

## SYLLABUS

<b>Discipline name</b>	Physical Education and Sport
<b>Profile</b>	Electronics and Telecommunications Engineering
<b>Specialization</b>	Telecommunications Technologies and Systems
<b>Code</b>	51320809, 51321609
<b>Course leader</b>	Assoc. Prof. Marin Dumitrescu, Ph. D., e-mail <a href="mailto:marind@efs.utcluj.ro">marind@efs.utcluj.ro</a>
<b>Collaborators</b>	Assoc. Prof. Viorel Moisin, Ph.D., Lecturer Alina Rusu - PhD student, Lecturer Mihai Olanescu - PhD student, Assist. Prof. Voicu Moldovan
<b>Department</b>	Physical Education and Sport
<b>Faculty</b>	Electronics, Telecommunications and Information Technology

Sem.	Type of discipline	Course			Applications			Ind. study.	TOTAL	Credits	Form of assessment
		[hours/week]			[hours/sem.]						
			S	L	P		S				
1+2	<b>Complementary</b>	-		<b>2</b>	-	-	-	<b>28</b>	-		<b>Verification</b>

### Acquired competences:

- acquired movement skills, capacities and knowledge
- resourceless and methods for enhances of physical fitness
- fair-play in sport and social activity

### Theoretical knowledge : (What the student must know)

- habit and ability (capacity) to practice physical activity
- improvement and maintenance of health and fitness
- improving athletic ability
- practicing sports is not only necessary to have a good figure, but also to be healthy
- physical activity also helps psychologically. It reduces feelings of depression and anxiety, improves mood and promotes a sense of well-being.

### Acquired skills: (What the student is able to do)

- practicability of physical activity in the future professional training and in the daily life
- improving of physical characteristics: imagination, anticipation, understanding and altruism
- promote physical fitness, develop motor skills, instill knowledge and understanding of rules, concepts, and strategies,
- work as part of a team, or as individuals, in a wide variety of competitive activities

### Acquired abilities:

- skills to achieve steam and physical endurance
- work as part of a team, or as individuals, in a wide variety of competitive activities

### Prerequisites ( if necessary)

Physical able; movement skills, capacities and knowledge accumulated in secondary and high school

### A. Course contents (course titles)

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<b>B1. Applications</b> (list of laboratories)
<b>Sem. I – Course/lecture titles</b> 1-2. Discipline demands and promotion criterion. 3-4. Testing of movement skills, capacities and knowledge accumulated in secondary and high school 5-6. Adaptation with physical effort. 7-8. Learning of technical process (methods) accessible and possible. 9-10. Repetition (improving) of technical process (methods). 11-12. Learning new technical process (methods) 13-14. Semestrul verification. <b>Sem. II – Course/lecture titles</b> 1-2 Improvement and maintenance of health, athletic ability and fitness 3-4 Improving technical exercises learned before using tactic tasks. 5-6 Automatization of technical and tactics in game conditions (competition). 7-8 Learning regulations of different sports, to be able to practice and organize leisure-time sport activity. 9-10 Necessary skills to practice independent physical activity 11-12 Improving the drills, combinations, schemes in different sport games. 13-14 Close the school situation by passing physical test
<b>B2. Laboratory</b> ( Name/Sport Hall) Sport Hall, Fitness Hall, Aerobic Hall and Bodybuilding Hall, B-ul Muncii 101-103, Politehnica Swimming Pool

<b>C. Individual study</b> (reference study contents, synthesis materials, projects, applications etc.)						
Hygienic personal sets Medical examination sets Preview of sport competitions Access on internet sites with sport thematic						
Individual study structure	Course study	Problem solving, laboratory, project	Applications preparation	Examination time	Additional reference study	Total no. of individual study hours
Hours		26	20	40	20	106

<b>References</b>
<ol style="list-style-type: none"> <li>1. Curs de Educație fizică – Litografiat UTC-N</li> <li>2. Dezvoltare fizică generală pentru studenți – UTC-N</li> <li>3. Cultură fizică pentru tineret - UTPRES</li> </ol>

<b>Final evaluation</b>	
Evaluation method	Semestrial, by passing physical test.
Mark components	70%frequency + 30% activ participation, sport abilities and progress

Course leader

Assoc. Prof. Marin Dumitrescu, Ph.D.