

BACHELOR DEGREE
PHYSICAL EDUCATION AND SPORTS
3RD YEAR OF STUDY, 2ND SEMESTER

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| COURSE TITLE | THEORY AND PRACTICE OF TEAM SPORTS: RUGBY |
| COURSE CODE | SL1223278 |
| COURSE TYPE | tutorial |
| COURSE LEVEL | 1 st cycle (bachelor's degree) |
| YEAR OF STUDY, SEMESTER | 3 rd year of study, 2 nd semester |
| NUMBER OF ECTS CREDITS | 5 |
| NUMBER OF HOURS PER WEEK | 3 (1 lecture hours + 2 seminar hours) |
| NAME OF LECTURE HOLDER | OPREAN ALEXANDRU |
| NAME OF SEMINAR HOLDER | OPREAN ALEXANDRU |
| PREREQUISITES | Advanced level of English |
| A | GENERAL AND COURSE-SPECIFIC COMPETENCES |
| | <p>General competences:</p> <p>→ Modular design and planning the basic contents of the field with interdisciplinary orientation</p> <p>→ 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</p> <p>Course-specific competences:</p> <p>→ Organization of sport related activities for people of different ages and levels of training under qualified assistance conditions, respecting the rules of professional ethics and deontology</p> <p>→ Fulfillment of efficient and effective work tasks for organizing and conducting sports activities</p> |
| B | LEARNING OUTCOMES |
| | <p>→ Implementation of a system of theoretical and applied knowledge in rugby; in order to be used later in the professional activity of the students.</p> <p>→ Training and learning the basic technical skills of the Rugby game.</p> <p>→ Educate the basic motor qualities through specific means of the game of Rugby.</p> <p>→ Acquiring the educational values of the Rugby game.</p> |
| C | LECTURE CONTENT |
| | <ul style="list-style-type: none"> • Introducere în jocul de rugby • Noțiuni de regulament și arbitraj • Mijloace de acțiune privind tehnica jocului de Rugby - apărarea • Mijloace de acțiune privind tehnica jocului de Rugby - atacul • Mijloace de acțiune privind tactica jocului de Rugby - sistemele de joc; • Mijloace de acțiune privind tactica jocului de Rugby - sistemele de joc; • Deprinderea mijloacelor de pregătire fizică specifică |
| D | RECOMMENDED READING FOR LECTURES |
| | <ul style="list-style-type: none"> • Ben Clarke – “Rugby skills – a complete step-by-step guide” 1995, Pub. Hamlyn, London, 1995; • Derek Robinson – „Rugby: A Player's Guide to the Laws” Pub. Collins Willow, London, 2005; • Jane Liddiard - „Tag Rugby: Everything You Need to Know to Play and Coach” Pub. A&C Black, Leicester, 2006; • Martin Johnson, Howard Johnson – „Rugby Union Manual: The Official Guide to Playing the Game” Pub. Haynes, London 2008; • Rodney Butt – “Rugby Coaching the New Zealand Way” Pub. Icen Books, Auckland, 2001. |
| E | SEMINAR CONTENT |
| | <ul style="list-style-type: none"> • Introducere în jocul de rugby • Mijloace de acțiune privind tehnica jocului de Rugby - apărarea • Mijloace de acțiune privind tactica jocului de Rugby - atacul • Mijloace de acțiune privind tactica jocului de Rugby - sistemele de joc; • Mijloace de acțiune privind tactica jocului de Rugby - apărarea |

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| | <ul style="list-style-type: none"> • Deprinderea mijloacelor de pregătire fizică specifică; |
| F | RECOMMENDED READING FOR SEMINARS |
| | <ul style="list-style-type: none"> • Ben Clarke – “Rugby skills – a complete step-by-step guide” 1995, Pub. Hamlyn, London, 1995; • Derek Robinson – „Rugby: A Player's Guide to the Laws” Pub. Collins Willow, London, 2005; • Jane Liddiard - „Tag Rugby: Everything You Need to Know to Play and Coach” Pub. A&C Black, Leicester, 2006; • Martin Johnson, Howard Johnson – „Rugby Union Manual: The Official Guide to Playing the Game” Pub. Haynes, London 2008; • Rodney Butt – “Rugby Coaching the New Zealand Way” Pub. Iceni Books, Auckland, 2001. |
| G | EDUCATION STYLE |
| LEARNING AND TEACHING METHODS | Interactive lectures, explanation, demonstrations, viewing material and so on |
| ASSESSMENT METHODS | Teoretical evaluation |
| LANGUAGE OF INSTRUCTION | English |