DISCIPLINE SHEET

ACADEMIC YEAR

2026 - 2027

1. STUDY PROGRAM INFORMATION

1.1 Higher education institution	UNIVERSITY OF MEDICINE AND PHARMACY OF CRAIOVA
1.2 Faculty	**PHARMACY**
1.3 Department	10
1.4 Field of study	HEALTH
1.5 Study cycle	LICENSE
1.6 Study program/Qualification	**Medical Cosmetology**.

2. INFORMATION ABOUT THE DISCIPLINE

2.1 Name of the discipline	**PHYSICAL EDUCATION**						
2.2. Discipline code	FAR 1212						
2.3 The holder of course activities	-						
2.4. Academic degree - course activities	-						
2.5. Employment (base norm/associate)	-						
2.6. The holder of seminar activities	Schiopu Anca Ștefania						
2.7. Academic degree - seminar activities	Teaching assistant						
2.8. Employment (base norm/associate)	Base norm						
2.9. Year of study	**1**	2.10. Semester	**II**	2.11. Type of discipline (content)	**DC**	2.12. Student attendance policy	**BOD**

3. TOTAL ESTIMATED TIME

3.1. Number of credits						**1**
3.2. Number of hours per week	curs	-	seminar/laborator	2	total	**2**
3.3. Total hours in the curriculum	curs	-	seminar/laborator	28	total	**28**
3.4. Examinations						**1**
3.5. Total hours of individual study						**14**
3.5.1. Study using textbooks, course materials, bibliographies, and notes						**1**
3.5.2. Additional documentation in the library, on specialized electronic platforms, and in the field						**5**
3.5.3. Preparation of seminars/laboratories, assignments, reports, portfolios, and essays						**5**
3.5.4. Tutoring						**1**
3.5.5. Other activities (consultations)						**1**
3.6. Total hours per semester (1 credit = 28 hours)						**28**

4. PREREQUISITES

4.1 curriculum	Students must be medically fit to take physical education classes.
4.2 COMPETENCES	-

5. CONDIȚII

5.1. for conducting the course	Classroom with audio/video equipment Preparation of the topic in accordance with the teacher's requirements
5.2. for conducting the seminary/ lab	Practical work room / online environment. Students should review the theoretical concepts and working methods in the practical work manual before carrying out the work.

6. SPECIFIC COMPETENCES ACQUIRED

PROFESSIONAL COMPETENCES	○ **C4** - To address health/disease issues from the perspective of the particularities of the community, in direct relation to the social, economic and/or cultural conditions specific to that community.

TRANSVERSAL COMPETENCES	○ **CT1. Autonomy and responsibility:** ▪ The acquisition of moral guidelines, the formation of professional and civic attitudes, which allow students to be fair, honest, non-conflictual, cooperative, understanding in the face of suffering, available to help people, interested in the development of the community; ▪ To know, respect and contribute to the development of moral values and professional ethics; ▪ To learn to recognize a problem when it arises and to offer responsible solutions to solve it. ○ **CT2. Social interaction:** ▪ To recognize and have respect for diversity and multiculturalism; to have or learn to develop teamwork skills; ▪ To communicate orally and in writing the requirements, the way of working, the results obtained, to consult with the team; to get involved in volunteer activities, to know the essential problems of the community. ○ **CT3. Personal and professional development:** ▪ To be open to lifelong learning; ▪ To be aware of the need for individual study as a basis for personal autonomy and professional development; to optimally and creatively utilize one's own potential in collective activities; ▪ To know how to use information and communication technology.

7.1 DISCIPLINE OBJECTIVES

GENERAL OBJECTIVE OF THE DISCIPLINE

The discipline "Physical Education" contributes to the formation of transversal and professional skills related to maintaining health, developing functional capacity and adopting an active lifestyle. Students acquire knowledge about the principles of physical activity, the role of exercise in the prevention of chronic diseases and the importance of movement in maintaining health and intellectual work capacity. Through practical activities carried out within the discipline, skills are developed to apply physical exercises adapted to the individual level of physical fitness, to organize and participate in sports activities and to assess one's own functional capacity. The discipline also contributes to the development of individual responsibility for health, to the cultivation of team spirit and an active attitude towards physical activity, in accordance with the principles of health promotion and the prevention of diseases associated with sedentary lifestyle.

SPECIFIC OBJECTIVES

- Knowledge and application of the basic principles of physical activity and physical training;
- Understanding the role of physical exercise in maintaining health and preventing chronic diseases;
- Explaining the effects of physical activity on the cardiovascular, respiratory and musculoskeletal systems;
- Acquiring practical skills to correctly perform physical exercises and sports activities;
- Developing the ability to self-assess the level of physical fitness and adapt the effort to individual characteristics;
- Cultivating a responsible and active attitude towards regular physical activity.

7.2 LEARNING OUTCOMES

KNOWLEDGE

- The fundamental principles of physical activity and the role of physical exercise in maintaining health and the functional capacity of the body;
- The effects of physical activity on the main systems of the body (cardiovascular, respiratory, musculoskeletal and metabolic);
- The relationship between regular physical activity and the prevention of diseases associated with sedentary lifestyle (obesity, cardiovascular diseases, diabetes mellitus, metabolic disorders);
- The basic principles of organizing and practicing sports activities and physical exercises adapted to the individual level of physical fitness.

SKILLS

- Correctly perform physical exercises and sports activities adapted to the individual level of physical fitness;
- Apply the basic principles of physical training to develop motor skills (strength, endurance, mobility, coordination);
- Evaluate their own level of physical fitness and adapt the intensity of the effort according to individual ability;
- Actively and organised participate in individual and team sports activities, respecting the rules and principles of fair play.

RESPONSIBILITY AND AUTONOMY

- Taking responsibility for maintaining an active and healthy lifestyle through regular physical activity;
- Respecting safety rules and preventing injuries during sports activities;
- The ability to collaborate and work as a team in sports and recreational activities;
- Developing a positive attitude towards physical activity, as an essential element for maintaining physical and mental health.

8. CONTENTS

8.1 Course (content units)	Nr. ore
1.	-
Total	-
8.2 Practical work (topics/themes)	
1. Presentation of physical education activities in the school year (requirements, tests, control standards)	2
2. Athletics - long jump from the spot - initial testing	2
3. Athletics sprint with a standing start over a distance of 50m initial testing	2
4. Athletics endurance running 6'(F) - 10'(B) - initial testing	2
5. Athletics consolidation of the high start and the acceleration running step	2
6. Athletics consolidation of the long jump from the spot	2
7. Athletics - consolidation of endurance running with a standing start, over progressively increased distances (coordination of running steps with correct breathing)	2
8. Preparation of control tests	2
9. Optional discipline (volleyball, basketball)	6
10. Verification of sprint running with a standing start over a distance of 50m.	2
11. Optional discipline check	2
12. Checking the standing long jump and endurance run 6'(F) - 10'(B)	2
Total	**28**

REFERENCES

1. Balaiș, F., Păcuraru, A., Vâlsan, T. - *Curs de volei - Tehnica și tactica jocului*, Universitatea "Dunărea de Jos", Galați, 1994;
2. Ciorbă, C. - *Baschet curs grafic*, Editura Pim, Iași, 2006;
3. Grapă, F., Mârza, D. - *Volei în învățământ*, Editura Plumb, Bacău, 1998;
4. Hansa, C., Călin, L. - *Baschet - tehnică și tactică*, Editura Fundației Universitare „Dunărea de Jos”, Galați, 2004;
5. Moanță, A. - *Baschet - metodică,* Editura Alpha, 2005;

9. CORROBORATING THE DISCIPLINE CONTENT WITH THE EXPECTATIONS OF EPISTEMIC COMMUNITY REPRESENTATIVES, PROFESSIONAL ASSOCIATIONS AND EMPLOYEE REPRESENTATIVES RELATING TO THIS PROGRAM

The discipline "Physical Education" is a complementary, but mandatory discipline. The contents of the discipline are structured in such a way as to contribute to the development of general and transversal competencies provided for the study program. Theoretical and practical activities aim to form a proactive attitude towards health and promote an active lifestyle, based on the regular practice of physical exercise.

Through the activities carried out, students acquire knowledge about the benefits of physical activity on the body, develop skills in applying physical exercises adapted to the individual level of preparation and strengthen their ability to integrate movement into the daily routine. The discipline thus contributes to the development of individual responsibility for maintaining health, to increasing functional capacity and to the formation of useful skills for the prevention of diseases associated with sedentary lifestyle. Through its practical and applicative approach, the discipline supports the formation of a balanced professional conduct, oriented towards maintaining physical and mental health during academic and professional activity.

10. METHODOLOGICAL GUIDELINES

Types of activity	Teaching/learning techniques, materials, resources: lectures, interactive courses, group work, problem-based/project-based learning, etc. Learning, teaching, research, and practical application activities within the discipline are conducted in a blended format.
Course	The following methods are used in combination: lectures, debates, problem-solving
Practical work	The following methods are used in combination: practical applications, case studies, projects
Individual study	Before each course and each practical assignment

11. EVALUARE

Tip de activitate	**Forme de evaluare**	**Metode de evaluare**	**Pondere din nota finală**
Lecture	Formative assessment through	Exam (written)/multiple choice	-

	tests during the semester Summative assessment during the exam	system/oral Grades are given on a scale of 1-10. The minimum passing grade is 5.	
Practical work	Formative assessment through tests during the semester Summative assessment in the last week of the semester	Written exam/multiple choice/oral Grades are given on a scale of 1-10. The minimum passing grade is 5.	80%
Assessment of stage knowledge	Tests during the semester	Test (written)/multiple choice system. Grades are given on a scale of 1-10. The minimum passing grade is 5.	20%
Individual performance evaluation	Formative assessment through essays, projects, worksheets, applied discussion	Essays, projects, worksheets, applied discussion	-
Minimum performance standard	• The student actively participates in the practical activities of the discipline, demonstrates the acquisition of basic knowledge regarding the role of physical activity in maintaining health and correctly performs fundamental physical exercises, respecting safety rules and the principles of sports activity.		
Appeals	According to the Student Examination Methodology		

12. PROFESSIONAL GUIDANCE AND COUNSELING PROGRAMS

Scheduling the hours	**Place of deployment**	**In charge**
The last Thursday/Friday of each month	Official Discipline location	All teaching staff

13. RECOVERY PROGRAM AND CONSULTATIONS

	No. absences that can recover	**Place of deployment**	**Period**	**In charge**	**Scheduling of topics**
Absence recovery	2	Official Discipline location	Weekly	All teaching staff	According to the course schedule
	Number of hours	**Place of deployment**	**Period**	**In charge**	**Scheduling of topics**
Consultation schedule	2 hours/week	Headquarters of the discipline	Weekly	Course instructors	Theme of the week

Date of approval:

Dean,
Prof. univ dr. OCTAVIAN CROITORU

Department Director,
Prof. univ dr. CAMAL CONSTANTIN

Discipline Holder,
Prof. univ. dr. DRAGOS CIUVAT