

## COURSE SHEET

### 1. Data about the program

1.1 Higher education institution	Babeş-Bolyai University
1.2 Faculty	Faculty of Physical Education and Sport
1.3 Doctoral school	
1.4 Field of study	
1.5 Study cycle	Doctorate
1.6 Study program / Qualification	Doctoral training / Doctor of Science of Sport and Physical Education

### 2. Course data

2.1 Name of discipline	Anthropology of Movement						
2.2 Teacher responsible for lectures	Emilia Florina Grosu						
2.3 Teacher responsible for seminars	Emilia Florina Grosu						
2.4 Year of study	I	2.5 Semester	I	2.6. Type of evaluation	Exam	2.7 Course framework	

### 3. Estimated total time of teaching activities (hours per semester)

3.1 Hours per week	3	Out of which: 3.2 Lectures	2	3.3 Seminars / Laboratory classes	1
3.4 Total hours in the curriculum	36	Out of which: 3.5 Lectures	24	3.6 Seminars / Laboratory classes	12
Allocation of study time:					hours
Study supported by textbooks, other course materials, recommended bibliography and personal student notes					30
Additional learning activities in the library, on specialized online platforms and in the field					70
Preparation of seminars / laboratory classes, topics, papers, portfolios and essays					30
Tutoring					34
Examinations					4
Other activities: -					2
3.7 Individual study (total hours)	164				
3.8 Total hours per semester	200				
3.9 Number of credits	8				

### 4. Preconditions (where applicable)

4.1 Curriculum	<ul style="list-style-type: none"> <li>It's not necessary</li> </ul>
4.2 Competences	<ul style="list-style-type: none"> <li>Minim level of English B1+</li> </ul>

### 5. Conditions (where applicable)

5.1 Conducting lectures	<ul style="list-style-type: none"> <li>Classroom equipped with video projection equipment</li> </ul>
5.2 Conducting seminars / laboratory classes	<ul style="list-style-type: none"> <li>Classroom equipped with video projection equipment</li> </ul>

### 6. Specific competences acquired

<b>Professional competences</b>	<ul style="list-style-type: none"> <li>• Modular design in the Anthropology of movement and planning the basic contents of the field with interdisciplinary orientation.</li> <li>• Knowledge and realization of the stages of designing experimental research and their role in conducting a research.</li> <li>• Knowledge and understanding of the stages of designing experimental research in physical education and sports: choosing the research design, the variables, the experimental tasks, the specific conditions of the research, the method of data analysis.</li> <li>• Evaluation of the growth and physical development and the quality of motor skills according to the specific requirements / objectives of physical and sports education, of the attitude towards the independent practice of physical exercise.</li> <li>• Knowledge and application in research of operational systems specific to physical and sports education, by age groups</li> <li>• Assessing the level of training of practitioners of physical education and sports activities</li> </ul>
<b>Transversal competences</b>	<ul style="list-style-type: none"> <li>• Organizing research activities in physical education and sports for people of different ages and levels of training in conditions of qualified assistance, in compliance with the norms of ethics and professional deontology.</li> <li>• Optimal and creative capitalization of one's own potential in specific situations, respecting the principles and norms of professional ethics.</li> <li>• The application in conditions of efficiency and effectiveness of the work tasks for the organization and development of the research in the sports activities.</li> </ul>

## 7. Course objectives (based on the acquired competencies grid)

7.1 The general objective of the course	<ul style="list-style-type: none"> <li>• Acquiring knowledge in order to develop an experimental scientific research project, as well as statistical analysis and interpretation of scientific data.</li> <li>• Formation of skills for designing and conducting scientific research, respectively for writing a project, article or report of scientific research.</li> </ul>
7.2 Specific objectives	<ul style="list-style-type: none"> <li>• Knowledge of the necessary steps in conducting scientific research. with practical-methodical skills applicable in the physical education lesson, with the possibility of transfer in leisure activities.</li> </ul>

## 8. Content

8.1 Lectures	Teaching methods	Comments
1. Definition, characteristics, peculiarities, and tasks of the anthropology of movement. Terminology of the Anthropology of Movement.	Presentation, discussion, case studies, exercises	
2. History and evolution of the Anthropology of movement.		
3. The concept of cultural industry and the new problems of artistic communication.		
4. Olympism and Paralympism values of sports anthropology.		
5. Anthropological research methods and anthropological perspective.		
6. Ethnocentrism and anthropology of movement.		
7. The relationship between the anthropology of movement and biological foundations.		
8. Locomotor system, Nervous system, Analyzers.		
9. Regulation of cardiovascular and renal activity.		

10. Mental training - its place and role in optimizing training.		
11. The art of the actor of corporal expression.		
12. New trends and directions in anthropology and the role of socialization processes through sports		
Total 24 hours		
Bibliography:		
<p>1. Almășan, D., (2007). <i>Ideea de sport în sculptură / The idea of sports in sculpture</i>, Editura /Publishing House Grinta, Cluj – Napoca</p> <p>2. Alexe, N., și colab. (1974). <i>Terminologia educației fizice și Sportului</i>, București, Edit. Stadion, pg., 144.</p> <p>3. Căciuleanu, G., (2008). <i>Vânt, volume, vectori</i>, Editura Curtea veche, București, Colecția coordonată de Sterian Jean – Lorin.</p> <p>4. Epuran, M., (2005). <i>Metodologia cercetării activităților corporale</i>, Editura Fiest, București.</p> <p>5. Dabu, S., (2006). <i>Obiectul antropologiei</i>, Universitatea de Vest, Socio-etnografie. Timișoara.</p> <p>6. Enciclopedia Marshall Cavendish (2004). „<i>Arborele lumii</i>” <i>Corpul omenesc / Dezvoltare fizică</i>, pg., 42.</p> <p>7. Grosu, E., F., (2002). <i>Psihomotricitate și gimnastica educativă</i>, Editura GMI, Cluj – Napoca, pg 35-112</p> <p>8. Grosu, E., F., (2004). <i>Paralele inegale din gimnastica artistică feminină</i>, Editura GMI, Cluj – Napoca</p> <p>9. Grosu, E., F., (2005). <i>Biomecanica, tehnica și metodica elementelor acrobatice la sol și bârnă</i>, Editura GMI, Cluj – Napoca.</p> <p>10. Grosu, E., F.,și colab (2008). <i>Conceptele fundamentale ale Științei Sportului , Vol.III, Colecția „Știința Sportului”</i>; editura GMI, Cluj – Napoca, pg 21-22</p> <p>11. Grosu, E., F., (2009). <i>Psihomotricitate</i>, Editura GMI, Cluj – Napoca.</p> <p>12. Grosu, E., F., Grosu V., T., Mihaiu, C., (2011). <i>Spiritualitatea în sport</i>, Editura GMI, Cluj – Napoca</p> <p>13. Grosu, E., F., Grosu V., T., Mihaiu, C., (2010). <i>Locul și rolul fitness-ului în știința sportului</i>, Editura GMI, Cluj – Napoca.</p> <p>14. ^ Henderson, Tom (2004). „The Physics Classroom”. The Physics Classroom and Mathsoft Engineering &amp; Education, Inc.. Accesat la 2008-01-02.</p> <p>15. Kirițescu, C-tin. (1964). <i>Palestrica</i>, Editura Uniunii de Cultură Fizică și Sport, București, pg. 29</p> <p>16. Nicolae Frigioiu (2009). <i>Școala Națională de Științe politice și Administrative, Cursul ”Antropologia Culturii</i>.</p> <p>17. Papilian V, (2003). <i>Anatomia omului</i>, Volumul I, Aparatul locomotor, Ediție revizuită de Prof. Univ. Dr. Ion Albu, București, Editura ALL.</p> <p>18. Sbengehe T. (1999). <i>Bazele teoretice și practice ale kinetoterapiei</i>, București, Editura Medicală</p> <p>19. Sulițeanu, Ghizela (1980). <i>Psihologia folclorului muzical – Editura Academiei</i>, București, pag. 10</p> <p>20. Vedinaș Traian (2006). <i>Introducere in antropologie – Suport curs- UBB</i>, Cluj – Napoca</p> <p>^ „glossary”. Earth Observatory. NASA. Accesat la 2008-04-09. „Forță: Orice agent extern ce determină o modificare a stării de mișcare a unui corp liber, sau care cauzează tensiuni într-un corp fix.”</p> <p>*** Dicționar de termeni muzicali - Editura științifică și enciclopedică, București 1984</p> <p>*** <a href="http://ro.wikipedia.org/wiki/Antropologie">http://ro.wikipedia.org/wiki/Antropologie</a></p>		

8.2 Seminars / laboratory classes	Teaching methods	Comments
1. Searching for specialized literature and reviewing articles with topics similar to their own research projects	Presentation, discussion, exercises	2 hours
2. Anatomy of development, evolutionary, evolutionism, determinism of anatomical forms in phylogeny, humanogenesis and ontogenesis.	Analysis of research, discussions and debates	2 hours

3. Defining the biological foundations and the principles of anatomy and physiology. Methods of anthropological research and the role of culture.	Analysis of research, discussions and debates	2 hours
4. Methods of anthropological research. Children's folklore - general characteristics. Dance (as a form of movement) in Romanian - in various forms, since ancient times.	Analysis of research, discussions and debates	2 hours
5. Olympism and Paralympism values of sports anthropology: Sport - social phenomenon; the symbolic component of sports culture; symbol - Functions and typology; Aesthetic ideals	Analysis of research, discussions and debates	2 hours
6. The role of socialization processes through sports. Case studies prepared with the doctoral students, based on their individual doctoral research topics	Analysis of research, discussions and debates	2 hours
		Total 12 hours

**9. Aligning the contents of the discipline with the expectations of the epistemic community representatives, professional associations and standard employers operating in the program field**

- The content of the discipline respects, from a methodological point of view, the recommendations from similar disciplines from the country and abroad regarding the steps to be taken in the elaboration of a research project, the writing of an article or a doctoral thesis. It also follows the recommendations of various guidelines for the elaboration of doctoral theses.

**10. Examination**

Activity type	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Weight in the final grade
10.4 Lectures	Assessment of knowledge	Written exam	20%
	Assessment of knowledge	Ongoing tests	20%
10.5 Seminars / laboratory classes	Activity during seminars	Discussions, answers to questions	15%
	Assessment of knowledge	Discussions, answers to questions	15%
	Activity in laboratory works	Practical evaluation - Project draft	30%
10.6 Minimum performance standard			
<ul style="list-style-type: none"> <li>Knowledge of the basic elements of the anthropology of the movement: search and analysis of the literature; data collection; data analysis; writing scientific papers</li> </ul>			

Date of issue  
1.09.2021

Signature of the teacher  
responsible for lectures



Signature of the teacher  
responsible for seminars



Date of approval by the doctoral school council

9.09.2021

Signature of the doctoral school director

