

## SUBJECT SHEET

### 1. Programme data

1.1 Higher education institution	TECHNICAL UNIVERSITY OF CLUJ-NAPOCA
1.2 Faculty	ETTI
1.3 Department	
1.4 Field of study	
1.5 Cycle of studies	license
1.6 Study programme / Qualification	
1.7 Form of education	IF - full-time education
1.8 Discipline code	7

### 2. Discipline data

2.1 Name of subject	Physical education and sport I/II				
2.2 Course holder	-				
2.3 Holder of seminar/lab/project activities					
2.4 Year of study	1/2	2.5 Semester	1	2.6 Type of evaluation	Check A/R
2.7 Discipline regime	Formative category				O
	Optional				DC

### 3. Total estimated time

3.1 Number of hours per week	2	of which:	3.2 Course	0	3.3 Seminar	0	3.3 Laboratory	2	3.3 Project	0
3.4 Number of hours per semester	28	of which:	3.5 Course	0	3.6 Seminar	0	3.6 Laboratory	28	3.6 Project	0
3.7 Distribution of time fund (hours per semester) for:										
(a) Study from the textbook, course materials, bibliography and notes										
(b) Further documentation in the library, on specialised electronic platforms and in the field										
(c) Preparation of seminars/labs, homework, papers, portfolios and essays										
(d) Tutoring										
(e) Examinations										10
(f) Other activities:										10
3.8 Total individual study hours (sum (3.7(a)...3.7(f)))						22				
3.9 Total hours per semester (3.4+3.8)						50				
3.10 Number of credits						2				

### 4. Prerequisites (where applicable)

4.1 of curriculum	
4.2 competences	Physically fit. Required skills; knowledge, skills and abilities acquired in grades I-XII.

### 5. Conditions (where applicable)

5.1. of the course	
5.2. seminar / laboratory / project	Participatory. Existence of the material base - sports fields, sports facilities and equipment. Appropriate sports equipment.

	They will not leave the field or gym without the teacher's permission. Late students will not be tolerated.
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## 6. Specific competences acquired

Professional skills	<p>Knowledge, understanding of the basic concepts, theories and methods of the field and the area of specialisation; their appropriate use in professional communication;</p> <ul style="list-style-type: none"> <li>- Using basic knowledge to explain and interpret various types of concepts, situations, processes, projects, etc. associated with the field;</li> </ul>
Cross-cutting skills	<ul style="list-style-type: none"> <li>- Demonstration of teamwork skills; assimilation of techniques for working in groups and taking on specific roles in teamwork;</li> <li>- Cultivate a climate of collaboration, cooperation and understanding towards all group members;</li> <li>- Show an attitude of respect towards the group leaders;</li> <li>- Showing initiative in organising and directing various activities of a specific nature;</li> <li>- Knowledge of and compliance with the basic rules necessary for organising and carrying out activities specific to the specialisation;</li> <li>- taking individual responsibility for the fulfilment of the tasks set out above</li> </ul>

## 7. Objectives of the subject (from the grid of specific competences acquired)

7.1 General objective of the subject	- Improvement of physical development and general and specific motor skills
7.2 Specific objectives	<ul style="list-style-type: none"> <li>- Optimising individual fitness levels, with an emphasis on motor skills reported as deficient.</li> <li>- To enrich the fund of motor skills specific to preferred branches of sport and apply them with superior performance in organized competitions and contests.</li> <li>- Improving general health, achieving normal functional indicators.</li> <li>- Ensuring harmonious physical development by constantly working on the proportionality of muscle groups, preventing the installation of deficient attitudes and correcting physical deficiencies reported in the segments and spine.</li> <li>- Training and assimilation of minimal sports terminology, related to: concepts of regulations, training methods used, parameters, dosage, hygiene, physiology of physical effort, planning and effects of various exercises on the body, concepts of tactics, etc.</li> <li>- Including as many students as possible in the organised practice of different branches of sport, especially outside university hours.</li> <li>- The installation of compensatory effects, in order to limit the states of mental overstrain induced by the predominantly intellectual effort of the specialisation.</li> </ul>

## 8. Content

8.1 Course	No. of hours	Teaching methods	Comments
-	-	-	-
8.2 Seminar / laboratory / project			
1.Presentation of the objectives of the subject, obligations, students, grading methods.	2	Explanation , exercise	

2.Adapting the body to effort . Development of reaction speed to visual auditory stimuli. Educating dynamic strength in the upper limbs, lower limbs, abdominals and torso through circuit work and workshop work.	4	Explanation , exercise	
3.Consolidation of technical elements and procedures in sports games . Notes on regulations for organising recreational activities and practice. Bilateral game☒	4	Explanation , exercise	
4.Application of athletic exercise through aerobic and mixed resistance training using the uniform and variable effort method to increase cardiorespiratory function.	4	Explanation , exercise	
5.Training motor skills characteristic of sports games. Bilateral game☒	4	Explanation , exercise	
6.Development of the elements of coordinative ability rhythm, precision, static and dynamic balance, spatio-temporal orientation, combination of movements	4	Explanation , exercise	
7.Preparation of samples and control standards.	4		
8.	4		
Bibliography 1.Physical Education Course - Lithographed UTC-N 2.General physical development for students - UTC-N 3.Physical culture for youth - UT.PRESS			

**9. Correlation of subject content with the expectations of representatives of the epistemic community, professional associations and representative employers in the field related to the programme.**

- The impact of the discipline manifests itself in the formation of the habit of organised individual and team work, overcoming various physical or mental barriers in order to increase the general physical capacity of body for health.
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**10. Evaluation**

Type of activity	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Weight of final mark
10.4 Course			
10.5 Seminar/Workshop/Project	Medical exemption: Minimum 10 present and presentation of the report.	The topic for the report is set with the teacher of the class. Attendance and presentation of the report.	100%
	Minimum 10 present and taking the control sample	Class attendance and support control sample, following	100%

		each student's progress.  Control test - Trail application utility in a certain time interval.	
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10.6 Minimum performance standard:  
- Minimum standards related to the components of the power train tested. Rate of progress. Conduct of activities to be of an academic standard

Date of completion:	Headlines	Title Forename NAME	Signature
16.07.2024	Course		
	Applications	Rusu Alina Cristina	

Date of endorsement in the Council of the Department of _____  Date of approval in the Council of the Faculty ETTI _____ 11.07.2024 _____	Department Director prof. dr. eng. Mircea BARA   Dean prof. dr. ing. Ovidiu POP
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