BACHELOR DEGREE

SPORTS AND PHYSICAL EDUCATION

1ST YEAR OF STUDY, 1ST SEMESTER

COURSE CODE COURSE TYPE COURSE LEVEL Stock (bachelor's degree) YEAR OF STUDY, SEMESTER NUMBER OF ECTS CREDITS NUMBER OF HOURS PER WEEK NUMBER OF LECTURE HOLDER NAME OF LECTURE HOLDER NAME OF SEMINAR HOLDER VINGUREAN BOGDAN CONSTANTIN NAME OF SEMINAR HOLDER VINGUREAN BOGDAN CONSTANTIN NAME OF SEMINAR HOLDER VINGUREAN BOGDAN CONSTANTIN PREREQUISITES Advanced level of English A GENERAL AND COURSE-SPECIFIC COMPETENCES General competences: → Modular design (Physical and sports education, Sport and motor performance, Kinetotherapy and special motor skills) and planning the basic contents of the field with interdisciplinary orientation → The assessment of physical growth and development and the quality of the motor according to the specific requirements / objectives of the physical and sports education, the attitude towards the independent practice of the physical exercise → Description and demonstration of specific operational systems for physical and sports education, by age groups → Evaluation of the level of training of practitioners of physical education and sports activities Course-specific competences: → CT1. Organization of physical and sports education activities for people of different ages and levels of	COURCE TITLE	COLENTIFIC CHINDAMENTAL C OF CAMES, VOLUEVDALI	
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- Pass with two hands up initiation
- Organization of the three strokes
- Two-handed upper hand initiation
- Organization of the three strokes initiation
- Game with reduced cash 3X3
- · Pass with two upper hands fastening
- Organization of the three strokes fixation
- · Bottom front service initiation
- Game with reduced cash 3X3
- · Bottom front service initiation
- Taking over with two hands of initiation
- Organization of defense
- Game with reduced cash 3X3
- · Lower front service fastening
- Taking over with two hands of initiation
- · Model game with reduced cash 4X4
- Organizing the attack
- Hitting the ball with two lower hands initiation
- Presentation of the model I game (system with zone 6 advanced, lift in zone 3)
- Hitting the ball with two lower hands initiation
- Lifting from zone 3 to zone 4 initiation
- Game 6x6 model I Explanation, demonstration 2 hours
- The top front service initiation
- Take-off with two lower hands initiation
- Game 6x6 model I

F RECOMMENDED READING FOR SEMINARS

- USA Volleyball Volleyball systems and strategies, Human Kinetics, Champaign, United States, 2009, ISBN 0736074953;
- Joel Dearing Volleyball Fundamentals, Human Kinetics, Champaign, United States, 2018, ISBN 1492567299;
- Mike Herbert Thinking Volleyball, Human Kinetics, Champaign, United States, 2013, ISBN 1450442625

G EDUCATION STVLE

LEARNING AND TEACHING METHODS	Interactive lectures, explanation, demonstrations, viewing material and so on
ASSESSMENT METHODS	Practical and teoretical evaluation
LANGUAGE OF INSTRUCTION	English