

SYLLABUS

1. Program information

1.1 Higher education 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 study	Bachelor of Science
1.6 Study program / Qualification	Computer science / Engineer
1.7 Form of education	Full time

2. Course information

2.1 Course title	Sport I	Course code	14.00
2.2 Course coordinator			
2.3 Seminar/ laboratory/ project/ practical activity coordinator	S.L dr.Suciu Marius Adrian, adrian.suciu@mdm.utcluj.ro		
2.4 Year of study	I	2.5 Semester	2
		2.6 Type of assessment	A/R
2.7 Course status	Formative category		DC
	Optionality		DOB

3. Estimated total time

3.1 Hours per week	2	of which:	3.2 Lecture		3.3 Seminar		3.3 Laboratory	2	3.3 Project		3.3 Practical training	
3.4 Hours per semester	28	of which:	3.5 Lecture		3.6 Seminar		3.6 Laboratory	28	3.6 Project		3.3 Practical training	
3.7 Time distribution (hours per semester) for individual study and assessment:												
(a) Assessment											4	
(b) Study using textbook, course materials, bibliography, and notes												
(c) Additional documentation in the library, on specialized electronic platforms, and in the field												
(d) Preparation for seminars/laboratories, assignments, reports, portfolios and essays												
(e) Tutoring												
(f) Other activities											18	
3.8 Total hours of individual study and assessment (sum of (3.7(a))...3.7(f))								22				
3.9 Total hours per semester (3.4+3.8)								50				
3.10 Number of credits								2.0				

4. Prerequisites (where applicable)

4.1 curriculum	
4.2 competencies	Physically fit. Required skills; knowledge, skills and motor skills acquired in grades I-XII

5. Requirements (where applicable)

5.1. for the development of the lecture	
5.2. for the development of the seminar/ laboratory/ project	Participatory. Existence of material base - sports fields, sports facilities and materials. Appropriate sports equipment. They will not leave the field or gym without the teacher's permission. Students' tardiness will not be tolerated.

6. Specific competencies acquired

Professional competencies	• Knowledge and understanding of the fundamental concepts, theories, and methods of the field and area of specialization; their appropriate use in professional communication; • Use of fundamental knowledge to explain and interpret various types of concepts, situations, processes, projects, etc., associated with the field.
Transversal competencies	• Demonstrate teamwork skills; assimilation of teamwork techniques and assuming specific roles within teamwork; • Cultivate a climate of collaboration, cooperation and understanding towards all group members; • Demonstrate an attitude of respect towards group leaders; • Demonstrate initiative in organizing and directing various specific activities; • Know and respect the basic rules necessary for organizing and carrying out activities specific to the specialization; • assume individual responsibility for fulfilling the tasks previously outlined

7. Expected learning outcomes

Knowledge	• The student/graduate has the knowledge to identify, formulate, demonstrate and explain specific problems in the field of physical education. • The student/graduate explains and interprets general concepts, principles and fundamental methods in the field of human motor skills, organization and management of activity specific to the field, in formative, educational, competitive, therapeutic and organizational contexts. • The student/graduate knows the basic principles of physical education and sports. • The student/graduate understands the role of movement in maintaining health and preventing postural disorders. • The student/graduate knows the physical exercises and sports that contribute to harmonious development and maintenance of physical condition. • The student/graduate acquires notions of hygiene, recovery and relaxation of the body after effort. • The student/graduate understands the moral and cultural values associated with physical education and sports..
Skills	• The student/graduate estimates that he/she is rigorous, efficient and responsible in his/her work, punctual, taking responsibility for the results of his/her professional activity, creative, has common sense and solves problems with ease. • The student/graduate is able to receive and understand messages transmitted orally, educating himself/herself with positive character traits, moral qualities and willpower that will help in a rapid socio-professional integration. • The student/graduate develops and perfects basic motor qualities (speed, strength, skill, endurance). • The student/graduate develops and perfects motor qualities specific to gymnastics (spatial orientation, relaxation, suppleness, courage). • The student/graduate describes, explains and demonstrates the specific elements of physical education and sports. • The student/graduate applies maintenance, physical condition, recovery and relaxation programs. • The student/graduate creates and adapts physical exercises according to educational objectives and individual needs.

Responsibility and autonomy	• The student/graduate is able to apply teamwork and interpersonal interaction techniques, enhance and refine empathetic interpersonal communication skills, assume specific roles during group activities to address or resolve individual or group conflicts, and manage time effectively. • The student/graduate takes responsibility for maintaining their own health and physical fitness. • The student/graduate adheres to safety, ethical, and fair-play standards in sports activities. • The student/graduate leverages physical education to promote an active and healthy lifestyle. • The student/graduate contributes to the smooth conduct of group activities through cooperation and mutual support. • The student/graduate independently organizes their training and recovery programs. • The student/graduate shows initiative in selecting appropriate exercises and sports activities. • The student/graduate employs ergonomic positions and correct posture during physical and professional activities. • The student/graduate integrates physical exercise into their personal routine to support long-term health.
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8. Course objectives (based on the grid of specific competencies acquired)

8.1 General objective of the course	• Improving physical development and general and specific motor skills	
8.2 Specific objectives	• Optimizing the individual level of physical training, emphasizing motor skills reported as deficient. • Enriching the fund of motor skills specific to preferred sports branches and applying them with superior efficiency in organized competitions and contests. • Improving the general state of health, achieving normal functional indicators. • Ensuring harmonious physical development, by constantly acting on the proportionality of muscle groups, preventing the installation of deficient attitudes and correcting physical deficiencies reported at the level of segments and the spine. • Training and assimilation of minimal sports terminology, relating to: notions of regulations, training methods used, parameters, dosage, hygiene, physiology of physical effort, planning and effects of various exercises on the body, notions of tactics, etc. • Including as many students as possible in the organized practice of various sports branches, especially outside the university	

9. Contents

9.1 Lecture	No. of hours	Teaching methods	Remarks
Bibliography			

9.2 Seminar /laboratory /project /practical training	No. of hours	Teaching methods	Remarks
1. Presentation of the objectives of the discipline, obligations, students, scoring methods.	2	Explanation, practice	
2. Adaptation of the body to effort. Development of reaction speed to auditory-visual stimuli. Education of dynamic strength at the level of the upper, lower limbs, abdomen and trunk through the circuit work method and through work in workshops.	4		
3. Consolidation of technical elements and procedures in sports games. Notions of regulations in order to organize activities and leisure practice. Bilateral game	4		
4. Application of physical exercises in athletics by educating aerobic and mixed resistance through the method of uniform and variable efforts in order to increase cardiorespiratory function.	4		
5. Formation of motor skills characteristic of sports games. Bilateral game.	6		
6. Development of elements of coordination capacity: rhythm, precision, static and dynamic balance, spatial-temporal orientation, combination of movements	4		
7. Taking the control test.	4		
Bibliography			
1.Physical Education Course – UTC-N Lithograph			
2.General Physical Development for Students – UTC-N			
3.Physical Culture for Youth – UT.PRESS			

10. Alignment of the course contents with the expectations of the epistemic community, professional associations, and representative employers in the field related to the program

- The impact of the discipline is manifested by forming the habit of organized work, individually or in a team, overcoming various physical or mental barriers in order to increase the general physical capacity of the body for health.

11. Assessment

Activity type	11.1 Assessment criteria	11.2 Assessment methods (and type of assessment: continuous/ summative)	11.3 Weight in final grade
11.4 Lecture			

11.5 Seminar/ Laboratory/ Project /Practical activity	Medical exemption: Minimum 10 attendances and paper submission Minimum 10 attendances and control test submission	The topic for the paper is established together with the teacher in the class. Attendance to classes and presentation of the paper. Attendance to classes and taking the control test, following the progress of each student. Control test - utilitarian applicative route within a certain time interval	100%
11.6 Minimum performance standard Minimum standards related to the components of motor ability tested. Rate of progress. Conduct in activities.			

Completion date:	Course coordinators	teaching rank, title First name LAST NAME	Signature
23.06.2026	Lecture		
	Applications	S.L dr.Suciu Marius Adrian, adrian.suciu@mdm.utcluj.ro	

Approval of the Head of the Department coordinating the course, only if this differs from the department organizing the study program	Head of the Mechatronics and Machine Dynamics Department Prof. Mircea BARA, Ph.D.
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Date of approval by the Council of the Department of Bases of Electronics	Head of the Bases of Electronics Department Prof.dr.ing. Potolea Rodica
Date of approval by the Council of the Faculty of Electronics, Telecommunications and Information Technology	Dean, Prof.dr.eng. Vlad Muresan