

## SYLLABUS

### 1. Data about the program of study

1.1	Institution	The Technical University of Cluj-Napoca
1.2	Faculty	Mechanics
1.3	Department	Mechatronics and Machines Dynamics
1.4	Field of study	Electronics and Telecommunications Engineering
1.5	Cycle of study	License
1.6	Program of study/Qualification	Telecommunications Technologies and Systems, Applied Electronics
1.7	Form of education	IF (Full-time learning)
1.8	Subject code	TST-E07.00, EA-E07.00

### 2. Data about the subject

2.1	Subject name		Physical Education and Sports 1									
2.2	Subject area		Sport									
2.3	Course responsible/lecturer		-									
2.4	Teachers in charge of applications		Assist. Prof. Mihai Olanescu, PhD									
2.5	Year of study	I	2.6	Semester	1	2.7	Assessment	verification	2.8	Subject category	DC/DI	

### 3. Estimated total time

Sem.	Subject name	Lecture			Applications			Lecture			Applications			Individual study	TOTAL	Credit
		[hours / week.]			[hours / semester]			[hours / semester]			[hours / semester]					
		S	L	P	S	L	P	S	L	P	S	L	P			
I/1	Sport I	-	-	2	-	-	-	28	-	-	22	50	2			

3.1	Number of hours per week	2	3.2	of which, course	-	3.3	applications	2
3.4	Total hours in the teaching plan	28	3.5	of which, course	-	3.6	applications	28
Individual study								Hours
Manual, lecture material and notes, bibliography								-
Supplementary study in the library, online and in the field								-
Preparation for seminars/laboratory works, homework, reports, portfolios, essays								-
Tutoring								-
Exams and tests								10
Other activities								12
3.7	Total hours of individual study	22						
3.8	Total hours per semester	50						
3.9	Number of credit points	2						

### 4. Pre-requisites (where appropriate)

4.1	Curriculum	
4.2	Competence	physically fit, necessary skills, knowledge, skills and abilities gained in classes I-XII

### 5. Requirements (where appropriate)

5.1	For the course	Muncii Blvd, no.103-105, Cluj-Napoca, Politehnica Swimming Complex
5.2	For the applications	Sports Hall, Muncii Blvd, no.103-105, Cluj-Napoca Outdoor and Fitness - Complex Polytechnic

## 6. Specific competences

Professional competences	N/A
Cross competences	CT3. To adapt to new technologies, professional and personal development, by continuous training using dedicated documentation in English

## 7. Discipline objectives (as results from the *key competences gained*)

7.1	General objective	<ul style="list-style-type: none"> <li>• Harmonious physical development</li> <li>• Maintain health at a high standard</li> </ul>
7.2	Specific objectives	<ul style="list-style-type: none"> <li>• Capacity development effort</li> <li>• Learning and motor skills development</li> <li>• Education volitional qualities</li> </ul>

## 8. Contents

8.1. Lecture (syllabus)		Teaching methods	Notes
8.2. Applications (Seminars)		Teaching methods	Notes
1-2	Discipline demands and promotion criterion	interactive	
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	Semestrial verification		
Bibliography			
1. Curs de Educație fizică – Litografiat UTC-N			
2. Dezvoltare fizică generală pentru studenți – UTC-N			
3. Cultură fizică pentru tineret - UTPRES			

## 9. Bridging course contents with the expectations of the representatives of the community, professional associations and employers in the field

Sports activity there in the curriculum of universities and faculties in the country and abroad. Content is consistent with the expectations of professional associates and employers epistemic community representative of the afferent program.

## 10. Evaluation

Activity type	10.1	Assessment criteria	10.2	Assessment methods	10.3	Weight in the final grade
Course		-		-		
Applications		70% + 30% Frequency Active Participation, sports skills and advances		By passing control samples		
10.4 Minimum standard of performance						

Date of filling in  
1.10.2018

Course responsible

Teachers in charge of applications  
Assist. Prof. Mihai Olanescu, PhD