

Educatie fizica I

Physical education I

Obiectiv principal

Disciplina are ca obiectiv formarea competentelor teoretice, practice si metodice in vederea practicarii individuale sau in grup pentru un stil de viata sanatos.

Course Objective

The discipline aims at forming the theoretical, practical and methodical skills to practice individually or in groups for a healthy lifestyle

Seminar

1 ora/săptămână, total 14 ore

- Atletism: elemente din scoala alergarii, sarituri si alergari
- Trasee aplicative combinate cu elemente de alergare.
- Trasee aplicative combinate cu elemente de sarituri.
- Trasee aplicative combinate cu exercitii de echilibru, escaladare, catarare etc.
- Jocuri sportive: volei, bandminton
- Jocuri bilaterale in conditii similare de concurs

Seminar

1 hour weekly, 14 hours total

- Athletics: school elements of running, jumping and running
- Application trails combined with treadmills.
- Application paths combined with jumping elements.
- Application paths combined with equilibrium, escalation, climbing, etc.
- Sports games: volleyball, bandminton
- Bilateral games in similar contest conditions