

**Physical education and sports**  
**(I year , I+II SEMESTER)**

**Credit value (ECTS) 1+1**

**Course category**

Imposed

**Course holder:**

Assistant. PhD. Corneliu-Florin GORBAN

**Discipline objectives (course and practical works)**

Department of Physical Education and Sports in accordance with analytical curricula aims at preparing students in the following directions:

- increase in the general motility level and harmonious physical development;
- strengthening and maintenance of the general state of health of the students in order to insure their physical and psychic resistance in conditions of professional and social-economic stress;
- training and building skills for independent practice of physical exercise for curative, compensatory and civil purposes;
- Ability to identify, formulate, demonstrate and explain specific issues of physical education and sports;
- learning, consolidating and perfecting the technical elements specific to certain sports disciplines students take pleasure in practicing and permissive towards the material equipment, partly and globally;
- forming and consolidating skills of individual practice of the exercise for curative relaxing, and civil purposes;
- educating the positive character traits, moral and volitional qualities which would lead to a more rapid social-professional integration.
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**Contents (syllabus)**

<b>Practical works</b>
<b>Presentation of sports base of UASVM:</b> the importance of discipline for the harmonious physical development and health maintenance. Students should be able to exercise and comply the rules of procedure of discipline. Labor protection rules.
<b>Regulation of individual or team sports games.</b> Knowledge arbitration.
<b>Sports games</b> (basketball, volleyball, football, table tennis, tennis, badminton): methodical and technical - tactical knowledge. The learning, consolidation and improvement of technical elements specific to them.
<b>Fitness and bodybuilding:</b> General physical development exercises using your own body weight or using weights and specific equipment.
<b>Athletics:</b> Exercises for force development in the regime of speed and endurance. The repetition / learning the art of stand in length jumping.
<b>Colloquium final verification / control samples.</b>

## Bibliography

1. Paul Fidler, 1998 - Teoria și Metodica educației fizice și sportului, Iași;
  2. Florin Grapă, Dan Mârza, 2000 - Volei în învățământ, Bacău;
  3. Dumitru Girleanu, 2002 - Lecții pentru pregătirea athletică a sportivilor ,București;
  4. Leon Teodorescu, 1982 - Curs de baschet, București;
  5. Ștefan Georgescu-Tenis, tehnică, tactică, metodică, București, Editura Spiru Haret;
  6. Richard Jenkins – Fitness, gimnastică pentru toți;
  7. Zoltan Demeter Erdei, 1999 – Badminton, Cluj;
  8. Vasile Cirstocea – Curs de Schi – Editura A.N.E.F.S., București;
- M. Rădulescu, V. Cojocaru, 2003 – Ghidul antrenorului pentru copii și juniori, București

## Evaluation

Evaluation form	Evaluation Methods	Percentage of the final grade
Colloquium	Control samples	60%
	Presence and activity to practical works	15%
	Direct activity during the practical works	25%
	The final mark	100%

## Contact

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