice

DISCIPLINE CARD

DISCIPLINE TITLE	LEISURE AND OLYMPISM: SPORT FOR ALL	CODE: ST3531
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STUDY YEAR	III	SEMESTER	1	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester, C- colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1	-	1	-	28	122	2,5	C	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE Lect. univ. dr. ȘTIRBU CĂTĂLIN	DEPARTMENT PHYSICAL EDUCATION AND SPORT
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PREVIOUS GRADUATED DISCIPLINES	THEORY OF PHYSICAL EDUCATION AND SPORT
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OBJECTIVES	Organizing physical education and sports activities and make it more attractive to the community, knowing the service offer and programs regarding the activities of a physical education and sport department, as well as the population's independent activities
GENERAL ISSUES	<ul style="list-style-type: none"> Sport for All in Romania. Leisure. Sport and relaxation. Organizational strategies in Sport for All.
ISSUES FOR SEMINARS / LABORATORIES	<ul style="list-style-type: none"> The concept of Sport for All. The service concept. The program concept. The offer. Services and programs offered by a physical education and sport department
TEACHING METHODS	Interactive lectures, explanation, problematics, group activities.

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 6. Irimie, E.- Organizarea timpului elevului. 7. ***Buletine Informative editate de Federația Română Sportul pentru Toți. 8. Oprea, D.- Managementul proiectelor, Iași, 2002. 9. Băiașu, N.; Bîrlea, A.; Magda, S. – Exercițiul fizic pentru toți, Ed. Stadion, București, 1972. 10. Angelescu, C.; Jula, D.; Cetină, I. – Dezvoltarea serviciilor pentru populație și timpul liber, Ed. Politică, București, 1989.
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EVALUATION	Conditions	100% presence at practical sessions
	Criteria	Active participation of the students regarding the established themes
	Forms	Evaluation during the semester + final essay
	Final evaluation formula	50% active participation at the practical sessions, 50% presentation of the essay

* NO. OF HOURS FOR INDIVIDUAL WORK = 90 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits

DISCIPLINE CARD

DISCIPLINE TITLE	COMPLEMENTARY MASSAGE TECHNIQUES	CODE:ST 2385
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STUDY YEAR	II	SEMESTER	3	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1	-	1	-	28	62	2.5	C	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Prof. dr. univ. PAULA DROSESCU	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	ANATOMY, PHYSIOLOGY, PHYSIOPATHOLOGY, MASSAGE TECHNIQUES
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OBJECTIVES	<ul style="list-style-type: none"> • Presenting new notions on massage (different from those presenting during the Massage discipline). • Getting the students familiarized with the complementary massage techniques. • Presenting methods from the alternative medicine that can be associated with the massage or can be used in kinesiotherapy.
GENERAL ISSUES	<ul style="list-style-type: none"> • The influence of massage and self-massage upon the body tissues and organs in association to other naturist therapies. • The principles of pressure points. The principles of yin – yang bipolarity. The law of the 5 elements. • Massage on the Chinese meridians. Presenting the 12 main energetic meridians. • The human energetic system. • Reflexodiagnosis and reflexotherapy. • Massage through Shiatsu and stretching. • Psychic massage and psychic-somatic relaxing techniques in association to naturist therapies. Ayurveda. Do-In massage.
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> • Discussing the means of the influence of massage and self-massage upon the human tissues and organs in association to other naturist. • The significance of breathing for the kinesiotherapist. • Exercising breathing techniques. • General notions of nutrition and personal hygiene necessary to an efficient kinesiotherapist.
TEACHING METHODS	Lectures – theoretical courses, discussions on set themes, presenting the notions on human skeletons and on moulds, presentations on banners, learning through cooperation

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Tudor Sbenghe – <i>Recuperarea medicala a bolnavilor respiratori</i> Ed. Medicala, Bucuresti 1983 2. Tudor Sbenghe – <i>Kinesiologie – Stiinta miscarii</i>, Ed. Medicala, Bucuresti 2002 3. Denis Lambolei – <i>Respira corect si vei fi sanatos</i>, Ed. Teora, 2001 4. Plas F., Hagron E. – <i>Kinetoterapie activa</i>, Ed. Polirom 2001 5. – <i>Medicina Ayurveda</i> – Ed. Teora, 2004
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EVALUATION	Conditions	50% presence at the course, 100% presence at the seminar
	Criteria	Active participation at seminars, elaborating a project at choice
	Forms	Regular evaluation + essay on a chosen theme + final written exam
	Final evaluation formula	50% regular evaluation + grade for the project/essay 50% grade for the final exam

DISCIPLINE CARD

DISCIPLINE TITLE		SPORT FOR HANDICAPED PEOPLE			CODE: SP2484			
STUDY YEAR	II	SEMESTER	4	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OP			
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P -during semester , C -colloquium, E -exam, M -mixed	TEACHING LANGUAGE		
C	S						L	Pr.
1	-	1	-	28	122	5	M	Romanian
DISCIPLINE TITULAR	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT			
	Lect. univ. MIHAI EMANUEL				PHISICAL EDUCATION AND SPORT			
PREVIOUS GRADUATED DISCIPLINES	ANATOMY, GENERAL BASIS OF PHYSICALTHERAPY, SPORTS FOR ALL, GENERAL PHYSIOLOGIE							
OBJECTIVES	<ul style="list-style-type: none"> • Interest awakening for sport activities that involve special needs persons. • Special rules for direct working with persons with disabilities. • Special mobilisation techniques and methods in sportive activities • Practicing physical exercises, fundamental mean with formative-educative character. 							
GENERAL ISSUES	<ul style="list-style-type: none"> • Conceptual delimitations in special pedagogy • Integrarea deficientului în societate ca scop al educației speciale. • Sport for handicapped people. • Helping materials used by special needs persons for practicing sport. 							
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> • The psychological impact of sport practicing for handicapped persons. • Medical and sportive aspects for special needs persons. • Adapted sports and specific regulations. 							
TEACHING METHODS	Lecture, use of audio-video means.							
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Panomaliiov, N.I. - Funcțiile sociale ale culturii fizice și sportului, editura Sport Turism. 2. Păunescu, F., Badea Dincă, N., Stăicuț, E. – Informatizarea societății, editura Științifică și Enciclopedică 1985. 3. Cristina Namțu, Alois Gherguț – Psihopedagogie specială, Editura Polirom, Iași, 2000. 4. Adrian, Albu, Constantin albu – Asistența psihopedagogică și medicală a copilului deficient fizic, Editura Polirom,2000. <p>Ministerul Tineretului și Sportului , FR SH – Buletinul handicap sport, Nr.2, București,1992.</p>							
EVALUARE	Conditions	100% attendance, minimum grade 5 at all verifications during the semester.						
	Criteria	Active participation, interest for the discipline, papers.						
	Forms	Continue evaluation + final evaluation.						
	Final evaluation formula	50% the average of the semester evaluation + 50% the average of the final evaluation						

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	KINESIOTHERAPY IN NEUROLOGICAL AFFECTIONS	COD: ST3568
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STUDY YEAR	III	SEMESTER	5	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
2	-	1	-	42	108	3	E	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	RESIDENT DOCTOR IGNAT BOGDAN	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	Anatomy, general physiology and physiopathology, BTMK
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OBJECTIVES	<ol style="list-style-type: none"> 1. The presentation of the general nosological framework which defines the neurological affection generating the physical deficiencies; <ul style="list-style-type: none"> • Correctly know, evaluate and interpret the prognosis indicators, as well as the limits of possible recovery, according to age, sex, and the evolution of the disease; 2. Acquiring the necessary knowledge at the basis of the recovery program in the nosological casuistic 	
GENERAL ISSUES	<ul style="list-style-type: none"> - The discipline aims at improving the students' knowledge in neurological affections generating the motor deficiencies, all along their course (hospitalization, ambulatory, and domicile), in order to correctly know, evaluate and interpret the indications and contraindications of massage-physiotherapy in these situations; - Neurology as border discipline, recovery possibilities and limits within the neurological affections; - Ethic-pathogenic differentiation in neurological affection generating the motor deficiencies; - Presenting the evolution and recovering the adult hemiplegic adult; - Presenting the evolution and recovering the para and tetraplegic adult; - Presenting the evolution and recovering myopathies degenerative neurological affections 	
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> - Improving the students' knowledge taught during the lectures through presenting clinical cases and the sequential check-up for the patients with disabilities - The practical sessions aim at making the students familiar with the whole pathological palette, generating the motor deficiencies, from the hospitalization until after the acute phase, and then the ambulatory treatment, and also preserving the acquired neural-motor functions. - The students will be part for all the neural-motor activities: clinical exam, neuromuscular testing, elaborating recovery programs, and direct assistance of the neural-motor patient. 	
TEACHING METHODS	Interactive lectures; discussions on set themes, study cases in sanitary units; seminars.	
COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Bădescu, M. – „Fiziopatologie generală”, ediția II, Editura Cantes, Iași, 2000; 2. Cezar, I. – „Ghid de neurologie”, Editura Medicală, București, 1976; 3. Pendefunda, Ghe., colaboratori – „Semiologie neurologică”, Editura Contact Internațional, Iași, 1992; 4. Pendefunda, L. – „Neurologie practică”, Editura Contact Internațional, Iași, 1993; 5. Popa, C. – „Neurologie”, Editura Național, București, 1997; 6. Vlad, T., Pendefunda, L. – „Recuperarea hemiplegicului adult”, Editura Contact Internațional, Iași, 1992; 7. Sbenghe, T. – „Kinetoterapia profilactică, terapeutică și de recuperare”, Editura Medicală, București, 1987. 	
EVALUATION	Conditions	30% presence at the course 100% at the seminar
	Criteria	Active and argued participation to the discussions regarding the medical terminology used in kinesiotherapy
	Forms	Evaluation during the semester
	Final evaluation formula	20% participation during the semester + 30% the quality of the medical terms notebook + 50% final evaluation through written exam

DISCIPLINE CARD

DISCIPLINE TITLE	KINESIOTHERAPY IN THE RHEUMATOLOGIC AFFECTIONS	CODE: ST3669
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STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
2	-	2	-	56	108	5	M	ROMANIA N

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE main kinesiologist GEAMĂN RADU- MIHAI	DEPARTMENT PHYSICAL EDUCATION AND SPORTS
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PREVIOUS GRADUATED DISCIPLINES	ANATOMY AND BIOMECHANICS, PHYSIOLOGY, PHYSIOTHERAPY, BTMK, RHEUMATOLOGY, ORTHOPEDICS
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OBJECTIVES	<ul style="list-style-type: none"> Presenting the rheumatism pathology on affections groups Means of therapeutic interventions in rheumatic affections The role of kinesiotherapy in the treatment of the rheumatic affection General notions regarding the indications and contraindications in kinesiotherapy Acquiring the kinesiotherapy techniques in the rheumatic affection on anatomic sequences
GENERAL ISSUES	<ul style="list-style-type: none"> Basic elements in kinesiotherapy in recuperating the rheumatism affections The articular movements. The articular and muscular audit. The principles of medical physical cultures. Hydro-kinesiotherapy. Medical physical exercises. Kinesiotherapy and recuperating the rheumatic hand. Recovery programs. Kinesiotherapy and recovering the elbow. Recovery programs. Kinesiotherapy in the rheumatic shoulder. Functional recovery programs. Kinesiotherapy in the rheumatic hip. Recovery programs. Kinesiotherapy in the rheumatic knee. Recovery programs. Kinesiotherapy in the rheumatic leg. Recovery programs. Kinesiotherapy in the functional recovery of the inferior cervical spine C3-C7. Recovery programs. Kinesiotherapy in the functional recovery of the dorsal spine. Recovery programs. Kinesiotherapy in the functional recovery of lumbar-sacral spine L4-L5-S1. Recovery programs. Breathing gymnastics in various rheumatic affections. Kinesiotherapy in the spine deviations: kyphosis, scoliosis, lordosis. Recovery programs. Kinesiotherapy, prophylactic physical exercise and sportive games in the recovery of rheumatic affections. Recovery programs.
ISSUES FOR SEMINARS/ LABORATORIES	Testing the students regarding the understanding , perception and interpretation of the theoretical course
TEACHING METHODS	Lectures, explanations, demonstrations, case presentations, radiographies

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Păun Radu – <i>Tratat de medicină internă –reumatologie</i> 2. Eugen D. Popescu – <i>Compendiu de reumatologie</i> 3. Ciobanu, V., Stroescu, I. – <i>Semiologie și diagnostic în reumatologie</i> 4. Zbenghe, T., – <i>Recuperarea medicală la domiciliu</i> 5. Zbenghe, T., – <i>Kinetoterapia profilactică, terapeutică și de recuperare</i> 6. Baci, C., – <i>Kinetoterapia pre și post operatorie</i>
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EVALUATION	Conditions	Presence, active participation
	Criteria	Active participation at discussions
	Forms	Regular and final evaluation
	Final evaluation formula	50% active participation + 50% given grade

DISCIPLINE CARD

DISCIPLINE TITLE	ELECTROTHERAPY	CODE: ST2391
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STUDY YEAR	III	SEMESTER	4	DISCIPLINE STATUS (C-compulsory/ OP -optional/ F -facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1		1	-	28	122	2	Ex.	Romanian

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE Kinesiotherapist Culiceanu Marcel	DEPARTMENT PHYSICAL EDUCATION AND SPORTS
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PREVIOUS GRADUATED DISCIPLINES	ANATOMY, GENERAL PHYSIOLOGY AND PHYSIOPATHOLOGY, BTMK
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OBJECTIVES	<ul style="list-style-type: none"> - The discipline aims at perfecting the students' knowledge in the beneficiary pathology of electrotherapy, the means and methods, the medical indications and contraindications. - Presenting the forms of electric current, as follows: galvanic, low, medium and high frequency, ultrasound therapy, phototherapy and therapy through low frequency frequencies. - Stages and visits to medical units, for practical demonstrations with electrotherapy instruments.
GENERAL ISSUES	<ol style="list-style-type: none"> 1. Physiological bases of electrotherapy: 2. The galvanic current: 3. Low frequency currents: 4. Medium frequency currents: 5. High frequency currents: 6. Ultrasound therapy: 7. Phototherapy and the therapy through low frequency magnetic fields:
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> - Biological actions of the galvanic current, - Physiological effects of the galvanic current, - Iontophoresis and electrolytic dissociation - The biological action of the low frequency currents, - Physiological effects of the low frequency currents, - The technique of applying the low frequency currents, - The exciting-motor therapy, - The biological action of the medium frequency currents, - Physiological effects of the medium frequency currents, - The technique of applying the medium frequency currents, - The biological action of the high frequency currents, - Physiological effects of the high frequency currents, - The technique of applying the high frequency currents,, - The biological action of the ultrasounds, - Physiological effects of the ultrasounds, - The technique of applying the ultrasound therapy, - The physiological bases of the treatments, - Methods of applying the treatment, - The caloric effects of the light, - The therapeutic effects of infrared radiations and ultrasounds, - The effects of applications with low frequency magnetic fields (magnetic diaflux), - Indications and contraindications.
TEACHING METHODS	- interactive lectures; discussions on set themes; case studies in the sanitary unities, seminars.

FACULTATIVE BIBLIOGRAPHY	<ol style="list-style-type: none"> 1. Rădulescu, A. – <i>Electroterapie</i>, Ed. Medicală, București, 1993; 2. ^{xxx} – <i>BTL Ghid pentru electroterapie</i>, București, 2000.
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EVALUATION	Conditions	50% presence at the class 100% at the seminar
	Criteria	Active and argued participation at all the discussions during the lecture and the seminar
	Forms	Regular evaluation + portfolio+ final evaluation through written exam
	Final evaluation formula	Final grade formula: 30% active participation at the seminar; 70% written exam.

DISCIPLINE CARD

DISCIPLINE TITLE	KINESIOTHERAPY IN GERIATRIC AFFECTIONS	CODE: ST3580
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STUDY YEAR	III	SEMESTER	5	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1	1	-	-	28	122	3	M	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE Conf. univ. dr. BĂLTEANU VERONICA	DEPARTMENT PHYSICAL EDUCATION AND SPORTS
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PREVIOUS GRADUATED DISCIPLINES	PHYSIOPATHOLOGY, THEORETICAL AND METHODOLOGICAL BASES OF KINESIOTHERAPY, KT IN NEUROLOGICAL, RHEUMATOLOGIC, ORTHOPEDIC-TRAUMATIC, CARDIOVASCULAR AND RESPIRATORY AFFECTIONS; KINESIOTHERAPY TECHNIQUES AND METHODS
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OBJECTIVES	<ul style="list-style-type: none"> • Acquiring theoretical knowledge regarding the general aspects of the human organism in the older ages • Knowing the pathology specific to old people • Acquiring the knowledge necessary in order to adapt to kinetic program (specific to different types of actions) for older people
GENERAL ISSUES	<ul style="list-style-type: none"> • The ageing phenomenon, theories and aspects of medical research • Risk factors for health • Obesity and health • Prophylactic kinesiotherapy of the ageing process • General principles of the third age kinesiotherapy • Kinesiotherapy in neurological, rheumatologic, orthopedic-traumatic, cardiovascular and respiratory aspects for older people • Aspects related to the medical recovery at domicile
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> • Demographic aspects regarding the ageing of the population inside the country and abroad • Exercises and programs for recuperating the rheumatic affections (arthrosis, arthritis, osteoporosis etc.) • Exercises and programs for the posttraumatic recovery for older people • Exercises and programs for the recovery of the respiratory and cardiovascular affections
TEACHING METHODS	Lectures, visits in care institutions („Sf. Constantin și Elena” Iași Asylum), practical methodical lessons for older people, with the age-specific pathology

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Bălăceanu Stolnici C. – <i>Geriatric practică</i>, Ed. Medicală Amaltea, București, 1998. 2. Hensrud Donald D.– <i>Clinica Mayo, Despre menținerea unei greutăți sănătoase</i>, Ed. All, București, 2002. 3. Lozinca I.– <i>Elemente de patologie a aparatului respirator și recuperarea prin kinetoterapie</i>, Ed. Univ. Oradea, 2002. 4. Plas F., Hagron E. – <i>Kinetoterapie activă</i>, Ed. Polirom, Iași, 2001. 5. Sbenge T.– <i>Recuperarea medicală la domiciliul bolnavului</i>, Ed. Medicală, București, 1996. 6. Sheldon Shelp G.– <i>Clinica Mayo, Despre hipertensiunea arterială</i>, Editura All, București, 2000.
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EVALUATION	Conditions	Presence at the course 50% ; for practical sessions 100%
	Criteria	Active participation at practical lessons and seminars
	Forms	Exam
	Final evaluation formula	Answers to seminars and exams– 60 % Tests along the semester– 40 %

DISCIPLINE CARD

DISCIPLINE TITLE	OCCUPATIONAL THERAPY	COD: ST3553
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STUDY YEAR	III	SEMESTER	5	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1	1	-	-	28	122	2	P + C	ROMÂNIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Conf. univ. dr. BĂLTEANU VERONICA	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	PHYSIOPATHOLOGY, THEORETICAL AND METHODICAL BASES OF KINESIOTHERAPY, GENERAL AND PATHOLOGICAL PSYCHOLOGY, COUNSELLING ELEMENTS
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OBJECTIVES	<ul style="list-style-type: none"> • Preparing the students theoretically and practically in order to know the activity specific to people with disabilities • Knowing the possibility of the activities for people temporarily or definitively discharged from work, with a therapeutic purpose and for familial, social and professional reintegration
GENERAL ISSUES	<ul style="list-style-type: none"> • Occupational therapy and ergotherapy – kinesiotherapy methods • Objectives and effects of occupational therapy and ergotherapy • Occupational therapy and ergotherapy in psychic affections • Work and ergotherapy • Occupational therapy and ergotherapy in recovering old people • Role, place and attributions of the ergotherapist in occupational therapy and ergotherapy
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> • Practical elements of occupational therapy and ergotherapy • Organizing occupational therapy and ergotherapy workshops (visits in school, care and social institutions) • Ergonomic conditions for various activities • Options regarding the activities • Retraining to effort people with various disabilities
TEACHING METHODS	Lectures, visits in school, care and social institutions, practical and methodical sessions for people with disabilities and various affections

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Bălțeanu V. – Terapie ocupațională și ergoterapie, Ed. Technopress, Iași , 2004. 2. Mârza D. – Ergoterapie – note de curs, Ed. Univ. Bacău , 2000. 3. Grandjean E. – Principii de ergonomie, Ed. Științifică, București, 1972. 4. Popescu Al. Alexandru – Terapie ocupațională și ergoterapia, Ed. Medicală, București, 1986. 5. Journal D'Ergothérapie, Ed. Masson, Paris, 1994.
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EVALUATION	Conditions	50% presence at the course 100% at the seminar
	Criteria	Active participation to practical sessions and seminars
	Forms	Exam
	Final evaluation formula	Answers to practical sessions and exam: – 60 % Tests during the semester– 40 %

DISCIPLINE CARD

DISCIPLINE TITLE	KINESIOTHERAPY IN RESPIRATORY AFFECTIONS	CODE: ST 3570
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STUDY YEAR	III	SEMESTER	5	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1	-	1	-	28	132	5	C	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE Kinesiotherapist Semenov Doina	DEPARTMENT PHYSICAL EDUCATION AND SPORTS
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PREVIOUS GRADUATED DISCIPLINES	ANATOMY, PHYSIOLOGY, PHYSIOPATHOLOGY
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OBJECTIVES	<ul style="list-style-type: none"> Presenting the basic notions that the kinesiotherapist that works with a person with respiratory problems should know Presenting the main types of respiratory affections
GENERAL ISSUES	<ul style="list-style-type: none"> Correlation between the right body position and the functioning of the breathing system. Main pulmonary protective mechanisms. Symptoms and functional disorders. Ways of testing the patients with respiratory problems. Medical recovery of patients with obstructive or restrictive ventilation dysfunctions or with mixed ones.
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> Techniques of correct breathing. Postures for relaxing and breathing facilitation. Assisted bronchial drainage. Reeducating the costal, diaphragmatic, hemi-diaphragmatic breathing. The process of recovering the patients with respiratory problems..
TEACHING METHODS	Lectures – theoretical courses, discussions on set themes, presenting the notions on human skeletons and on moulds, presentations on banners, learning through cooperation

COMPULSORY BIBIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Tudor Sbenghe – <i>Recuperarea medicală a bolnavilor respiratori</i> Ed. Medicală, București 1983. 2. Denis Lambolei – <i>Respiră corect și vei fi sănătos</i>, Ed. Teora, 2001. 3. Plas F., Hagron E. – <i>Kinetoterapie activă</i>, Ed. Polirom 2001.
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EVALUATION	Conditions	50% presence at the course, 100% presence at the seminar
	Criteria	Active participation at seminars, doing a project at choice
	Forms	Evaluation along the semester + doing a project on a chosen theme + final written evaluation
	Final evaluation formula	50% evaluation along the semester + the grade of the project / essay 50% grade for final exam

The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE		KINETHOTHERAPY IN ABDOMINAL GYNECOLOGICAL DISEASES					CODE:		
STUDY YEAR		III	SEMESTER		5	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB	
HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION		TEACHING LANGUAGE
C	S	L	Pr.				P-during semester , C-colocvium, E-exam, M-mixt		
1	1	-	-	28	122	5	C		ROMANIAN
DISCIPLINE HOLDER		NAME,SURNAME, SCIENTIFIC DEGREE					DEPARTMENT		
		ASSOCIATE PROFESSOR HAGIU BOGDAN-ALEXANDRU					<i>PHYSICAL EDUCATION AND SPORT</i>		
PREVIOUS GRADUATED DISCIPLINES		ANATOMY, GENERAL PHYSIOLOGY, PATHOLOGICAL PHYSIOLOGY							
OBJECTIVES		<ul style="list-style-type: none"> • Informing students about the kinetoterapeutical methodologies used during pregnancy and postpartum and aimed at preventing or treating complications of pregnancy and birth; • Presentation of kinethotherapy importance in treatment and recovery in some ginecological diseases and abdominal disorders; 							
GENERAL ISSUES		<ul style="list-style-type: none"> • Kinethotherapy during pregnancy; • Kinethotherapy in postpartum period; • Kinethotherapy in pelvic algic syndrome and urinary incontinence; • Kinetoterapie in treating constipation, abdomino-gynecologic cancers and prevention of abdominal hernia 							
ISSUES FOR SEMINARIES / LABORATORIES		<ol style="list-style-type: none"> 6. Kinethotherapy programs indicated in pregnancy 7. Kinethotherapy programs indicated in postpartum period 8. Kinethotherapy programs indicated in pelvic algic syndrome 9. Exercises given in urinary incontinence; 10. Exercises indicated in the treatment of diseases produced by weakening abdominal muscles; 11. Exercises for diaphragm 12. Recovery in abdomino-gynecological cancers; 							
TEACHING METHODS		Interactive lectures, presentation with discussion of their essays, studies of clinical cases							
BIBLIOGRAPHY COMPULSORY (SELECTIVE)		<ol style="list-style-type: none"> 1. Anna Selby - <i>Gimnastica Pilates pentru gravide</i>, 2003. 2. American College of Obstetricians and Gynecologists – <i>Exercises during pregnancy and the postpartum period</i>, ACOG Tehnichal Bulletin, vol. 189, Febr 1994. 3. Grosse D., Sengler J., Jurascheak F. – <i>Incontinence urinaire et kinésithérapie post-partum. Kinésithérapie Scientifique</i>, Paris, 1992. 4. Ionescu A. N. – <i>Gimnastica medicală</i>, ALL, București, 1994. 							
EVALUATION		Conditions	50% attendance at lecture and 100% attendance at seminar						
		Criteria	pesentation of synthetic essays and acquiring concepts taught						
		Forms	notation of essaysand knowledge gained, final paper						
		Final mark formula	50% average grade during the semester, 50% examination mark obtained in writing						

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		KINESIOTHERAPY IN SPECIAL EDUCATION					CODE: ST3587	
STUDY YEAR		III	SEMESTER	5	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)		C	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION	TEACHING LANGUAGE		
C	S						L	Pr.
-	-	1	-	14	136	2.5	C	ROMANIAN
DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE					DEPARTMENT		
	Assoc. Prof. MIHAI GABRIELA					PHYSICAL EDUCATION AND SPORT		
PREVIOUS GRADUATED DISCIPLINES		THEORETICAL BASES OF KINESIOTHERAPY, SPORTS FOR ALL, OLYMPISM, LEGISLATION, ETHICS AND PROFESSIONAL DEONTOLOGY, METHODOLOGICAL-PRACTICAL BASES OF KINESIOTHERAPY, SPORTS FOR PEOPLE WITH DISABILITIES, KINESIOTHERAPY IN DIFFERENT AFFECTIONS.						
OBJECTIVE		<p>At the end of the course, the students will be capable to:</p> <ul style="list-style-type: none"> • Correctly use the basic and specific technical and medical vocabulary within the kinesiotherapy work; • Have the skills and knowledge necessary to elaborate recovery programs for different affections; • Have more knowledge concerning the causes of motor disabilities; • Correctly know, evaluate and interpret the prognosis indicators, as well as the limits of possible recovery, according to age, sex, and the evolution of the disease; • Know how to use the equipment and all the material; 						
GENERAL ISSUES		<ul style="list-style-type: none"> • Preventing and correcting physical flaws through kinesiotherapy; • Correcting the physical disabilities on segments (head and neck, shoulders, blade bones and inferior and superior limbs); • Kinesiotherapy in cardiovascular, respiratory, rheumatologic, orthopedic-traumatic and neurological affections. 						
ISSUES FOR SEMINARS/ LABORATORIES		<ul style="list-style-type: none"> • The somatoscopic exam, the anthropometric exam, identifying and corrections the deficit tendencies of the body; • Correcting the deficiencies of the spine in sagittal plan, such as: kyphosis, scoliosis, lordosis, kyphotic back, plane back; • The deficiencies of the spine in frontal plan: scoliosis in „C”, scoliosis in „S”, professional scoliosis (congenital, rachitic, idiopathic, paralytic); • Head and neck bent forwards, head and neck bent laterally, head and neck bent on one side (torticollis); • Deficient shoulders: up-lifted or dropped, bent forwards or backwards, asymmetry. Blade bones in „wings”; 						
TEACHING METHODS		Explanation, demonstration, exercise, case study, exposition.						
COMPULSORY BIBLIOGRAPHY (SELECTIVELY)		<ol style="list-style-type: none"> 1. Baci, C. – <i>Aparatul locomotor</i>. Editura Medical, Bucureti, 1981. 2. Dumitru, D. – <i>Reeducarea funcional n afeciunile coloanei vertebrale</i>. Editura Sport-Turism, Bucureti, 1984. 3. Marcu, V. – <i>Masaj i kinetoterapie</i>. Editura Sport - Turism, Bucureti, 1984. 4. Obracu, C. – <i>Recuperarea bolnavilor cardiovasculari prin exerciii fizice</i>. Editura Medical, Bucureti, 1986. 						
EVALUATION		Conditions	Presence 100% for practical activities, theoretical knowledge, practical abilities.					
		Criteria	Active participation, discussions upon the given themes, solving cases, elaborating and applying recovery programs for different affections.					
		Forms	Practical evaluation: the student must solve the practical problem + theoretical explanations.					
		Final evaluation formula	50% regular evaluation + 50% final evaluation.					

* The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE	CLINICAL STAGE	CODE: ST 3674
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STUDY YEAR	III	SEMESTER	5	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	2	-	28	122	2	M	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Physio-kinesiotherapist pr. Gațu Carmen	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	HUMAN ANATOMY AND PHYSIOLOGY, THEORETICAL AND METHODOLOGICAL BASES OF KINESIOTHERAPY, MANEUVERING TECHNIQUE OF THE PATIENT, KINESIOLOGY TECHNIQUES AND METHODS
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OBJECTIVES	<ul style="list-style-type: none"> Getting familiarized with the specific terminology Ways of general postures in the kinetic work Correct ability and usage of the handholds and techniques Acquiring the abilities necessary in conceiving and organizing the kinesiotherapy activity
GENERAL ISSUES	<ul style="list-style-type: none"> Learning the general postures in the kinetic work General kinetic and non-kinetic techniques Ways of neuro-proprioceptive facilitation
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> Knowing the general posttraumatic sequela Cricks, contortions, fractures, muscle lesions Recuperation – rehabilitation of the elbow, the shoulder, the neck, the hand, functional reeducation of the prehension, the hip, the knee, ankle and foot, reeducating the walking Kinetic programs for different affections
TEACHING METHODS	<p>Explanation, working under surveillance</p> <p>Working through cooperation, case study</p>

EVALUATION	Conditions	50% presence 50% degree at the seminar (colloquium)
	Criteria	Active participation, discussions upon the given themes
	Forms	Regular evaluation, discussions
	Final evaluation formula	50 % continual evaluation + 50 % regular evaluation

* The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE				SPORTS WITH THE RACKET: BADMINTON				CODE: SP3628					
STUDY YEAR		III		SEMESTER		6		DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)				DO	
HOURS PER WEEK				HOURS PER SEMESTER		HOURS FOR INDIVIDUAL WORK		CREDITS		EVALUATION		TEACHING LANGUAGE	
C	S	L	Pr.							P-during semester , C-colocvium, E-exam, M-mixt			
-	-	1		14		136		2.5		C		ROMANIAN	
				NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT					
				Asist. univ. Dr. RUS CRISTIAN MIHAIL				<i>PHYSICAL EDUCATION AND SPORTS</i>					
PREVIOUS GRADUATED DISCIPLINES				ANATOMY, ATHLETISM, GYMNASTICS, PHYSICAL EDUCATION AND SPORTS THEORY									
OBJECTIVES				<ul style="list-style-type: none"> • To assimilate the theoretical, methodical and practical knowledge, needed in a good developing of the activities which use badminton. • Underlining the advantages of practicing badminton in schools. • Gaining the abilities needed in the simple and double badminton game. • Knowing the conditions in which a scholar competition may take place. 									
GENERAL ISSUES				<ul style="list-style-type: none"> • Short historic of the badminton game • Regulation notions • The badminton game technique • The training in badminton • Realising the competition charts 									
ISSUES FOR SEMINARIES/ LABORATORIES				Fundamentals positions, the movement in the field, the flight of the ball. Exercises for the fundamental position, for the movement in the field. The grip, Exercises with the racket and the badminton ball (butterfly). Forehand. Exercises for learning the forehand move. Backhand. Exercises for learning the backhand move. Team game. Combinations of strokes between three and four players. Simple game. Bilateral double game. Bilateral double mixt game.									
TEACHING METHODS				Explanation, demonstration, practicing, exercise with different variants, group activities, learning through cooperation.									
BIBLIOGRAPHY COMPULSORY (SELECTIVE)				6. Demeter, Z.,- <i>Badminton</i> , Ed. Stadion, București, 1983. 7. Marcu, V.,- <i>Badminton</i> , Ed. Stadion, București, 1989. 8. Mârza, I.,- <i>Badminton, Note de curs</i> , Univ. Transilvania Braşov, 1991. 9. Şiclovan, I.,- <i>Teoria antrenamentului sportiv</i> , Ed. Stadion, București, 1977. 10. Rus C.M., - <i>Badminton</i> , Analele FEFS Iaşi 1998. Rus C.M., - <i>Pentru profesorul de educatie fizică și sport. Badmintonul</i> , Ed. „Univ.Al.I.Cuza” Iaşi 2008.									
EVALUARE				Conditions		100% presence at the practical tasks Obtaining minimum 5 at each practical probe scheduled							
				Criteria		Active and conscious participation al all theoretical and scheduled practical activities. Realization of all practical scheduled activities at the maximum level of possibilities; the progress realized by the student in the technical executions. Individual performance realized at all control probes. Accomplish all the demands that the teacher has.							
				Forms		Evaluation during the classes: appreciation of the active participation at the classes, of the progress that the student has made and of the learning the technic executions.							
				Final evaluation formula		100% evaluation during the the practical tasks and the scheduled methodic activities							

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE SHEET

DISCIPLINE TITLE	KINESIOTHERAPY IN ORTHOPAEDIC- TRAUMATIC AFFECTIONS	COD: ST3662
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STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (C-compulsory /OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
2	-	1	-	42	108	3	E	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE		DEPARTMENT
	PHYSIC-KINESIOTHERAPIST GAȚU CARMEN		PHYSICAL EDUCATIONS AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	HUMAN ANATOMY AND PHYSIOLOGY, THEORETICAL AND METHODOLOGICAL BASES OF KINESIOTHERAPY, TECHNIQUES OF MANEUVERING THE PATIENT, KINESIOLOGY TECHNIQUES AND METHODS
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OBJECTIVES	<ul style="list-style-type: none"> • Getting familiarized with the terminology and themes specific to the discipline: orthopaedics and traumatology • Knowing the types of diseases and their treatment through kinesiotherapy • Applying the methods specific in recovering the orthopaedic traumatic traumatisms • Acquiring abilities in the kinesiotherapy specific to the organization of the activity in orthopaedics
GENERAL ISSUES	<ul style="list-style-type: none"> • Specialized components of the osteo-articular system • The healing process and the failure of bone healing • General considerations in orthopaedic surgery • Elements of traumatic bone pathology • Elements of non-traumatic bone pathology • Elements of traumatic and non-traumatic bone pathology • Treatment principles in fractures • Conservative non-surgical treatment means (orthopaedic and functional in fractures) • Conservative surgical treatment means • Fractures sequelae • Surgical treatment means and principles • Modern means and principles of treatment in orthopaedics
ISSUES FOR SEMINARS / LABORATORIES	<ul style="list-style-type: none"> • Techniques of recovering the hand • Recovering the pre and post immobilization elbow • Functional recovering of the elbow • Techniques of recovering the hip • Techniques of recovering the posttraumatic knee • Functional recovering of articulations and muscles • Re-educating the walk • Combating the pain
TEACHING METHODS	Interactive lectures, group activities, learning through cooperation, study case, explanation, exercises with diverse variants, simulation

BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 1. Baci, Cl.,- „ Aparatul locomotor”. 1981. 2. Botez, P.,- „Chirurgia și protezarea aparatului locomotor” ., 1986, 3. Botez, P.,- „Ortopedia”, 2001. 4. Floareș G., - „Traumatismele osteoarticulare”, 1979. 5. Ermeșan M., - „Actualități despre fracturi”, 1998.
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EVALUATION	Conditions	50% presence at courses 100% presence at practical sessions
	Criteria	Active participation, debates on the themes
	Forms	Evaluation during the semester, debates
	Final evaluation formula	50% grade at the seminar (colloquium) + 50% grade for seminar

DISCIPLINE CARD

DISCIPLINE TITLE	PRACTICE IN THE BALNEARY RESORTS	CODE: ST3675
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STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	2	-	28	122	3	M	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE Main kinesiologist GEAMĂN RADU-MIHAI	DEPARTMENT PHYSICAL EDUCATION AND SPORTS
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PREVIOUS GRADUATED DISCIPLINES	ANATOMY FOR BIOMECHANICS, PHYSIOLOGY AND PHYSIOTHERAPY, BTMK, RHEUMATOLOGY, ORTHOPEDICS
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OBJECTIVES	<ul style="list-style-type: none"> • Treating and ameliorating the acute diseases • Creating a psychic anatomic and functional comfort • Creating a psychic ambient between the therapist and the patient • Being aware of the therapeutic act and the personal hygiene regarding all diagnosed affections
GENERAL ISSUES	<ul style="list-style-type: none"> • The role of treatment in the balneary resorts • Presenting the treatment bases • The circuit within the balneary cure • Hydrotherapy • Electrotherapy • Massage • Kinesiotherapy
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> • Practice for all the compartments taught during the course • Practical testing of the students • Discussions upon improving the recovery and rehabilitation process within a balneary cure
TEACHING METHODS	

COMPULSORY BIBIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Păun Radu – <i>Tratat de medicină internă –reumatologie</i> 2. Eugen D. Popescu – <i>Compendiu de reumatologie</i> 3. Ciobanu, V., Stroescu, I. – <i>Semiologie și diagnostic în reumatologie</i> 4. Zbenghe, T., – <i>Recuperarea medicală la domiciliu</i> 5. Zbenghe, T., – <i>Kinetoterapia profilactică, terapeutică și de recuperare</i> 6. Baci, C., – <i>Kinetoterapia pre și post operatorie</i>
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EVALUATION	Conditions	Presence, active participation
	Criteria	Active participation to discussions
	Forms	Regular and final evaluation
	Final evaluation formula	50% active participation 50% noting

* The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE	KINESIOTHERAPY IN PEDIATRIC AFFECTIONS	CODE: ST 3678
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STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
1	-	1	-	28	108	5	E	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Main kinesiologist ROMAȘCU IOAN	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	B. T. M. K., PHYSIOPATHOLOGY, ANATOMY AND BIOMECHANICS KINESIOTHERAPY IN RHEUMATOLOGY, ORTHOPEDICS AND NEUROLOGY
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OBJECTIVES	<ul style="list-style-type: none"> • Getting familiarized with the discipline themes • Acquiring the general pediatric pathology • Elaborating recovery programs in the pediatric pathology
GENERAL ISSUES	<ul style="list-style-type: none"> • The treatment of the posttraumatic articular pains • Kinesiotherapy in the obstetrical traumatic lesions • Kinesiotherapy in burns, stiff neck, osteomyelitis • Kinesiotherapy in the perthes disease • Kinesiotherapy in the child bone-articular malformations • Infantile neural-motor reeducation • Kinesiotherapy in the breathing system diseases for 0-1 years old
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> • Elaborating the kinesiotherapy program in articular pains • Elaborating the kinesiotherapy program in obstetrical traumatism • Elaborating the recovery program in perthes • Kinesiotherapy program in the congenital awry leg • Kinesiotherapy program in i.m.c. • Kinesiotherapy program in the breathing system diseases for 0-1 years old
TEACHING METHODS	Lectures, explanations, demonstrations, case presentation, iconographies, radiographies

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Goția, Dan, – <i>Chirurgie și ortopedie pediatrică</i>, 1996. 2. Bratu, I. A., – <i>Gimnastică pentru prevenirea și corectarea deficiențelor fizice</i>, Editura Ssport-Turism, 1977. 3. Ionescu, A. N., – <i>Gimnastică medicală</i>, Ed. All, 1994-reprinted. 4. Moțet, D., – <i>Psihopedagogia recuperării handicapurilor motorii</i>, Ed. Humanitas, 2001. 5. Baci, Cl., – <i>Anatomia funcțională a aparatului locomotor</i>, Ed. Med., 1981. 6. Piaget, J., – <i>Psihologia copilului</i>, Ed. București, 1975. 7. Zbenghie, T., – <i>Kineziologie-știința mișcării</i>, Ed. Med., 2002. 8. Mârza, D., – <i>Metode speciale de masaj</i>, Ed. Plumb, 1998.
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EVALUATION	Conditions	Presence, active participation practical sessions
	Criteria	Active participation at discussions on the established themes
	Forms	Regular and final evaluation
	Final evaluation formula	50% active participation + 50% exam

DISCIPLINE CARD

DISCIPLINE TITLE				PHARMACOLOGY				CODE: ST 3576				
STUDY YEAR		III		SEMESTER		5		DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)				OB
HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION				TEACHING LANGUAGE	
C	S	L	Pr.				P-during semester, C-colocvium, E-exam, M-mixt					
1	1	-	-	28	122	2	E				ROMANIAN	
DISCIPLINE HOLDER		NAME,SURNAME, SCIENTIFIC DEGREE						DEPARTMENT				
		ASSOCIATE PROFESSOR HAGIU BOGDAN-ALEXANDRU						<i>PHYSICAL EDUCATION AND SPORT</i>				
PREVIOUS GRADUATED DISCIPLINES				Physiology, Pathophysiology								
OBJECTIVES				<ul style="list-style-type: none"> - Acquisition by students of the general laws of action of pharmacological agents with the structure-action relationships and cause-effect; - Preparing students to assess the effects of drug therapy in conjunction with methods and means of kinetotherapy 								
GENERAL ISSUES				<ul style="list-style-type: none"> • Definition and scope of pharmacology • General medication, antiseptics and disinfectants, antibiotics and chemotherapy, metabolic medication • Cardiovascular medication, respiratory medication, reumathological medication • Neurological and psychotropic medication 								
ISSUES FOR SEMINARIES / LABORATORIES				<ul style="list-style-type: none"> • Treatment protocol (dose, route of administration, duration); • Factors influencing the drug in the body; • Energizants and vitamins; • Correlation between kinetotherapy and medication in patients with neurological diseases; • Correlation between kinetotherapy and medication in patients with cardiovascular diseases; • Correlation between kinetotherapy and medication in patients with respiratory diseases; • Correlation between kinetotherapy and medication in patients with rheumatology disorders; 								
TEACHING METHODS				Interactive lectures, reviews presentation with discussions								
BIBLIOGRAPHY COMPULSORY (SELECTIVE)				<ol style="list-style-type: none"> 1. Ionescu D. G., Jaba I. M., Mungiu O. C. – <i>Compendiu de farmacologie</i>, Editura DAN, Iași, 2001. 2. Hagiu Bogdan-Alexandru – <i>Farmacologie</i>, Editura universitatii « Alexandru Ioan Cuza » Iasi 3. Mungiu O. C. – <i>Farmacologie medicală</i>, UMF “Gr. T. Popa”, Iași, 1977. 4. Stroescu V. – <i>Farmacologie</i>, ediția a V-a, Editura BIC ALL, București, 2002. 								
EVALUATION		Conditions		50% attendance at lecture and 100% attendance at seminar								
		Criteria		Presentation of essays and synthetic ownership concepts taught								
		Forms		Scoring of the essays presented by the student and the knowledge gained, written exam								
		Final mark formula		50% average grade during the semester, 50% examination mark obtained in writing								

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE				PAIN THERAPY				CODE: ST 3583				
STUDY YEAR		III		SEMESTER		5		DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)				OB
HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION				TEACHING LANGUAGE	
C	S	L	Pr.				P-during semester , C-colocvium, E-exam, M-mixt					
1	1	-	-	28	122	3	E				ROMANIAN	
DISCIPLINE HOLDER		NAME,SURNAME, SCIENTIFIC DEGREE						DEPARTMENT				
		ASSOCIATE PROFESSOR HAGIU BOGDAN-ALEXANDRU						<i>PHYSICAL EDUCATION AND SPORT</i>				
PREVIOUS GRADUATED DISCIPLINES				GENERAL PHYSIOLOGY, PATHOLOGICAL PHYSIOLOGY								
OBJECTIVES				<ul style="list-style-type: none"> • students acquire the knowledge of the pharmacological agents used to treat acute and chronic pain; • training students in order to assess the effects of drug therapies in conjunction with kinetotherapeutical methods and means; 								
GENERAL ISSUES				<ul style="list-style-type: none"> • Medication in acute and chronic pain • Visceral pain • Neuronal pain (general and local anesthetic, hypnotics, sedatives and tranquilizers, antidepressants) • Vascular pain • Cancer pain • Pain in rheumatism diseases (analgesics, antipyretics, non-steroidal anti-inflammatory drugs) • Postoperative pain 								
ISSUES FOR SEMINARIES / LABORATORIES				13. Correlation between kinetotherapy and use of non-steroidal anti-inflammatory drugs 14. Correlation between medication and kinetotherapy when using opioids 15. Correlation between kinetotherapy and medication use in the local and general anesthesia 16. Correlation between kinetotherapy and anxiolytic medication 17. Correlation between kinetotherapy and use of miorelaxant drugs 18. Correlation between kinetotherapy and use of antispastic drugs 19. Correlation between kinetotherapy and use of vasodilator drugs								
TEACHING METHODS				Exposure, reviews presentation with discussions								
BIBLIOGRAPHY COMPULSORY (SELECTIVE)				<ul style="list-style-type: none"> - Ionescu D. G., Jaba I. M., Mungiu O. C. – Compendiu de farmacologie, Editura DAN, Iași, 2001. - Mungiu O. C. – Farmacologie medicală, UMF “Gr. T. Popa”, Iași, 1977. - Nica A. - Compendiu de medicină fizică și recuperare, Ed. Univ. C. Davila, 1998. - Proca E., Litarczec G. -Terapia pre- si postoperatorie a bolnavului chirurgical, Tratatul de patologie chirurgicală, Ed. Med., Buc., 1999. - Stroescu V. – Farmacologie, ediția a V-a, Editura BIC ALL, București, 2002. 								
EVALUATION		Conditions		50% attendance at lecture and 100% attendance at seminar								
		Criteria		quality of the interventions in the seminar, essay scoring and marking paper								
		Forms		essay in the course of the semester and written exam in the session								
		Final mark formula		50% average grade during the semester, 50% examination mark obtained in writing								

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
 Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE	KINESIOTHERAPY IN CARDIOVASCULAR AFFECTIONS	CODE: ST 3671
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STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
2	-	1	-	42	122	5	M	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	PROF. DR ION APOSTOL	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	GENERAL PHYSIOLOGY, ERGO-PHYSIOLOGY, HUMAN ANATOMY
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OBJECTIVES	<ul style="list-style-type: none"> Transmitting current scientific information regarding the heart and blood vessel morphological and physiological bases Emphasizing the morphological, biochemical, biophysical and genetic substratum of the normal and pathologic physiological processes for the heart and the blood vessels, taking into account that the cardiovascular system is a complex vascular bio-structure in which matter, energy and information are the main support of the balance the morphological homeostasis and the functional one; Knowing the neural-humoral regulating mechanisms of the physiological processes and their importance in ensuring the normal functioning of the cardiovascular system; Emphasizing the heart and hemodynamic physiological alterations during effort and during the body's adaptation to effort
GENERAL ISSUES	<p>The importance of the morphological and physiological study of the cardiovascular system. The heart and pericardium configuration. The morphology of the heart cavities and their functional compartments. The valve system. Macro and microstructure of the myocardium. The physiology of myocardial contractions. The heart excito-conductor system. The morphological and functional properties of the myocardium: excitability, rhythm, conductibility, contractility, tonicity. Modifications of the heart activity and registering the actions potentials – electrocardiogram. Modifications of the electric potential at effort and in pathologic states. The structure of the vascular tree. Hemodynamic, sanguine speed and debit, its modifications during physical effort. The circulation in the high pressure system. The arterial circulation, the pulse, the blood pressure. The circulation in the vein system, the vein pressure. The pulmonary circulation.</p>
ISSUES FOR SEMINARS/ LABORATORIES	<ul style="list-style-type: none"> Preparing the patient in order to adapt to physical effort. Physical efforts at the patients with ischemic cardiopathy; Effort testing methods for the coronary patients; their physical recovery; Recuperation of the cardiac insufficiency, of the valvular patients, with or without surgery ; Recuperation arteriopathies or vein affections, as well as post heart transplant recuperation.
TEACHING METHODS	Interactive lectures, explanation, group activity ,study case etc.

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Lozincă.Izabela, Gina Heredea, 1999, <i>Kinetoterapia în afecțiuni cardiovasculare</i> 2. Bejan Leond, Făgărășanu Dan, Emilia Bejan,1999, <i>Bazele morfoopatologice ale inimii în practica medico-chirurgicală</i>, Editura ALL, București. 3. Chassignolle J.F., <i>Infarctul în bolile cardiovasculare, prevenire și tratament</i>, Ed. “Compania”, București, 2000. 4. Ciofu E., <i>Fiziologie generală</i>, Ed. Univ. Al.I.Cuza Iași, 2002.
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EVALUATION	Conditions	50% presence at the course 100% presence at the seminar – for the oral examination – minimum 5 for the presentation of the essay
	Criteria	Active and argued participation at discussions on the themes and on the practical applications; original and complete portfolio.
	Forms	Regular evaluation + portfolio +final evaluation through written exam – methodical portfolio (individual): essay on a theme established with the student
	Final evaluation formula	50% participation at practical applications the recovery techniques for the patients + essay; 50% the grade of the final exam

DISCIPLINE CARD

DISCIPLINE TITLE	AMUSING ACTIVITIES FOR CHILDREN WITH DISABILITIES	CODE: ST3533
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STUDY YEAR	III	SEMESTER	5	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	1	-	14	136	2.5	M	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Lect. univ. EMILIA RUGINĂ	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	HISTORY, ORGANIZATION AND LEGISLATION IN EFS, ATHLETICS, GYMNASTICS, HANDBALL, FOOTBALL, BASKETBALL, VOLLEYBALL, EFS DIDACTICS, AEROBIC GYMNASTICS
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OBJECTIVES	<ul style="list-style-type: none"> Getting familiarized with the terminology and themes of the discipline; Knowing the formative valences of the amusing-motor activity in all types of education; Acquiring methodical and practical knowledge necessary to the students in order to get the basic elements for teaching amusing elements during the physical education class for children with disabilities, leisure activities, other forms of organization; Acquiring the abilities necessary for creative and spontaneous social-cultural animators for amusing-motor activities, of sports for all in an organized or non-organized manner.
GENERAL ISSUES	The importance and purpose of amusing activities in the physical education curriculum; Movement games and their main characteristics; classification of movement games; The methodic of learning movement games; The place and importance of movement games during the physical education class – adapted; the educative character of movement games; The influence of movement games upon the multilateral progress of the child’s personality; The contribution of the amusing activities to the socialization of children with disabilities; The importance of knowing the morphological and functional particularities (physiological and motor) on age categories and the influence of movement games upon them.
ISSUES FOR SEMINARS/ LABORATORIES	Acquiring methods of organizing the students; Acquiring movement games that include basic and applicative motor skills, motor qualities; Acquiring preparing movement games for different sports branches; Movement games structured on lesson components – adapted to students with disabilities.
TEACHING METHODS	Explanation, demonstration, problematics, group activities, learning through cooperation, games

COMPULSORY BIBIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Chiriță, Georgeta – <i>Educație prin jocuri de mișcare</i>, Ed. Sport-Turism, București, 1983. 2. Gârleanu, I., Forțu, E. – <i>Exerciții și jocuri pentru însușirea elementelor atletice de către copiii de vârstă școlară</i>, Rev. EFS, nr. 12/1969. 3. Țicaliuc, Eugenia – <i>1001 jocuri pentru copii</i>, Ed. Sport Turism, București, 1979. 4. Fiedler, P. – <i>Didactica efs</i>, Ed. Fundației Chemarea, Iași, 2003. 5. Rugină, Emilia – <i>Activități ludice</i>, curs editat în tehnologia ID, 1998.
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EVALUATION	Conditions	100% presence at practical sessions, minimum 5.00 for practical sessions
	Criteria	Active participation at practical paper classes, original and complete methodical portfolio.
	Forms	Portfolio + final evaluation through practical task. Methodical portfolio (individual): the practical sessions notebook + 1 lesson project with the games specific to all lesson components.
	Final evaluation formula	50% active participation at class + presenting the methodical portfolio; 50% grade for the control task.

DISCIPLINE CARD

DISCIPLINE TITLE	METHODOLOGY OF KINESIOTHERAPY AT DOMICILE	CODE: ST 3588
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STUDY YEAR	III	SEMESTER	4	DISCIPLINE STATUS (C-compulsory/OP-optional/F-facultative)	C
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HOURS PER WEEK				HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION D-during semester, C-colloquium, E-exam, M-mixed	TEACHING LANGUAGE
C	S	L	Pr.					
-	-	1	-	14	46	2.5	C	ROMANIAN

DISCIPLINE HOLDER	NAME, SURNAME, SCIENTIFIC DEGREE	DEPARTMENT
	Prep.univ.drd. Neculaes Marius	PHYSICAL EDUCATION AND SPORTS

PREVIOUS GRADUATED DISCIPLINES	General physiology and physiopathology, K in neurological, posttraumatic, respiratory, cardiovascular, geriatric
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OBJECTIVES	Preparing the students for the kinesiotherapy applications at the patient's domicile. Doing volunteer activities within NGOs.
ISSUES FOR SEMINARS/ LABORATORIES	<ol style="list-style-type: none"> 1. General aspects of kinesiotherapy in our country and abroad (legislative and organizational aspects). 2. Planning the kinesiotherapy activity (the methodic of the general plan) and elaborating programs for different affections. 3. The methodic of recovering the patient, initial, intermediary, final evaluation. 4. Notions of hygiene and organizing the place (the space where the activity takes place) and also cooperating with the patient and his family 5. General aspects of recovering the cardiovascular and respiratory affections at domicile. 6. General aspects of recovering the neurological affections. 7. General aspects of recovering the rheumatologic affections. 8. Methodic aspects of recovering the older people with associated affections.
TEACHING METHODS	Lectures, practical-methodic lessons for the techniques and methods taught (watching tapes)

COMPULSORY BIBLIOGRAPHY (SELECTIVELY)	<ol style="list-style-type: none"> 1. Adrian, Albu, C., Albu, I., Petcu – <i>Asistența în familie a persoanei cu deficiență funcțională</i>, Editura Polirom, Iași, 2002. 2. Fundația de îngrijiri comunitare – <i>Serviciile de îngrijiri la domiciliu – Ghid de practică</i>, Editura Leal, Iași, 1998 3. Sbeneghe Tudor – <i>Recuperarea medicală la domiciliul bolnavului</i>, Editura Medicală, București, 1996 4. Lozincă I, Heredes G – <i>Kinetoterapia în afecțiunile cardiovasculare</i>, Editura Universității din Oradea, 1999
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EVALUATION	Conditions	Presence at practical sessions 100%
	Criteria	Active participation to practical lessons
	Forms	Exam
	Final evaluation formula	Answers at the seminar and exam – 60 % Tests along the semester – 40 %

* The number of hours for individual activities – minus 150 h/semester (number of hours for 5 credits) the total hours per semester allocated to the discipline (see the previous column)

DISCIPLINE CARD

DISCIPLINE TITLE		HYGIENE, FIRST AID AND MEDICAL CHECK-UP				CODE:
STUDY YEAR	II	SEMESTER	II	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)		OB
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P-during semester , C-colocvium, E-exam, M-mixt	TEACHING LANGUAGE
C	S					
2	1	42	108	5	E	ROMANA
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	Prof.univ.dr. Paula Drosescu				INDIVIDUAL SPORTS	
PREVIOUS GRADUATED DISCIPLINES		-Anatomy, Physiology and physiological effort, Physiopathology				
OBJECTIVES	<ul style="list-style-type: none"> - to lay the basis of the students sanitary education - to create correct eating habits in agreement with the daily needs - the possibilities of disease prevention - adjusting physical effort according to the body's possibility to adapt 					
GENERAL ISSUES	<ul style="list-style-type: none"> - The definition, objectives, aim and tasks of the discipline. Alimentary hygiene. - The influence of environment on body growth and development, on the general state of health. - Thermoregulatory mechanisms; strengthening the organism; the hygiene of sports indoors and outdoors grounds. - The athlete's living and training programme. The hygiene odd school and out-of-school activities. - The sport hygiene for junior and senior athletes 					
ISSUES FOR SEMINARIES / LABORATORIES	<ul style="list-style-type: none"> - Prevention of possible accidents within specific activities. - Introducing the manoeuvres necessary in special situations. - The most frequent accidents in physical education: definition, consequences, prevention. - Cardiovascular resuscitation. - Bruises and wounds; sprains; strains; fractures. - Haemostasis 					
TEACHING METHODS	<ul style="list-style-type: none"> - courses delivered in the forms of lectures - discussions on topics decided on in advance - the presentation of the concepts on the human skeleton and on the cast provided by the Faculty - the presentation of drawings and atlases, - cooperative learning 					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<ol style="list-style-type: none"> 4. Drăgan I., <i>Medicină sportivă</i>, București,Editura Sport-Turism,1982 5. Drosescu Paula, <i>Igiena EFS, Noțiuni de prim ajutor</i>, Ed. Venus, 2002 6. Drosescu Paula, <i>Igiena, Controlul medical in EFS</i>, Ed. Tehnopress 2005 					
EVALUATION	Conditions	50% course attendance, 100% seminar attendance				
	Criteria	- active participation in the seminar activities, the presentation of a project an a topic of choice				
	Forms	Evaluation during the semester (distributive evaluation) + a seminar paper on a topic of choice + final written evaluation				
	Final mark formula	<ul style="list-style-type: none"> - distributive evaluation along the semester + the grade for the project/seminar paper 50% - 50% the final exam 				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits.

DISCIPLINE CARD

DISCIPLINE TITLE		SPORTS WITH PALLET AND RACQUET: LAWN TENNIS			CODE: SP 3623	
STUDY YEAR	III	SEMESTER	6	DISCIPLINE STATUS (OB -compulsory / OP -optional/ F -facultative)	OP	
HOURS PER WEEK		HOURS PER SEMESTER	HOURS FOR INDIVIDUAL WORK	CREDITS	EVALUATION P -during semester , C -colocvium, E -exam, M -mixt	TEACHING LANGUAGE
C	S					
		14	61	2,5	C	ROMANIAN
DISCIPLINE HOLDER	NAME,SURNAME, SCIENTIFIC DEGREE				DEPARTMENT	
	ADRIAN COJOCARIU, PhD. LECTURER				PHYSICAL EDUCATION AND SPORT	
PREVIOUS GRADUATED DISCIPLINES	Theory of physical education and sports Anatomy, Biomechanics, Teaching the physical education and sports					
OBJECTIVES	<ul style="list-style-type: none"> • Acquiring the technique and tactics of the game • Learning the notions of regulation • Knowledge of methods of teaching tennis at the beginners • Knowledge of general and specific aspects of the game 					
GENERAL ISSUES						
ISSUES FOR SEMINARIES / LABORATORIES	<p>I. Overview of the game - surfaces, materials.</p> <p>II. Special exercises for warming up and physical preparation</p> <p>III. Technical game of tennis - racket catching, positions and forms of displacement, the ball effects and jumps, forehand, backhand, service, vole and smash</p> <p>IV. Tactics of the game</p> <ul style="list-style-type: none"> • simple game tactics: - fixed phases and their times (service and return of service); alternate game phases and their times; special tactical situations • double game tactics. 					
TEACHING METHODS	Interactive lecture, explanation, demonstration, practice in groups and individual					
BIBLIOGRAPHY COMPULSORY (SELECTIVE)	<p>5. Brown, J. – <i>Tennis – steps to success</i>, Ed. Teora, București, 1997 (in Romanian).</p> <p>6. Cristea, E.; Năstase, I. – <i>Tennis</i>, 2nd edition, Ed. Sport-Turism, București, 1979 (in Romanian).</p> <p>7. Georgescu, Șt. – <i>Lawn Tennis</i>, Ed. Stadion, București, 1974 (in Romanian).</p> <p>8. Segărceanu, A. – <i>Tennis for children</i>, Ed. Sport-Turism, București, 1989 (in Romanian).</p>					
EVALUATION	Conditions	100% presence in the practical courses At least 5 grade to the assessment during the semester and final exam				
	Criteria	Active participation Abilities and skills for practicing the tennis				
	Forms	Evaluations during the semester + final evaluation				
	Final mark formula	50% - grade for the second assessment during the semester 50% - grade for the final examination				

NO. OF HOURS FOR INDIVIDUAL WORK = 150 – NO. OF DISCIPLINE HOURS PER SEMESTER
Where 150 is no. of total hours/semester for 5 credits