

SYLLABUS

1. Data about the program of study

1.1	Institution	Technical University of Cluj-Napoca
1.2	Faculty	Faculty of Automation and Computer Science
1.3	Department	Automation
1.4	Field of study	Systems Engineering (Automation)
1.5	Cycle of study	Bachelor of Science
1.6	Program of study/Qualification	Automation and Applied Informatics (in english)
1.7	Form of education	Full time
1.8	Subject code	15

2. Data about the subject

2.1	Subject area	Physical Education and Sport								
2.2	Course responsible/lecturer	-								
2.3	Teachers in charge of seminars	Conf.dr. Rusu Alina: Alina.Rusu@mdm.utcluj.ro , Șef lucr.dr. Olănescu Mihai: Mihai.Olanescu@mdm.utcluj.ro , Șef lucr.dr. Radu Sabău: Radu.Sabau@mdm.utcluj.ro , Șef lucr.dr. Grosu Vlad: Grosu.Vlad@mad.utcluj.ro , Asis.dr. Suciu Adrian: Adrian.Suciu@mdm.utcluj.ro								
2.4	Year of study	I	2.5	Semester	I/2	2.6	Assessment	verificat ion		DC/DI
2.7	Subject category	Formative Category								
		Optional								

3. Estimated total time

3.1	Number of hours per week	1	3.2	of which, course:		3.3	applications:	1
3.4	Total hours in the curriculum	50/25	3.5	of which, course:		3.6	applications:	14
	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							10/5
	Other activities							26/6
3.7	Total hours of individual study	36/11						
3.8	Total hours per semester	50/25						
3.9	Number of credit points	2/1						

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

6. Specific competences

Professional competences	<ul style="list-style-type: none"> - knowledge, skills and movement skills - means and methods for harmonious and balanced physical development - fair play in sport and social activity <p>The capacity and the habit of practicing physical activities for formative, compensatory and recreational purposes:</p> <ul style="list-style-type: none"> - formative, by maintaining health, harmonious physical development and body resistance, to combat sedentarism; - compensatory, to alleviate the stress created by professional obligations, to restore the body after physical or intellectual effort - Skills for gaining strength and physical strength <p>Organizing and leading a team</p> <ul style="list-style-type: none"> - the applicability in everyday life and in future professional practice of the knowledge, skills and abilities of body activities; - improving mental attributes: imagination, anticipation, referral, timely and efficient action, responsible independence, altruism.
Cross competences	<p>CT2 – Identifying, describing and conducting processes in the projects management field, assuming different roles inside the team and clearly and concisely describing, verbally or in writing, in Romanian and in an international language, the own results from the activity field. Identify the objectives, the available resources, the conditions for their completion.</p> <p>Realization of projects under co-ordination, under conditions of deontological norms, as well as health and safety at work.</p>

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

7.1	General objective	<ul style="list-style-type: none"> - ensure the maintenance and improving of health by using exercise in combination with natural quenching factors (air, water, sun, etc.) in order to increase the physical and intellectual work potential and to form personality and character; - ensures normal and harmonious physical development; - ensures recreation, restoration, recovery of the body of students; - increases the body capacity for resistance to illness; - assures the acquisition of skills and skills of general and sport-specific movement; - ensures the development of psychomotor skills and moral and willing skills;
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		- ensures the formation of the habit of exercise of physical exercises in leisure time.
7.2	Specific objectives	- extending the core of basic movements, application-utilitarian and elementary motor skills, and developing related motor skills - Independent practice of physical exercise, games and various sports - manifestation of team spirit and competition, depending on a system of accepted rules

8. Contents

8.1. Lecture (syllabus)	Teaching methods	Notes
<p>Legend: a=basketball b=football c=swimming d=table tennis e=volleyball</p> <p>1 - Information on the requirements of students.</p> <ul style="list-style-type: none"> - Testing the level of physical ability of the students. - Accommodating of the students with physical effort. <p>2 a. Exercises, relays and accommodation games with the ball.</p> <p>b. The appropriation of the technical elements without the ball.</p> <p>c. Accommodation with water.</p> <p>d. Learning how to hold a table tennis racket.</p> <p>e. Fundamental positions, squatting and motion in the field, rotating.</p> <p>3. a. Basic types of dribbling; rules violations: traveling.</p> <p>b. Learning how to kick the ball with top and side of the foot.</p> <p>c. Getting used with horizontal position in the water.</p> <p>d. Learning the fundamental position.</p> <p>e. Passing the ball overhead with two hands.</p> <p>4. a. Stops. Pivoting skills. Shooting from standing and from dribbling.</p> <p>b. Learning how to kick the ball with foot (interior, full, exterior).</p> <p>c. Learning how to breath in the water.</p> <p>d. Learning the specific movements.</p> <p>e. Get the ball thrown (service type).</p> <p>5. a. Fundamental position. Basic moves or steps without the ball.</p> <p>b. Learning how to kick the ball with the knee and with the hell.</p> <p>c. Learning the floatation on the water.</p> <p>d. Learning the middle-game with the forehand.</p> <p>e. Learning the front service up (distance 4 – 5 m).</p> <p>6. a. Crossover with and without the ball.</p>	interactive	

<ul style="list-style-type: none"> b. Learning how to kick the ball with the head. c. Learning the slip in water. d. Simple means learning game with backhand. e. The game without the ball with the simulation of the skills learned. 7. a. Complex technical structures: dribbling, stop, pivot, pass. b. Learning processes driving the ball. c. Learning floatation and slipping on the back. d. Learning middle-game cut with forehand. e. Pick up service with two hands above the head. 8. a. Relationship 1x1. b. Learning the receiving of the ball (damping, relocation, counter-hit) c. Front crawl - learning the legs movement. d. Learning the middle-game cut with the backhand. e. Organization of 3 hits, top pick up. 9. a. Jump shot. b. Learning deceptive movements. c. Learning the legs movement in the same time with breath. d. Learning the middle-game from semi-flight with forehand. e. High lift for attack from zone 3 and 4. 10. a. Games by theme: improving the passing. b. Learning to put the ball back in play. c. Learning the arms movement. d. Learning the middle-game from semi-flight with backhand. e. e. Attack shot in the direction of attack using elk from zone 4. 11. a. Relationship 1x1 (overcoming). b. Learning opponent ball dispossession. c. Coordinating the movement of arms and legs. d. Learning the serve with forehand. e. Game 6x6 with simplified rules. 12. a. Complex technical structures: catching, dribbling, stop. b. Learning goalkeeper technical procedures. c. Front crawl on 25-50 m distance. d. Learning the serve with backhand. 13. a. Dribbling with different processes: change of direction, pass. b. Learning free kicks practical manoeuvres. c. Start learning and return on one side to front crawl. d. Learning the serve return. e. Lifting for attack from zone 2 and 3 (high, medium, forward). 		
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14. a. Protecting the ball. b. Learning of demarcation, penetration and overcoming. c. Breaststroke - learning the movement of the legs. d. Learning how to return with forehand in line. e. Taking the ball from down with two hands.		
Improvement and maintenance of health, athletic ability and fitness		
Improving technical exercises learned before using tactic tasks		
Automatization of technical and tactics in game conditions (competition).		
Learning regulations of different sports, to be able to practice and organize leisure-time sport activity.		
Necessary skills to practice independent physical activity		
Improving the drills, combinations, schemes in different sport games		
Close the school situation by passing physical test		
Bibliography		
1. Curs de Educație fizică – Litografiat UTC-N 2. Dezvoltare fizică generală pentru studenți – UTC-N 3. Cultură fizică pentru tineret - UTPRES		
8.2. Applications/Seminars	Teaching methods	Notes
Bibliography		

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

The acquired skills will be required for employees who work in environments that require physical activity.

10. Evaluation

Activity type	10.1 Assessment criteria	10.2 Assessment methods	10.3 Weight in the final grade
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10.4 Course	Active Participation, sports skills and advances		
10.5 Applications	<p>Medical Exemptions: Minimum 5 attendance to support the essay (assessment).</p> <p>At least 5 attendance to support control samples</p>	<p>The theme for the essay is chosen from the exposed topics in the first month of the semester. Presentation of the essay.</p> <p>Initial testing at the beginning of the semester (the 4 control samples).</p> <p>Attendance at hours and sustaining of control samples.</p> <p>At the trial tracks progress on initial testing.</p> <p>Control samples:</p> <ul style="list-style-type: none"> - Applied sports route <p>In case of online teaching activity:</p> <ul style="list-style-type: none"> - Essay with two topics on the Microsoft Teams platform 	<p>100%</p> <p>100%</p>
10.6 Minimum standard of performance			

Date of filling in:		Title Surname Name	Signature
	Lecturer	-	
	Teachers in charge of application	Ass.prof.PhD. Alina Rusu, Lect.PhD. Olănescu Mihai, Lect.PhD. Radu Sabău, Lect.PhD. Grosu Vlad, As.PhD. Adrian Suciu	

Date of approval in the department

Head of department
prof.dr.ing. Honoriu Vălean

Date of approval in the faculty

Dean
prof.dr.ing. Miclea Liviu Cristian