

## SYLLABUS

### 1. Data about the program of study

|                                      |   |
|--------------------------------------|---|
| 1.1 Institution                      | The Technical University of Cluj-Napoca     |
| 1.2 Faculty                          | Faculty of Automation and Computer Science  |
| 1.3 Department                       | Computer Science                            |
| 1.4 Field of study                   | Computer Science and Information Technology |
| 1.5 Cycle of studies                 | Bachelor of Science                         |
| 1.6 Program of study / Qualification | Computer science / Engineer                 |
| 1.7 Form of education                | Full time                                   |
| 1.8 Subject code                     | 29.   |

### 2. Data about the subject

|   |  |              |   |                        |           |
|---|--|--------------|---|------------------------|-----------|
| 2.1 Subject name  | <b>Physical education and sport I / II</b>   |              |   |                        |           |
| 2.2 Course responsible / lecturer                         | -  |              |   |                        |           |
| 2.3 Teachers in charge of seminars / Laboratory / project | Assist. dr. Suciu Marius Adrian - <a href="mailto:adrian.suciu@mdm.utcluj.ro">adrian.suciu@mdm.utcluj.ro</a> |              |   |                        |           |
| 2.4 Year of study   | II   | 2.5 Semester | 2 | 2.6 Type of evaluation | Check A/R |
| 2.7 Subject category                                      | Formative category   |              |   |                        | O         |
|   | Optional   |              |   |                        | DC        |

### 3. Estimated total time

|  |    |          |        |   |         |    |            |   |         |    |
|--|----|----------|--------|---|---------|----|------------|---|---------|----|
| 3.1 Number of hours per week   | 2  | of which | Course | - | Seminar | 2  | Laboratory | 0 | Project | -  |
| 3.2 Number of hours per semester   | 28 | of which | Course | - | Seminar | 28 | Laboratory | 0 | Project | -  |
| 3.3 Individual study:  |    |          |        |   |         |    |            |   |         |    |
| (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:  |    |          |        |   |         |    |            |   |         | 12 |
| 3.4 Total hours of individual study (suma (3.3(a)...3.3(f)))                                   |    |          |        |   |         | 22 |            |   |         |    |
| 3.5 Total hours per semester (3.4+3.8)   |    |          |        |   |         | 50 |            |   |         |    |
| 3.6 Number of credit points  |    |          |        |   |         | 2  |            |   |         |    |

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

|                |  |
|----------------|--|
| 4.1 Curriculum |  |
| 4.2 Competence | Physically fit. Required skills; knowledge, skills and abilities acquired in grades I-XII. |

### 5. Requirements (where appropriate)

|                           |  |
|---------------------------|--|
| 5.1. For the course       |  |
| 5.2. For the applications | Participatory.<br>Existence of the material base - sports fields, sports facilities and equipment.<br>Appropriate sports equipment.<br>They will not leave the field or gym without the teacher's permission. Late students will not be tolerated. |

## 6. Specific competence

|                              |  |
|------------------------------|--|
| 6.1 Professional competences | <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>   |
| 6.2 Cross competences        | <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. Discipline objective (as results from the key competences gained)

|                       |   |
|-----------------------|---|
| 7.1 General objective | - Improvement of physical development and general and specific motor skills   |
|                       | <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> </ul>  |
| Specific objectives   | <ul style="list-style-type: none"> <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. Contents

| 8.1 Lectures   | Hours | Teaching methods       | Notes |
|--|-------|------------------------|-------|
| -  | -     | -                      | -     |
| <b>8.2 Applications – Seminars/Laboratory/Project</b>  |       |                        |       |
| 1.Presentation of the objectives of the subject, obligations, students, grading methods.   | 2     | Explanation , exercise |       |
| 2.Adapting the body to effort .<br>Development of reaction speed to visual auditory stimuli.<br>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 .<br>Notes on regulations for organising recreational activities and practice.<br>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 |                        |  |
| Bibliography<br>1. Physical Education Course - Lithographed UTC-N<br>2. General physical development for students - UTC-N<br>3. Physical culture for youth - UT.PRESS |   |                        |  |

Se vor preciza, după caz: tematica seminariilor, lucrările de laborator, tematica și etapele proiectului.

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

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.

**10. Evaluation**

| Activity type  | Assessment criteria  | Assessment methods  | Weight in the final grade |
|--|--|---|---------------------------|
| Course   | -  | -   | -                         |
| Seminar  | Medical exemption:<br>Minimum 10 present and presentation of the report. | The topic for the report is set with the teacher of the class.<br>Attendance and presentation of the report.  | 100%                      |
|  | Minimum 10 present and taking the control sample                         | Class attendance and support control sample, following each student's progress.<br>Control test - Trail application utility in a certain time interval. | 100%                      |
| Laboratory   | -  | -   | -                         |
| Project  | -  | -   | -                         |
| Minimum standard of performance:<br>- 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 filling in:<br>26.02.2025 | Teachers     | Title First name Last name      | Signature |
|                                   | Course       | -                               |           |
|                                   | Applications | Assist. dr. Suciu Marius-Adrian |           |
|                                   |              |                                 |           |

Date of endorsement in the Council of the Department of  
Mechatronics and Machine Dynamics

Department Director,  
Prof.dr.eng. Mircea BARA

Date of approval in the Faculty Council

Dean,  
Prof.dr.eng. Vlad Muresan