

## FIȘA DISCIPLINEI

### 1. Date despre program

1.1 Instituția de învățământ superior	<b>UNIVERSITATEA DE MEDICINA SI FARMACIE "VICTOR BABEȘ" TIMIȘOARA</b>
1.2 Facultatea	<b>FACULTATEA DE MEDICINĂ DENTARĂ</b>
1.3 Departamentul	<b>XVI.Balneologie Recuperare medicală și Reumatologie</b>
1.4 Domeniul de studii de ..... <sup>1)</sup>	Licență
1.5 Ciclu de studii <sup>2)</sup>	Licență
1.6 Programul de studii/ Calificarea	<b>MEDICINA DENTARĂ - ENGLEZA</b>

### 2. Date despre disciplină

2.1. Denumirea disciplinei	<b>EDUCAȚIE FIZICĂ</b>						
2.2 Titularul activităților de curs							
2.3 Titularul activităților de laborator	1.Mircioagă Elena-Doina 2.Bicov Paula 3.Mircioagă Alexandra 4.Barzucă Dorian						
2.4 Anul de studiu		2.5		2.6 Tipul de evaluare		2.7	Conținut <sup>3)</sup>
I		Semestrul			COLOCVIU	Regimul disciplinei	DC
		I SI II					Obligatorietate <sup>3)</sup> DI

### 3. Timpul total estimat (ore pe semestru al activităților didactice)

3.1 Număr de ore pe săptămână	1	3.2 din care: curs		3.3 laborator	1
3.4 Total ore din planul de învățământ	28	3.5 din care: curs		3.6 laborator	28
Distribuția fondului de timp					ore
Studiul după manual, suport de curs, bibliografie și notițe					
Documentare suplimentară în bibliotecă, pe platformele electronice de specialitate și pe teren					
Pregătire seminarii/ laboratoare/ proiecte, teme, referate, portofolii și eseuri					
Tutoriat					
Examinări					2
<b>Other activities; Training, Competitions, Championships .</b>					2
<b>For students athletes who have chosen the option of a branch of sport, this is done in the hours of training and the grading to take account of participation in competitions and attending control tests.</b>					ore/sap/pt. fiecare ramura sportiva
3.7 Total ore studiu individual	14				
3.8 Total ore pe semestru	14				
3.9 Numărul de credite <sup>5)</sup>	1+1				

### 4. Precondiții (acolo unde este cazul)

4.1 de curriculum	Nu este cazul
4.2 de competențe	Nu este cazul

### 5. Condiții (acolo unde este cazul)

5.1 de desfășurare a cursului	<b>Gym, sport fields.</b>
5.2 de desfășurare a seminarului/ laboratorului/ proiectului	<p>- Hall and sports fields, appropriately equipped for optimal training of physical training classes and sports competitions.</p> <ul style="list-style-type: none"> <li>It will not be tolerated the delay of students in the course as it proves to be disruptive to the educational process;</li> <li>Mobile phones will be closed for the duration of the PHYSICAL EDUCATION TIME, by not being able to tolerate telephone conversations during the hours, nor by the students leaving the gym to take personal phone calls;</li> <li>The students' delay will not be tolerated as it proves disruptive to the educational process;</li> <li>The date of the practical colloquy is announced at the beginning of the semester. Claims for postponement will not be accepted for reasons other than a legitimate objective.</li> <li>is included in the curriculum</li> </ul>

	<ul style="list-style-type: none"> <li>• under practical work</li> <li>• a mark is given at the end of each semester, or at the end of the study year.</li> </ul>

## 6. Competențe specifice acumulate

<b>Competențe Profesionale</b>	<p>The concept of the teaching process in the discipline of physical education and sports from UMFVB, Timișoara, puts in the first place the professional training of the students, with consequences and tangents that target physical and intellectual ability, health condition and work capacity of future doctors and pharmacists. For these reasons the process has to achieve some teaching objectives:</p> <ul style="list-style-type: none"> <li>- maintaining the health condition</li> <li>- general and specific physical preparation</li> <li>- improving technical and tactical knowledge in specific sports</li> <li>- harmonious physical development</li> <li>- correction of the physical disabilities</li> </ul> <p>participation in competitions of all athletes students from the sports teams, to represent the university .</p>
<b>Competențe transversale</b>	<p>Improving of the general and special physical preparation using structures of exercises which aim it first: speed and reaction speed, strength, detent, ability, endurance.</p> <p>Improving the physical condition and getting an active life style using the means from:</p> <ul style="list-style-type: none"> <li>- athletics, basic and acrobatic gym, means from either sport branches.</li> </ul> <p>For students athletes who have chosen the option of a branch of sport, this is done in the hours of training and the grading to take account of participation in competitions and attending control tests.</p>

## 7. Obiectivele disciplinei (reieșind din competențele specifice acumulate)

<b>7.1 Obiectivul general al disciplinei</b>	<ul style="list-style-type: none"> <li>• maintaining the health condition</li> <li>• general and specific physical preparation</li> <li>• improving technical and tactical knowledge in specific sports</li> <li>• harmonious physical development</li> <li>• correction of the physical disabilities</li> </ul>
<b>7.2 Obiectivele specifice</b>	<ul style="list-style-type: none"> <li>• improving the physical condition and getting an active life style using the means from:</li> <li>• athletics,</li> <li>• basic and acrobatic gym,</li> <li>• means from either sport branches.</li> <li>• for students athletes who have chosen the option of a branch of sport, this is done in the hours of training and the grading to take account of participation in competitions.</li> </ul>

## 8. Conținuturi

<p><b>Bibliografie obligatorie:</b></p> <ol style="list-style-type: none"> <li>1. HECTOR, L., FRAZZEI, H., VASILESCU, M., <i>Educație fizică și sportul în U.M.F.T.</i> București, Ed. Grafco, București, 1995</li> <li>2. HECTOR, L., FRAZZEI, H., <i>Programa de studii pe ramuri pentru învățământul superior medical</i>, Ed. Universitară „Carol Davila”, București, 2002</li> <li>3. POPESCU, M., <i>Educație fizică și sportul în pregătirea studenților</i>, Ed. Didactică și Pedagogică, București, 1995</li> <li>4. HECTOR, L., FRAZZEI, H., VASILESCU, M., <i>Educație fizică și sportul în U.M.F.T.</i> București, Ed. Grafco, București, 1995</li> <li>5. Elena Doina Mircioagă, Tudor Anca., <i>Studiu privind incidența traumatismelor musculo-scheletale la sportivii de performanță</i>, monografie, Colecția Cercetare Științifică, Ed. „Victor Babeș” Timișoara, 2011</li> <li>6. Mircioagă E.D., <i>Motivație și Atitudini în Educație Fizică și Sport</i>, Ed. Eurostampa, Colecția Sport <b>2013</b>.</li> <li>7. Elena-Doina Mircioagă, <i>Exerciții de dezvoltare fizică generală, Metode și procedee de dezvoltare a calităților motrice</i>. Suport de studiu pentru lucrări practice, Imprimerie UMFT, 2013</li> <li>8. <b>Elena-Doina Mircioagă</b>, <i>Educația Fizică și Sportul în Planul de Învățământ –Particularizare pentru Universitatea de Medicină și Farmacie “Victor Babeș” Timișoara</i>. Editura Eurostampa, Colecția Pantanassa, Timișoara “2014,</li> </ol>
---

<b>Bibliografie facultativă:</b> 1. 2. .....			
8.2 PRACTICAL WORKS	Teaching methods	Nr. hours	Notifications
1. Structures of exercise for the effort training - Optional: playing sports games (volleyball, basketball, football) - badminton, table tennis - fitness / strenght, individually practice - Objective/purpose. The student will: - be able to conduct the school for running	The explanation, conversation, demonstration, exercise, insurance.	1	
2. Structures of exercises for general physical training, - Optional: - playing sports games (volleyball, basketball, football) - badminton, table tennis - fitness / strenght, individually practice - Running (endurance): 3 minutes - female, 6 min - male		1	
3. Structure of exercises for general physical training - speed - Optional: - playing sports games (volleyball, basketball, football) - badminton, table tennis - fitness / strenght, individually practice - Running speed over short distances, 6 m, 9 m, 12 m.		1	
4. Structures of exercises for general physical training – strength development for the legs. - Optional: - playing sports games (volleyball, basketball, football) - badminton, table tennis - fitness / strenght, individually practice		1	
5. Structures of exercises for general physical training - improving the standing jump. - Optional: - playing sports (volleyball, basketball, football) - badminton, table tennis - fitness / strenght, individually practice - Running (endurance): 4 minutes - female, 8 min - male		1	
6. Structures of exercises for general physical training - strength - Optional: - playing sports (volleyball, basketball, football) - badminton, table tennis - fitness / strenght, individually practice - Running (endurance): 4 minutes - female, 8 min - male		1	
7. Structures of exercises for general physical training – strenght-circuit. - Optional: - playing sports games (volleyball, basketball, football)		1	

<ul style="list-style-type: none"> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>			
<p>8. Structures of exercises for general physical training strenght circuit:</p> <ul style="list-style-type: none"> <li>- development of abdominal muscles F</li> <li>- development of upper limb muscle B</li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>		1	
<p>9. Structures of exercises for general physical training</p> <p>Idem Lesson VIII</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>		1	
<p>10. Structures of exercises for general physical training - running speed in conditions of endurance.</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>		1	
<p>11. Structures of exercises for general physical training - long distance running speed: 6 m, 9 m, 12 m, 18 m.</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>		1	
<p>12. Complex of exercises to adapt to the effort - tests control preparation</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>		1	
<p>13. Tests control:</p> <ul style="list-style-type: none"> <li>- abs - female, pushups – male</li> <li>- standing jump</li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>		1	
<p>14. Remaining tests control, improving results - apreciation on</p> <ul style="list-style-type: none"> <li>- the activity of the year, communication of the marks.</li> </ul>			
<b>PLANNING CALENDAR YEAR I SEMESTER II</b>	Teaching methods	<b>Nr. hours</b>	
<p>1. Structures of exercise for the effort training</p> <ul style="list-style-type: none"> <li>- Optional:</li> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>	<p>The explanation, conversation, demonstration, exercise, insurance.</p>	1	
<p>2. Structures of exercises for general physical training,</p> <ul style="list-style-type: none"> <li>- Optional:</li> </ul>		1	

<ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> <li>- Running (endurance): 3 minutes - female, 6 min – male</li> </ul>			
<p>3. Structure of exercises for general physical training – strenght development for thelegs and abdominal muscles</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul> <p>Running speed over short distances, 6 m, 9 m, 12 m.</p>		1	
<p>4. Structures of exercises for general physical training – strength development for the arms and back.</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul> <p>Running (endurance)</p>		1	
<p>5. Structures of exercises for general physical training - improving the strenght for the general group muscles</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>		1	
<p>6. Structures of exercises for general physical training – strength in the upper limb and arms</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul> <p>Running - speed</p>		1	
<p>7. Structures of exercises for general physical training – strenght for the legs and abdominal muscles</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul> <p>Running (endurance)</p>		1	
<p>8. Complex of exercises for general physical training</p> <p>Optional: - playing sports games (volleyball, basketball, football)</p> <ul style="list-style-type: none"> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul> <p>Running (endurance)</p>		1	
<p>9. Complex of exercises with partner (strenght – mobility)</p> <p>Games of movement (speed – ability)</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>		1	
<p>10. Structures of exercises for general physical training</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul> <p>Running – speed</p>		1	
<p>11. Complex of exercises to adapt to the effort - tests control preparation</p> <p>Optional:</p> <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>		1	
<p>12. Tests control: 50 m running</p> <p>Optional:</p>		1	

<ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>			
13. Tests control – 400 m – female, 800 m – male, running Optional: <ul style="list-style-type: none"> <li>- playing sports games (volleyball, basketball, football)</li> <li>- badminton, table tennis</li> <li>- fitness / strenght, individually practice</li> </ul>		1	
14. Final lesson - apreciation on the activity of the year, communication of the marks.		1	
<b>Bibliografie obligatorii:</b> <ol style="list-style-type: none"> <li>1. HECTOR, L., FRAZZEI, H., VASILESCU, M., <i>Educatie fizica si sportul in U.M.F.T.</i> Bucuresti, Ed. Grafco, Bucuresti, 1995</li> <li>2. HECTOR, L., FRAZZEI, H., <i>Programa de studii pe ramuri pentru invatamantul superior medical</i>, Ed. Universitara „Carol Davila”, Bucuresti, 2002</li> <li>3. POPESCU, M., <i>Educatie fizica si sportul in pregatirea studentilor</i>, Ed. Didactica si Pedagogica, Bucuresti, 1995</li> <li>4. HECTOR, L., FRAZZEI, H., VASILESCU, M., <i>Educatie fizica si sportul in U.M.F.T.</i> Bucuresti, Ed. Grafco, Bucuresti, 1995</li> <li>5. Elena Doina Mircioagă, Tudor Anca., <i>Studiu privind incidența traumatismelor musculo-scheletale la sportivi de performanță</i>, monografie, Colecția Cercetare Științifică, Ed. „Victor Babes” Timisoara , 2011</li> <li>6. Mircioagă E.D., <i>Motivație și Atitudini în Educație Fizică și Sport</i>, Ed. Eurostampa, Colecția Sport <b>2013.</b>,</li> <li>7. Elena-Doina Mircioagă , <i>Exerciții de dezvoltare fizică generală, Metode și procedee de dezvoltare a calităților motrice. Suport de studiu pentru lucrări practice</i>, Imprimerie UMFT, 2013</li> <li>8. <b>Elena-Doina Mircioagă</b>, <i>Educația Fizică și Sportul în Planul de Învățământ –Particularizare pentru Universitatea de Medicină și Farmacie “Victor Babeș “Timișoara</i>. Editura Eurostampa, Colecția Pantanassa, Timișoara “2014,</li> </ol>			
<b>Bibliografie facultativă:</b> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>1. ....</li> <li>2.</li> </ol>			

**9. Coroborarea conținuturilor disciplinei cu așteptările reprezentanților comunităților epistemice, asociațiilor profesionale și angajatori reprezentativi din domeniul aferent programului**

**10. Evaluare**

Tip activitate	10.1 Criterii de evaluare	10.2 Metode de evaluare	10.3 Pondere din nota finală
10.4 PRACTICAL WORKS	<i>Cunoștințe pentru nota 5:</i> ..... <i>Cunoștințe pentru nota 10:</i> .....	Appreciation	% from final grade
<b>10.5</b> Requirements, tests and inspection standards for promoting students in years I and II to the discipline of Physical Education and Sports. In the first semester, students are tested indoor (speed, standing jump, abs female/pushups male) and in the second semester the outdoor tests (speed -50 m flat, endurance female – 400 m, male	To score 10 = 85% presents + Achieving the scale in control test.	<b>Evaluation criteria are:</b> <ul style="list-style-type: none"> <li>• Evaluation criteria are:</li> <li>• Control tests indoor and outdoor, participation in lessons.</li> <li>• Final mark is the result of the arithmetic mean score in the score for conversion between tests and the percentage resulting from the lessons.</li> </ul>	Final mark is the result of the arithmetic mean score in the score for conversion between tests and the percentage resulting from the lessons.

<p>- 800 m).</p> <p>Appreciation of students with final grade, is made in semesters I, II, before the session.</p>		<ul style="list-style-type: none"> <li>• For students athletes who have chosen the option of a branch of sport, this is done in the hours of training and the grading to take account of participation in competitions and attending control tests.</li> <li>• Students unable to do the control tests for reasons of health (based on a medical certificate) are included in a program of medical exercises, a complex of 10-12 specific exercises and aimed to correct physical deficiencies. Based on these complex of exercises (depending on accuracy and execution) students are evaluated by mark.</li> </ul>	
10.6 Standard minim de performanță			

Data completării	Semnătura titularului de curs .....	Semnătura titularului de laborator/stagiu 1..... 2.....
Semnătura șefului de disciplină .....		
Data avizării în departament	Semnătura directorului de departament Prof. Dr. ....	

SEF DISCIPLINA:

CONF. UNIV.DR. MIRCIOAGA ELENA DOINA