

Educatie fizica IV

Physical education IV

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

- Fitness – optimizarea condiției fizice
- deprinderi utilitar-aplicative.
- Exerciții pentru dezvoltarea forței generale
- Exerciții pentru dezvoltarea vitezei
- Exerciții pentru dezvoltarea capacității coordinative
- Jocuri sportive: handbal, tenis de masă
- Jocuri bilaterale in conditii similare de concurs

Laboratory

1 hour weekly, 14 hours total

- Fitness - optimizing your physical condition
- Utility-applicative skills.
- Exercises for the development of general force
- Exercises for speed development
- Exercises for the development of coordination capacity
- Sports games: handball, table tennis
- Bilateral games in similar contest conditions