

## Educatie fizica II

## Physical education II

### 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

- Gimnastica:exercitii de front si formatii
- Gimnastica aerobica/Fitness
- Trasee aplicative combinate cu elemente de alergare, sarituri
- Trasee aplicative combinate cu exercitii de echilibru, escaladare, catarare
- Jocuri sportive: baschet
- Joc sportiv : fotbal
- 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