

SYLLABUS

1. Data about the program of study

1.1 Institution	Technical University of Cluj-Napoca
1.2 Faculty	Faculty of Electronics, Telecommunications, and information Technology
1.3 Department	Mechatronics and Machines Dynamics
1.4 Field of study	Electronic Engineering, Telecommunications, and Information Technologies
1.5 Cycle of study	Bachelor of Science
1.6 Program of study / Qualification	Telecommunications Technologies and Systems/ Applied Electronics
1.7 Form of education	Full time
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	-						
2.4 Teacher in charge with seminar / laboratory / project	Assoc. Prof. Alina RUSU, Ph.D. - alina.rusu@mdm.utcluj.ro Assist. Prof. Vlad GROSU, Ph.D. - vlad.grosu@mdm.utcluj.ro						
2.5 Year of study	1	2.6 Semester	1	2.7 Assessment	A/R	2.8 Subject category	DC/DI

3. Estimated total time

3.1 Number of hours per week	2	of which: 3.2 course	0	3.3 seminar / laboratory	2
3.4 To Total hours in the curriculum	28	of which: 3.5 course	0	3.6 seminar / laboratory	28
Distribution of time					hours
Manual, lecture material and notes, bibliography					-
Supplementary study in the library, online specialized platforms and in the field					-
Preparation for seminars / laboratories, homework, reports, portfolios and essays					-
Tutoring					-
Exams and tests					8
Other activities:					14
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	N/A
4.2 competence	physically fit, necessary skills, knowledge, skills and abilities gained in school (classes I-XII)

5. Requirements (where appropriate)

5.1. for the course	N/A
5.2. for the seminars / laboratories / projects	Sports Hall, Muncii Blvd, no.103-105, Cluj-Napoca

	Outdoor and Fitness - Complex Polytechnic Politehnica Swimming Complex
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6. Specific competences

Professional competences	N/A
Transversal competences	CT3: Adaptation to new technologies, professional and personal development, through continuous training. Use of printed documentation sources, specialized software and electronic resources in Romanian and in (at least) one language of international circulation.

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

7.1 General objective	Harmonious physical development, Maintain health at a high standard
7.2 Specific objectives	1. Capacity development effort 2. Learning and motor skills development 3. Education volitional qualities

8. Contents

8.2 Laboratory	Teaching methods	Notes
1. Discipline demands and promotion criterion	interactive	
2. Testing of movement skills, capacities and knowledge accumulated in secondary and high school		
3. Adaptation with physical effort		
4. Learning of technical process (methods) accessible and possible		
5. Repetition (improving) of technical process (methods).		
6. Learning new technical process (methods)		
7. 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

The discipline content and the acquired skills are in agreement with the expectations of the professional Competences acquired will be used in the following COR occupations (Electronics Engineer; Telecommunications Engineer; Electronics Design Engineer; System and Computer Design Engineer; Communications Design Engineer) or in the new occupations proposed to be included in COR (Sale Support Engineer; Multimedia Applications Developer; Network Engineer; Communications Systems Test Engineer; Project Manager; Traffic Engineer; Communications Systems Consultant).

10. Evaluation

Activity type	10.1 Assessment criteria	10.2 Assessment methods	10.3 Weight in the final grade
10.4 Course	N/A	N/A	N/A
10.5 Laboratory	70% + 30% Frequency Active Participation, sports skills and advances	By passing control tests	A/R

Date of filling in:	Responsible	Title First name SURNAME	Signature
16.06.2025	Course	-	
	Applications	Assoc. Prof. Alina RUSU, Ph.D.	
		Assist. Prof. Vlad GROSU, Ph.D.	

Date of approval in the Council of the Communications Department 18.06.2025	Head of Communications Department Prof. Virgil DOBROTA, Ph.D.
Date of approval in the Council of the Faculty of Electronics, Telecommunications, and Information Technology 25.06.2025	Dean Prof. Ovidiu POP, Ph.D.