

## Educatie fizica II

## Physical education II

### Obiectiv principal

Obiectivul general:

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

Obiective specifice:

- Constientizarea studentilor privind rolul si importanta practicarea exercitiilor fizice.
- Consolidarea notiunilor teoretice, stiintifice si practice a exercitiilor fizice in timpul liber de catre studenti.
- Dezvoltarea trasaturilor moral volitive, simtului estetic, disciplinei, fair play si a capacitatii de comunicare si a lucrului in echipa.
- Pastrarea si intretinerea starii de sanatate prin folosirea exercitiului fizic, in scopul cresterii potentialului de munca fizica si intelectuala.
- Favorizarea proceselor de crestere si dezvoltare fizica armonioasa a organismului.
- Refacerea fizica si psihica dupa diverse activitati.
- Imbinarea armonioasa a activitatilor intelectuale cu activitatea fizica.

### Course Objective

Overall objective:

The discipline aims at forming the theoretical, practical and methodical skills for individual or group practice for a healthy lifestyle.

Specific objectives:

- Awareness of the students about the role and importance of practicing physical exercise.
- Strengthening the theoretical, scientific and practical notions of physical exercise in free time by students.
- Developing volitional moral features, aesthetic sense, discipline, fair play and communication and teamwork skills.
- Preserving and maintaining health through exercise, in order to increase the potential for physical and intellectual work.
- Fostering growth processes and harmonious physical development of the body.
- Physical and mental recovery after various activities.
- Harmonious blending of intellectual activities with physical activity.

### 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

- Gymnastics: Front and Band Exercises
- Aerobics / Fitness Gymnastics
- Application trails combined with treadmills, jumps
- Application paths combined with equilibrium, escalation, climbing exercises
- Sports games: basketball
- Sports: Football
- Bilateral games in similar contest conditions.