

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 1ST YEAR, 1ST SEMESTER

COURSE TITLE: GENERAL INTRODUCTION ON TRACK AND FIELD
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CODE: D05ESCL103

ECTS CREDITS: 5

COURSE OBJECTIVE(S): The general discipline's objective: acquiring theoretical and practical knowledge related to the practice of track and field. **COURSE CONTENTS:** Course: 1. Introduction to track and field; 2. The subject and problems of the theory and methodology of athletics; 3. General background of athletic evidence technique; 4. Initiation in athletics – running; 5. Initiation in athletics – jumping; 6. Initiation in athletics – throwing; 7. Stages of learning athletic exercises;

8. The typical pattern of learning exercises, running, jumping and throwing. Seminar: 1. Methodology of exercise training in the running school; 2. The methodology of learning exercises in the jumping school; 3. Methods of learning the exercises in the throwing school; 4. Step learning methodology in middle-distance running; 5. Step learning method in sprints and relay running; 6. Long Jump Learning Method with Crumpling and $1\frac{1}{2}$ $\frac{1}{2}$ Steps in Flight; 7. Method of high-jump learning with stepping and ventral rolling; 8. Method of learning how to throw balls and weights.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 1ST YEAR, 1ST SEMESTER

COURSE TITLE: THE SCIENTIFIC FOUNDATIONALS OF GAMES - BASKETBALL

CODE: D05ESCL104

ECTS CREDITS: 5

COURSE OBJECTIVE(S): The course is aimed at students of the first year and supports their understanding of basic concepts of the basketball game. The objectives of the course are: learning the technical elements and individual tactics of attack and defense; training profile best performer of practicing basketball game in regular conditions; developing the capacity to execute and demonstrate the main actions of individual technical-tactical actions in the 1: 1 relationship

COURSE CONTENTS: Course: 1. History and evolution of the game; 2. The constitutive parts of the basketball game; 3. The categorial and terminological system of basketball; 4. Trends of evolution in basketball game; 5. The features of the game; 6. Game and training concept; 7. Description of the basketball game. Basic rules in the practice of the game; 8. Basketball technique in attack; 9. The tactics of basketball game; 10. Rules of the game. Seminar: 1. Learning basic position, change direction and motion into the field; 2. Learning to hold, catch, and take the ball from place, followed by travel; 3. Learning stops and pivoting; 4. Dribbling learning; 5. Learning shooting from the place and jump; 6. Learning shooting from running and from dribbling; 7. Fixing the technical elements acquired in complex and complex structures, playing in half and all over the field in the form of individual tactical attack and defense tactics; 8. Improving technical and tactical actions of individual and collective tactical combinations of attack and defense; 9. Developing the ability to apply technical-tactical knowledge in the game; 10. Basic rules - arbitration.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 1ST YEAR, 1ST SEMESTER

COURSE TITLE:	LEISURE	ACTIVITIES-
ORIENTEERING		

CODE: D05ESCL107

ECTS CREDITS: 3

COURSE OBJECTIVE(S): Acquiring theoretical and practical knowledge related to learning and strengthening the main elements and technical procedures specific to the orienteering discipline, as well as the main regulations in this sport.

COURSE CONTENTS: Course: 1. Main notions in orienteering; 2. Conventional signs on the orienteering map; 3. Notions of planimetry and levelment; 4. Courses of orienteering and age categories; 5. Important aspects of the regulation for orienteering competitions; 6. Working strategies in an orienteering race; 7 . Leading lines and choice of displacement variants between control stations; 8. Means of technical training using compass; 9. The evaluation of the distance to go in the orienteering races and the description control points; 10. Description and classification of orienteering competitions by mode of movement; 11. Description of the type of orienteering races; 12. Classification of national and international orienteering competitions; 13. General physical training tips for beginners; 14. General aspects of technical training for beginner orienteers. Seminar:

1 . The meaning of the colors and the main conventional signs on the orienteering map; 2. Geographical setting of the map; 3. Map setting using the compass; 4. Means of strengthening the technique using the finger compass; 5. Technics and basic strategies in an orienteering race; 6. Running an orienteering race, accompanied by a teacher; 7. Running individually an orienteering race in a park area; 8. Running individually an orienteering race in an urban area; 9. Identification of the attack points in an orienteering race; 10. Running an orienteering race using the back of the control stations; 11. Means of technical training for beginners; 12. Means of physical training for beginners; 13. Running an orienteering course in competition conditions; 14. Participation in an orienteering competition.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Written exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 1ST YEAR, 1ST SEMESTER

COURSE TITLE: THEORY AND PRACTICE OF WINTER SPORTS - SKI

CODE: D05ESCL215

ECTS CREDITS: 3

COURSE OBJECTIVE(S): This ski course is a theoretical support necessary for physical education teachers, students, in order to approach the learning process of alpine skiing, to know the driving systems necessary for the learning and improvement of the basic technical procedures.

COURSE CONTENTS: Course: Winter sports, their appearance and development; The appearance of skiing in Romania; Theoretical, methodological and organizational features of the alpine skiing basic learning process; The basics of the alpine skiing its technique - priority theoretical aspects; Theoretical and technical aspects of cross-country skiing, biathlon and ski jumping; Methodical particularities of alpine skiing in pre-school, gymnasium and high-school; The particularities of ski learning; Conduct rules of a skier on the slope; Measures to avoid accidents. First aid; Choosing, keeping and maintaining the ski materials. The quality of the snow. Seminar: Getting used to skiing. Acquiring basic skills (skiing, climbs, turns); Learning the basic position and the direct descent. Stops; Assimilation of the means of avoidance, successive steps towards the hill, turning to the valley. Adaptation to the crossing of different forms of land; Brakes: side skid brake, oblique skid brake; Learning to bypass the plug; Learning the oblique descent; Learning the bypass to the valley in the plow preceded by the oblique descent. Detour towards the valley with half the plow; Acquiring the bypass to the valley with a hill opening. Application paths

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 1ST YEAR, 2ST SEMESTER

COURSE TITLE: THEORY AND METHODOLOGY OF PHYSICAL EDUCATION AND SPORTS
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CODE: D05ESCL211

ECTS CREDITS: 5

COURSE OBJECTIVE(S): Acquiring the fundamental theoretical-methodological notions and development trends necessary for their proper usage in professional communication and their interdisciplinary correlation for a further satisfactory evolution in the field of study.

COURSE CONTENTS: Course: 1. The goals of physical education and sports; 2. The research methods in physical activities and sports; 3. Fundamental theoretic notions in theory and methodology of physical education and sports: physical development, motor movement; Motor capacity, physical education and sports; 4. The system of the means of physical education and sports; 5. The content of the instructional and educational process of physical education (specific knowledge, somatic and functional parameters, motor qualities); 6. Speed and coordinative capacity: definition, restrictive factors, types, methods of development, means of action and the place and role in lesson; 7. Endurance: definition, restrictive factors, types, methods of development, means of action and the place and role in lesson;

8. Strength: definition, restrictive factors, types, methods of development, means of action and the place and role in lesson; 9. Flexibility: definition, restrictive factors, types, methods of development, means of action and the place and role in lesson;

10. Motor skills; 11. The lesson of physical education and sports - arguments, requirements, structure, training and coaching; 12. The effort in the lesson of physical education and sport: parameters, dosage, leading and determination;

13. Density of the physical education lesson; 14. Training methods. Seminar: 1. Physical education and sports as social activities; 2. Evolution of theoretical thinking in physical education and sports (2 hours); 3. Movement games (2 hours); 4. Forms of organizing the students and methods of organizing the exercises (2 hours); 5. Formulating themes and objectives in motor qualities and developing systems for students (4 hours); 6. Formulating themes and objectives in motor skills of locomotion, handling and stability and developing systems for students (4 hours); 7. Formulating themes and objectives specific motor skills in athletics and developing systems for students (2 hours); 8. Formulating themes and objectives specific motor skills in acrobatic gymnastics and developing systems for students (2 hours); 9. Formulating themes and objectives specific motor skills in sport games and developing systems for students (2 hours); 10. Applying (by groups) a density protocol to a lesson of physical education directly in the pre-university education units (2 hours); 11. Interpretation of the density protocol achieved in school units in pre-university education (2 hours).

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 1ST YEAR, 2ST SEMESTER

COURSE TITLE: SCIENTIFIC FUNDAMENTALS OF FOOTBALL
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CODE: D05ESCL214

ECTS CREDITS: 5

COURSE OBJECTIVE(S): This course addresses first-year-students of Physical Education and Sports Faculty and includes general notions regarding the theory and methodology of teaching the football game, all organized according to teaching the sports training factors (physical, technical, tactical, theoretical, psychological or biological training) both in primary, secondary or high-schools and in the sports clubs with a football profile. There are also notions of recovery after effort injuries suffered by athletes, as football is a sport of contact. The vision promoted by the content - a profound analysis of the concrete mechanisms of approaching football in schools and in the training of performance footballers - is recommended, at the same time offering a useful guide to those who work in football at various levels.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 1ST YEAR, 2ST SEMESTER

COURSE TITLE: THE SCIENTIFIC FUNDAMENTALS OF THE HANDBALL GAME

CODE: D05ESCL213

ECTS CREDITS: 5

COURSE OBJECTIVE(S): The discipline aims to know and use the proper terminology specific to the field and handball in particular, describing and demonstrating the operational systems corresponding to handball. It also seeks to select and develop operational handball specific systems in view of the intended purpose.

COURSE CONTENTS: Course: 1. Historical milestones of handball game development; 2. Handball as a means of physical education and sport; 3. Handball technique. Individual actions; 4. Tactics of handball; 5. Collective actions in attack; attack in system; 6. Collective defense actions; the game in system; 7. Defense system 6: 0; 8. Handball game regulation; 9. Phase I and Phase III of the attack - Counterattack and organization of the game; 10. Phase II of the attack - sustained counterattack; 11. Concept of playing and training in handball; 12. Concept of playing and training in handball; 13. Characteristics of the effort in the handball game. Contribution of the game to the development of specific motor skills; 14. The internal competition system and the rules for the organization of competitions Seminar: 1. The fundamental position for attack and defense. Movement in the field; 2. Holding, catching and passing the ball; 3. Dribbling, fence and misleading movements; 4. Throwing in the added, crossed and jump step; 5. Removing the ball from the opponent. Blocking throws. Attacking the opponent in possession of the ball; 6. Goalkeeper technique; 7. Phase II of the attack - sustained counterattack; 8. Phase II of the attack - sustained counterattack; 9. Phase IV of the attack - Game in the system; 10. Attack system with a pivot and two pivots; 11. Bringing the ball into successive advancement. The passes of hiring semicircle players; 12. Crossing. Firewall. Blocking and leaving the block; 13. Replenishment in defense. Taking over, teaching and exchanging people in defense; 14. Defense system 6 + 0.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 2ST YEAR, 1ST SEMESTER

COURSE TITLE: THEORY AND PRACTICE OF TRACK AND FIELD

CODE: D05ESCL316

ECTS CREDITS: 5

COURSE OBJECTIVE(S): Acquiring theoretical and practical knowledge of practicing athletic sports

COURSE CONTENTS: Course: 1. General background of treadmill technique; 2. Technique and methodology of middle-distance running, long- distance running; 3. Technique and method of sprints; 4. Relay Running Technique and Methodology; 5. Technique and method of hurdles; 6. General Basics of Jumping Techniques; 7. Technique and method of jumping in 1½ ½ steps in flight; 8. Technique and method of high jump with ventral rolling; 9. General basics of throwing techniques; 10. Technique and method of throwing the ounce ball; 11. Technique and method of throwing weight. Seminar: 1. Step learning method in sprints; 2. Method of jumping learning in 1½ and 1½-in-flight increments; 3. The method of learning to hurdles; 4. Relay Run Learning Methodology; 5. Weight lifting learning methodology; 6. Method of height-jump learning with ventral roll.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 2ST YEAR, 1ST SEMESTER

COURSE TITLE: THEORY AND PRACTICE IN GYMNASTICS - RYTHMIC GYMNASTICS

CODE: D05ESCL317

ECTS CREDITS: 5

COURSE OBJECTIVE(S): Forming skills to apply the rhythmic gymnastics content according to the physical education curricula. Developing posture and confident body movement, enhancing coordination and agility, increasing flexibility and strength for students from different levels using specific apparatus and music.

COURSE CONTENTS: 1. Brief history and aspects of the modern rhythmic gymnastics' evolution. Object of the theory and methodology of rhythmic gymnastics; 2. Definition, characteristics, particularities, tasks, branches of rhythmic gymnastics in the system of physical education and sports; 3. Basic Body Preparation. Theoretical and methodological notions of aesthetic movements; 4. Body skills - features, execution characteristics, systematization; 5. The motor content of rhythmic gymnastics: variations of rhythmic and dance steps (definition, systematization, technical characteristics); 6. Conducted actions technique (systematization, characteristics); 7. Technique of inertial movements (definition, systematization, technical characteristics); 8. The technique of balance elements (definition, systematization, basic mechanism, balance school). 9. Artistic jumps and turns; 10. Specific apparatus used in rhythmic gymnastics (Rope, hoop, ball, clubs, ribbon); 11. Basic rules for the composition of the exercises as a whole; Scoring Code Provisions in Rhythmic Performance Gymnastics.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 2ST YEAR, 1ST SEMESTER

COURSE TITLE: HANDBALL TEACHING METHODOLOGY IN SCHOOL
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CODE: D05ESCL319

ECTS CREDITS: 5

COURSE OBJECTIVE(S): The general objective of the discipline is training students on how to teach handball in schools in accordance with the provisions of the framework objectives of physical education and with the provisions of the curriculum and the curriculum theory.

COURSE CONTENTS: Course: 1. Handball as a means of physical school education; 2. Methodology of teaching individual technical tactics; 3. Methodology of teaching techniques and techniques for attack game; 4. Counterattack and sustained counterattack; 5. Methodology of teaching techniques and techniques for attack game; 6. Organizing the attack, attacking the system; 7. Methodology of teaching technical elements for defense. Defense 6: 0 and 5: 1; 8. Methodology of teaching throws at the cross-linked, cross-jump and jump; 9. Methodology of Teaching the Phase I and Phase III of the Defense - Reploding and Organizing the Defense; 10. Methodology of teaching the technical elements and techniques specific to the goalkeeper's game; 11. Methodology of training the representative school team; 12. Organization of the handball base of performance;

13. Arbitration and organization of matches; 14. Methodology of delivering specific items and procedures to portals. Seminar: 1. The fundamental position for attack and defense. Movement in the field; 2. Holding, catching and bouncing the ball; 3. Dribbling, slopes and misleading movements; 4. Throwing in the added, crossed and jump step; 5. Removing the ball from the opponent. Blocking throws. Attacking the opponent in possession of the ball; 6. The goalkeeper's game; 7. Phase I of the attack – Counterattack; 8. Phase II of the attack - sustained counterattack; 9. Phase IV of the attack – system game; 10. Attack system with a pivot and two pivots; 11. Bringing the ball into a squalid penetration. The passes of hiring semicircle players; 12. Crossing. Firewall. Blocking and leaving the lock; 13. Replenishment in defense. Taking over, teaching and exchanging people in defense; 14. Defense system 6: 0, 5: 1.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 2ST YEAR, 1ST SEMESTER

COURSE TITLE: THE METHODOLOGY OF TEACHING GYMNASTICS IN SCHOOL

CODE: D05ESCL320

ECTS CREDITS: 5

COURSE OBJECTIVE(S): Forming skills to apply the gymnastics content according to the expected goals in relation to the goal pursued.

COURSE CONTENTS: Course: Content components of gymnastics as defining elements of educational goal; The organisation of gymnastics content by the curriculum; The requirements of school schedule in order to realize the gymnastics content; Operational systems of learning specific to gymnastics, found in the structure of the physical education lesson; Methodical priorities in teaching school gymnastics; The place, the role and the method of teaching front and formations exercises; The human motricity and the laws of motor movements; The place, the role and the method of teaching the exercises of general physical development; The method of teaching acrobatic exercises; The method of teaching pole vaults. Seminar: The method of teaching front and formations exercises; The method of teaching exercises of general physical development – cane and rope; The method of teaching exercises of general physical development – ball and hoop; The method of teaching exercises of general physical development – gymnastics bench and the fixed ladder; The method of teaching exercises of general physical development – dumbbells and medical balls; The method of teaching acrobatic exercises; The method of teaching bounces with support; The composition of the applicative route and the relay with applicative-useful skills; The leading of some curricular sequence with a given theme.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 2ST YEAR, 1ST SEMESTER

COURSE TITLE: THEORY AND PRACTICE IN SPORTING BRANCHES - BODYBUILDING
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CODE: D05ESCL322

ECTS CREDITS: 3

COURSE OBJECTIVE(S): Acquiring theoretical and practical knowledge about practicing bodybuilding

COURSE CONTENTS: Course: 1. A brief history of bodybuilding activities; 2. Force with specific purpose; 3. Intensity of strength training; 4. The principles of modern sports training in bodybuilding for beginners; 5. Principles of modern sports training in bodybuilding for intermediaries; 6. Principles of modern sports training in advanced bodybuilding; 7. Competition rules and rules for the design of bodybuilding programs. Seminar: 1. Specific exercises to accommodate bodybuilding activities for all; 2. Methodology of learning the execution of exercises for the development of different muscle groups for beginners; 3. Methodology of learning the execution of exercises for the development of different muscle groups for those with medium stage somatic. development0.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Written exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 2ST YEAR, 2ST SEMESTER

COURSE TITLE: METHODOLOGY OF TEACHING ATHLETICS IN SCHOOL
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CODE: D05ESCL425

ECTS CREDITS: 4

COURSE OBJECTIVE(S): Acquiring theoretical and practical knowledge of practicing athletics in school

COURSE CONTENTS: Course: 1. Athletics in Physical Education and Sports Lesson – General notions, Features, etc; 2. Athletics in pre-school cycle; 3. Primary cycle athletics (grades 1 to 4); 4. Athletics in the gymnasium cycle (grades 5 - 8); 5. Means of athletics and preparation of the representative sports school team; 6. Organizing a sports competition for athletics; 7. Athletic effort - a milestone in teaching lessons with specific themes;

8. Evaluation in school athletics. Seminar: 1. Teaching athletics in the form of games and exercises for preschoolers; 2. Methodology of learning exercises, jumping and throwing according to the school curriculum for grades 1 -4; 3. Games and competitions for class; 4. Methodology of learning exercises, jumping and throwing according to the school curriculum for grades 5 – 8; 5. Games and contests, regulations (grades 5 - 8); 6. Assessment of practical and practical knowledge

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 2ST YEAR, 2ST SEMESTER

COURSE TITLE: FOOTBALL TEACHING METHODOLOGY IN SCHOOL
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CODE: D05ESCL426

ECTS CREDITS: 4

COURSE OBJECTIVE(S): This course, which is mainly didactical, addresses Physical Education and Sports students as future physical education teachers and coaches involved in training and preparing children and juniors for performance football. The content of the course contains benchmarks and assessments for coaches working with seniors, offering solutions for increased performance. The course includes data on the history of national and international football game and the basic concepts of the football game regulations, while systematizing the technique of the game by the theoretical and scientific approach of the technical elements of the game. Also, it contains basic concepts of approaching game tactics, a necessary guide for participation in the primary, secondary and high-school competitions.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 2ST YEAR, 2ST SEMESTER

COURSE TITLE: BASKETBALL TEACHING METHODOLOGY IN SCHOOL
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CODE: D05ESCL427

ECTS CREDITS: 4

COURSE OBJECTIVE(S): It addresses to the students of physical education and sports and includes the most appropriate ways, methods and means of teaching basketball in school. Competences: Defining and using appropriate terminology specific to the area and specialization; Selection and development of basic basketball operating systems in view of the intended purpose; Applying techniques and methods of assessing the results of evaluation of physical education lessons. Objectives: Capacity of using specific methodology means learning technical and tactical action elements; Training profile best performer of practicing basketball game in regular conditions; Training basketball skills in accordance with the requirements of the program.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 2ST YEAR, 2ST SEMESTER

COURSE TITLE: THEORY AND PRACTICE IN GYMNASTICS - ARTISTIC GYMNASTICS
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CODE: D05ESCL428

ECTS CREDITS: 4

COURSE OBJECTIVE(S): Forming skills to apply the artistic gymnastics content according to the expected goals in relation to the goal pursued.

COURSE CONTENTS: Course: Romanian contributions to the development of the international artistic gymnastics; Modern trends in artistic gymnastics' development as sporting branch of performance; The relationship between The Score Code's foresights and the workout content in artistic gymnastics; The technical content in artistic gymnastics. Requirements of making contest programs; The method of teaching specific elements; The contest organisation and notions of arbitration; Programming and planning the content of the artistic gymnastics. Seminar: Disciplines' requirements for practical activities; The technique and method of ground exercises; The technique and method of bounces; The technique and method of ground exercises with support; The technique and method of exercises at the beam and pommel horse; The technique and method of exercises at the unequal parallel bars and fixed bar; The technique and method of exercises at the equal parallel bars and the rings; Specific physical training programs; Consolidation of the machine exercises. Evaluation.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 2ST YEAR, 2ST SEMESTER

COURSE TITLE: APPLIED MANAGEMENT IN PHYSICAL EDUCATION AND SPORTS
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CODE: D05ESCL432

ECTS CREDITS: 3

COURSE OBJECTIVE(S): The general objective of this discipline is to familiarize students with the main concepts and practices of Management applied in physical education and sports.

COURSE CONTENTS: Course: The evolution of managerial thinking; Processes and management relationships; The system approach to the management process; Functions of the management process: The forecast; Management Process Functions: Organizing; Management Process Functions: Coordination; Functions of the management process: Training; Functions of the management process: Control-evaluation; Models of management analysis; Structural organization; Decision-making process; General management methods. Methods of management based on information and communication technology; Management techniques; Managers of sports organizations. Seminar: Factors that determined the development of management theories; Management and leadership; Processes and management relationships; Functions of the management process; Components of structural organization; Contingency factors of the structural organization; Organizational structure of the enterprise; The process of delegating authority; The human element in the organizational structure; Simple structure; mechanic bureaucracy; Professional bureaucracy; Divisive structure; Adhocracy; Missionary organization; Information system; Methodology of elaboration and improvement of managerial information system; Dashboard; Managerial Communication; Decision and its elements; Information and decision; Managers as decision makers; Types of decisions; Structure of the decision-making process; Methods and models for optimizing decisions; Elaboration of group decisions; General management methods; Management methods based on Information and Communication Technology; Management techniques

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Written exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 3ST YEAR, 1ST SEMESTER

COURSE TITLE: THEORY AND PRACTICE IN GYMNASTICS - ACROBATICS

CODE: D05ESCL644

ECTS CREDITS: 3

COURSE OBJECTIVE(S): Forming skills to apply the acrobatic gymnastics content according to the expected goals in relation to the goal pursued.

COURSE CONTENTS: Course: The history and the characteristics of acrobatic gymnastics; Notions about terminology specific to acrobatic gymnastics; The structure and the composition of the exercises; The technical aspects of acrobatic exercises; The acrobatic static basic elements; The acrobatic dynamic basic elements; Methodical aspects considering the achievement of technical basic notions of acrobatic elements. Seminar: The organization of the collective and the adduction of terminological basic notions; The acrobatic static basic elements; The acrobatic dynamic basic elements; Basic combinations; Constructions in 2, 3, 4 performers; Techniques of assurance and help in acrobatic gymnastics; Evaluation.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Written exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 3ST YEAR, 1ST SEMESTER

COURSE TITLE: ADAPTED PHYSICAL ACTIVITIES

CODE: D05ESCL643

ECTS CREDITS: 4

COURSE OBJECTIVE(S): Acquiring knowledge on how to use specific content of different sports branches in the rehabilitation and social integration of people with disabilities, but also making use of specific programs of adapted sports - aimed at maximizing the existing potential - for participating in specific competitions.

COURSE CONTENTS: Course: Adapted physical activities – field. Perspectives; Objectives and particularities of motor learning for people with disabilities; Adapted physical activities for deaf people: development characteristics and objectives. Specific competitive system; Adapted physical activities for people with visual impairments: development characteristics and objectives. Specific competitive system; Adapted physical activities for people with intellectual disabilities: development characteristics and objectives. Specific competitive system; Adapted physical activities for people with motor disorder and other special conditions: development characteristics and objectives; Specific competitive system. Seminar: Adapted physical activities for deaf people: content of adapted activities. Practical application; Adapted physical activities for people with visual impairments: content of adapted activities. Practical application; Adapted physical activities for people with intellectual disabilities: content of adapted activities. Practical application; Adapted physical activities for people with motor disorder and other special conditions: content of adapted activities. Practical application; Creating and applying instructional strategies for adapted physical activities - based on the type of disability, level of motor skills, and level of competition. Case study..

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 3ST YEAR, 1ST SEMESTER

COURSE TITLE: GENERAL KNOWLEDGE OF SPORTS TRAINING

CODE: D05ESCL103

ECTS CREDITS: 3

COURSE OBJECTIVE(S): This course aims at familiarizing students with aspects of sports training as a complex process for adapting athletes's body to competition demands. It includes the guidelines that the coach must know in order to conduct scientifically the sports training of the athlete's body. Pedagogical, biological and psychological principles, requirements and rules are presented, all these creating an original normative framework, implemented in long and short programmes, a process developed on the basis of training and performance objectives, which are components of managerial projects. The content of the paper includes: the training methodology on the components of the sport training, the stages character, the sports state and division in training periods, the structure, the programming and the planning, as well as the evaluation of training.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 3ST YEAR, 1ST SEMESTER

COURSE TITLE: BODY EXPRESSION AND EURITHMY

CODE: D05ESCL540

ECTS CREDITS: 3

COURSE OBJECTIVE(S): Developing capacities to integrate accumulated knowledge from the field of motor activities into sequences and programs whose themes are transmitted through aesthetic body movement. Developing the knowledge needed to convey the nonverbal communication to highlight its educational, social and cultural value.

COURSE CONTENTS: Course: 1. Concerns about knowing how to communicate; 2. Human personality: hipercomplex system-individual, individual - person - characteristics – personality; 3. The concept of communication. Types of communication. General knowledge of nonverbal communication; 4. Artifacts and proxemics; 5. Facial and body expressions; 6. The content of preparation for expression; 7. Techniques of eurhythm. Seminar: 1.Expression workout - the basic elements of classical and character barre ballet; 2. Structures in different tempos and rhythms; 3. Elements of individual and group improvisation; 4. Elements of rhythmic games; 5. Actions models on different themes; 6. Rules regarding creating an artistic performance; 7. Evaluation.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Written exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 3ST YEAR, 1ST SEMESTER

COURSE TITLE: THEORY AND PRACTICE IN EXPRESSION SPORTS - DANCE

CODE: D05ESCL537

ECTS CREDITS: 4

COURSE OBJECTIVE(S): Forming skills to apply the dance as sport content according to the expected goals in relation to discipline's characteristics. Learning the main elements of dance

COURSE CONTENTS: Course: The appearance and development of dance; The importance of forming the scenic outfit and of motor gesture for restoring the artistic message; The bodily move in restoring the artistic message: positions and moves; Dance - standard section; Dance - latin section; The importance of dance in school. Seminar: The course's needs and the organisation of the community; Structures of exercises on different rhythmic themes; Elements of artistic execution from classic ballet; Dance - standard section; Dance - latin section.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 3ST YEAR, 1ST SEMESTER

COURSE TITLE: PRACTICE AND METHODOLOGY OF MOTOR ACTIVITIES BY AGE GROUPS

CODE: D05ESCL538

ECTS CREDITS: 4

COURSE OBJECTIVE(S): Passing a set of theoretical-methodical and practical specialty knowledge aimed at the professional development of graduates licensed in Physical Education and Sports in order to apply the motor activities by age groups and persons with special educational needs. **COURSE CONTENTS:** 1. Training methods in physical education; 2. Methods of organization exersing motor activities; 3. Methodic aspects concerning organisation and delpoyment of movement games; 4. Organisation and delpoyment of motor activities in cold time and in special conditions; 5. Motricity by age groups in special educational requierement individuals - general considerations; 6. Practice and methodology of the motor activities from 0 to 1 year-olds; 7. Practice and methodology of the motor activities from 1 to 3 year-olds; 8. Practice and methodology of the motor activities from 3 to 6 year-olds; 9. Practice and methodology of the motor activities from 6/7 to 10/11 year-olds; 10. Practice and methodology of the motor activities from 10/11 to 14/15 year-olds; 11. Practice and methodology of the motor activities from 14/15 to 18/20 year-olds (teenagers); 12. Practice and methodology of the motor activities from 20 to 35 year-olds (youngsters); 13. Practice and methodology of the motor activities from 35 to 65 year-olds (adults); 14. Practice and methodology of the motor activities above 65 year-olds (old people).

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 3ST YEAR, 1ST SEMESTER

COURSE TITLE: RESEARCH METHODS

CODE: D05ESCL536

ECTS CREDITS: 4

COURSE OBJECTIVE(S): The general discipline's objective: to acquire the methodological principles of scientific research in physical education and sports, and to develop the capacity to apply them in elaboration and presentation of dissertations and scientific papers.

COURSE CONTENTS: Course: 1. Concept of research in physical education and sports. Basic concepts. Structure of the research. Stages and dynamics of scientific research; 2. Documentation in scientific research; 3. Observational research; 4. Experimental research; 5. Surveys; 6. Interviews; 7. Case studies; 8. Statistical analysis of the data; 9. Writing and presenting the dissertation. Seminar: 1. Concept of research in physical education and sports. Basic concepts. Structure of the research. Stages and dynamics of scientific research; 2. Documentation in scientific research; 3. Observational research; 4. Experimental research; 5. Surveys; 6. Interviews; 7. Case studies; 8. Statistical analysis of the data; 9. Writing and presenting the dissertation.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Practical examination

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 3ST YEAR, 2ST SEMESTER

COURSE TITLE: AEROBIC GYMNASTICS

CODE: D05ESCL647

ECTS CREDITS: 3

COURSE OBJECTIVE(S): Forming skills to apply the aerobic gymnastics content according to the expected goals.

COURSE CONTENTS: Course: Aerobics – conceptual delimitation; The history of aerobic gymnastics; Types of aerobics; The content of the aerobics lesson; The effort in aerobics; The advantages of systematic practice in aerobic gymnastics; Notions of musical theory; Principles of progress in the aerobics lesson; Aerobics in physical education's subsystems and sport for everyone; Aerobic gymnastics – means of physical education in school. Seminar: Exercises from basic gymnastics used in aerobic gymnastics; Specific moves of aerobic gymnastics; Steps combinations in 8T, 16T, 32T; Workout - easy difficulty; Workout – moderate difficulty; Workout – hard difficulty; Evaluation.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Written exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 3ST YEAR, 2ST SEMESTER

COURSE TITLE: HISTORY OF PHYSICAL EDUCATION
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CODE: D05ESCL651

ECTS CREDITS: 3

COURSE OBJECTIVE(S): The general objective of the discipline is to acquire knowledge of the evolution of physical exercise over time and the causal relationship with contemporary physical education.

COURSE CONTENTS: Course: The subject, research methods and sources of the history of physical education and sport; Exercise in the primitive commune; Physical education in antiquity; Physical education in feudalism; Physical education during renaissance; Physical education during the Enlightenment; The main national systems of physical education; Physical education in Romania; The Beginnings and the Evolution of School Physical Education in Romania; The beginnings and evolution of the organization of sports activity in Romania; History of the ancient Olympic Games; Modern Olympic Games. Seminar: Ancient East; Ancient Greece, Preclassic Greece, Classical Greece; Ancient Rome; Physical education of nobles; Physical exercises of peasants and townspeople; French School, German School, Nordic School and English School of physical education; Exercises in primitive commune, physical education in antiquity and physical education in feudalism on Romanian territory; History of organizing sports in Romania; The ancient Olympic Games; Modern Olympic Games.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Written exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 3ST YEAR, 2ST SEMESTER

COURSE TITLE: MARKETING IN PHYSICAL EDUCATION AND SPORTS

CODE: D05ESCL652

ECTS CREDITS: 3

COURSE OBJECTIVE(S): The general objective of the discipline is to familiarize students with the sport marketing as a whole and with the mechanisms involved.

COURSE CONTENTS: Course: Concept and scope of marketing; Market study; Segmentation of the market; Product policy; Pricing Policy; Distribution policy; Communication policy; Force sales policy. Seminar: The concept and scope of marketing applications. (Debates, case studies); Determination of sample size. Organizing a market investigation. (Applications); Sampling by quota method. Making a Questionnaire (Applications, Case Studies); Scaling up consumer ratings. Market share. Relative market share. (Applications); Price and profitability. Estimation of the psychological price. (Applications, Case Studies); Choosing the Optimal Distribution Option (Applications, Case Studies, Debates); Communication strategy. Brand. (Debates, case studies).

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Written exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 3ST YEAR, 2ST SEMESTER

COURSE TITLE: SPORTS FACILITIES

CODE: D05ESCL649

ECTS CREDITS: 3

COURSE OBJECTIVE(S): The course addresses students from Physical Education and Sports faculties, as well as teachers in pre-university education, specialists in the field, sports coaches and managers and all those who want to deepen their knowledge in this field. The course is structured on 14 chapters and is based on a documented bibliography on sports infrastructure and on techniques for setting up and maintaining sports facilities. It has 3 credits in the curriculum, being a compulsory, specialized discipline which proposes a synthesis of data from the multitude of sources of prestigious authors in the field. The specific competences accumulated are professional and transversal and as objectives, the course aims at: Acquiring theoretical knowledge related to the arrangement, maintenance, operation and exploitation of sports facilities; Acquiring knowledge about the characteristics of sports facilities; Acquiring knowledge about the components of sporting bases; Acquiring knowledge about the location and construction of sports facilities.

COURSE CONTENTS: Course: 1. The material basis of sports organization; 2. The clasification of sports facilities, technical systems and sports instalations; 3. The characteristics of sports facilities; 4. The elements of sports facilities; 5. The improvement and endowment of sports facilities; 6. The location and construction of indoor sports facilities; 7. The location and construction of outdoor sports facilities; 8. Sports facilities regarding general physical training; 9. Steps in the improvement of sports facilities; 10. Human resources in sports facilities; 11. The maintenance of sports facilities; 12. Sports facilities and enviroment, the hygiene of sports facilities; 13. The protection and security of athletes and spectators activity; 14. The lighting and ventilation of gyms and stadiums. Seminar: 1. The clasification and characteristics of sports buildings; 2. Elements of sports facilities; 3. Rules regarding the improvement of sports facilities; 4. The plans regarding the maintenance of sports facilities; 5. Project regarding the upgrade and cleaning of sports complex; 6. The design of sports base with necessary annexes made by students; 7. The design of an organizational chart with staff involved in the management of sports base made by students.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Exam

FIELD: PHYSICAL EDUCATION AND SPORTS

PROGRAMME TITLE: PHYSICAL EDUCATION AND SPORTS (CRAIOVA AND CENTRE OF DROBETA- TURNU SEVERIN)

BACHELOR'S DEGREE 3ST YEAR, 2ST SEMESTER

COURSE TITLE: USING SOFTWARE PACKAGES IN PHYSICAL EDUCATION AND SPORTS

CODE: D05ESCL648

ECTS CREDITS: 3

COURSE OBJECTIVE(S): The general discipline's objective: developing skills to use software packages in physical education and sports.

COURSE CONTENTS: Course: 1. Using software packages in physical education and sports. Generalities, classification criteria, examples; 2. Software for physical education; 3. Software for individual sports; 4. Sports team management software; 5. Tournaments management software; 6. Clubs and sports associations management software; 7. Motion analysis software; 8. Athlete training and performance monitoring software; 9. Statistical packages for physical education and sports; 10. Excel program: formulas, functions, macros. Applications in physical education and sports. Seminar: 1. Using software packages in physical education and sports. Generalities, classification criteria, examples; 2. Software for physical education; 3. Software for individual sports; 4. Sports team management software; 5. Tournament management software; 6. Clubs and sports associations management software; 7. Motion analysis software; 8. Athlete training and performance monitoring software; 9. Statistical packages for physical education and sports; 10. Excel program: formulas, functions, macros. Applications in physical education and sports.

LANGUAGE OF INSTRUCTION: Romanian

ASSESSMENT METHOD(S): Practical examination