

**COURSE SYLLABUS – PHYSICAL EDUCATION AND SPORT**  
**Academic year 2019-2020**



Decan,  
 Prof. Daniela Tărniceriu

1.1 Higher education institution	"Gheorghe Asachi" Technical University of Iași
1.2 Faculty / Department	Electronics, Telecommunications and Information Technology
1.3 Department	Telecommunications and Information Technologies
1.4 Field	Electronic Engineering, Telecommunications and Information Technology
1.5 Study level	Master of science
1.6 Study program / Qualification	Telecommunications Systems and Technologies

**2. Data on the discipline**

2.1 Discipline name			Physical education and sport				Discipline code  DIC 108	
2.2 Course holder								
2.3 Holder of applicative activities			Univ. lect. Ursanu Adela-Ioana, PhD					
2.4 Year of studies	I	2.5 Semester <sup>1</sup>	1	2.6 Type of evaluation	A/R	2.7 Type of discipline	DC	

**3. Total estimated time for daily activities (hours per semester)**

3.1 Number of hours per week	1	of which 3.2 Course	3.3a sem.	3.3b laboratory	1	3.3c project
3.4 Total hours of the curriculum plan <sup>II</sup>	14	of which 3.5 Course	3.6a sem.	3.6b laboratory	14	3.6c project
Time distribution <sup>III</sup>						Nr. ore
Study based on the manual, handbook, bibliography and notes						2
Additional research in the library, on specialized electronic platforms and on the field						2
Preparing the seminars/laboratories/projects, themes, essays and portfolios						2
Tutoring <sup>IV</sup>						-
Examinations <sup>V</sup>						2
Other activities						2
3.7 Total hours individual study <sup>VI</sup>	10					
3.8 Total hours per semester <sup>VII</sup>	24					
3.9 Number of credits	1					

**4. Preconditions (if applicable)**

4.1. of curriculum <sup>VIII</sup>	not applicable
4.2 of competences	not applicable

**5. Conditions (when applicable)**

5.1 on Course unfolding	
5.2 on seminar / laboratory/ project unfolding <sup>IX</sup>	<ul style="list-style-type: none"> <li>Synthetic fields for soccer, handball, volleyball, basketball, badminton, tennis, table tennis halls, gymnastics halls,</li> <li>Gyms, specific materials, etc.</li> <li>Students will respect both the code of rights and obligations of the student and the regulations provided in Chart of the "Gh. Asachi" Technical University Iași</li> </ul>

## 6. Specific competencies acquired<sup>x</sup>

Number of credits allocated to the discipline <sup>xi</sup> :			Repartition of credits by competencies
Professional competencies	CP1	Acquiring the basic theories and methods in the field of physical education and sport, using them properly within professional communication;	
	CP2	Using basic notions to explain and unfold the activity;	
	CP3	Using the teaching principles and methods to solve situations specific to the physical education field;	
	CP4	Properly using standard assessment criteria and methods to evaluate the qualities and skills acquired throughout the activity;	
Transverse competencies	CT1	Theoretical and practical knowledge necessary for the activities within the discipline of physical education and sport;	1

## 7. Objectives of the discipline (derived from the grid of acquired competencies)

7.1 General objectives of the discipline	<ul style="list-style-type: none"> <li>- increasing the physical and intellectual capacity of effort;</li> <li>- well-balanced body development;</li> <li>- optimizing health status;</li> <li>- preventing global and segment physical deficiencies, acquiring and maintaining correct body postures.</li> </ul>
Specific objectives	<ul style="list-style-type: none"> <li>- improving basic motor qualities (force, speed, endurance, skill);</li> <li>- acquiring and consolidating basic technical elements and procedures within athletics, gymnastics, sports games, and applying them during competitions or bilateral games;</li> <li>- acquiring basic notions within sports games regulations (volleyball, basketball, table tennis, handball, football), organization and unfolding of various competitions;</li> <li>- stimulating the students' interest for systematic and independent exercising both individually and collectively;</li> <li>- creating automatisms in following sanitary rules and accident-prevention rules in sport;</li> <li>- developing self-defence and self-overcome capabilities;</li> </ul>

## 8. Contents

8.1 Course	Teaching methods <sup>xii</sup>	Observations
Bibliography for the Courses:		
8.2a Seminar	Teaching methods <sup>xiii</sup>	Observations
8.2b Laboratory  1. Athletics: - moderate tempo runs; -long runs, 1-2 min. , 5-10 min., -elements of running school -technique of launched step and standing start; -the technique of running acceleration and speed stride; -middle-distance running stride; -the technique of standing long jump; -sequence of jumping and leaping strides;	Teaching methods <sup>xiv</sup>       Discussions, drill practice, explanations	Observations       14 hours



<p>-tossing the medicinal ball backward and forward, by throwing it above the head</p> <p>2. Basic, aerobic and artistic gymnastics:</p> <p>-rank and formation drills, waking and running versions, simple floor exercises;</p> <p>-play exercises and simple dynamic elements within acrobatic gymnastics</p> <p>-application tracks combined with balance, climbing and transport elements;</p> <p>-elements of bar exercises;</p> <p>-leaping versions and rhythmic displacements;</p> <p>-steps within classical, modern and folk dance, accompanied by adequate music;</p> <p>3. Sports games: basketball, handball, football, volleyball, badminton.</p> <p>-fundamental positions, place and displacement on the field</p> <p>-simple shots, serves, intercepting, catching and passing the ball standing and running</p> <p>-finalizing elementary technical and technical-tactical actions, marking and unmarking drills</p> <p>-global participation to games on normal and small fields, with various numbers of players.</p> <p>4. Improving basic and specific motor skills, by using means within bodybuilding, athletics, fitness.</p> <p>-increasing force and lean mass by using in a proper and individualized manner the weights, dumbbells and barbells</p> <p>-exercises for shaping and turning fat mass into lean mass</p> <p>-improving the manifestation forms of speed (reaction, repetition, displacement, execution) through specific drills</p> <p>-improving general coordination and skill indices specific to various sports branches</p> <p>-improving mobility and flexibility at the level of various segments</p> <p>-improving resistance</p>		
8.2c Project	Teaching methods <sup>xv</sup>	Observations
<p>Bibliography for applications (seminar / laboratory / project):</p> <ol style="list-style-type: none"> <li>1. Brata Maria, 1996, Metodica educației fizice și sportului, vol. I, Universitatea Oradea,</li> <li>2. Cârstea Gh., 1993, Teoria și Metodica Educației fizice și sportului, Editura Universul, București,</li> <li>3. Dragnea A. et al., 2006, Educație fizică și sport – teorie și didactica, Editura FEST, București,</li> <li>4. Dragnea, A., Bota, A., 1999, Teoria activităților motrice, Editura Didactica și Pedagogica, R.A., București</li> <li>5. Gaiță D., Merghes P., 2002, Primul pas – Principii practice ale antrenamentului fizic în bolile cardiovasculare; Ed Mirton, Timisoara</li> <li>6. Hanțiu I., 2011, Teoria educației fizice și sportului, Editura Universității din Oradea,</li> <li>7. Ionescu, A., Mazilu, V. 1971, Exercițiul fizic în slujba sănătății, Editura Stadion, Bucuresti</li> <li>8. Ionescu I. V. 1995, Fotbal, Ed. Helicon, Bucuresti</li> <li>9. Maroti, Ș., 2008 Baschet, volumul I, Editura Universității din Oradea, Oradea</li> <li>10. Maroti, Ș., 2009 Baschet. Volumul II, Editura Universității din Oradea, Oradea.</li> <li>11. Merghes P., Teghiu A., 2006; Gimnastica medicală pentru prevenirea și corectarea deficiențelor fizice; Ed Mirton, Timisoara</li> <li>12. Morun P.; 1996, Curs practic de educație fizică și sport. Lito.</li> <li>13. Preda O.; 1995, Volei la studenți; Ed. Mirton, Timisoara</li> <li>14. Siclovian I., 1979, Teoria educației fizice și sportului, Editura Sport - Turism, București</li> <li>15. Teghiu A., Merghes P., 2009, Deficiențele Fizice-ghid practic” Ed. Eurostampa Timisoara</li> <li>16. Teodorescu, Leon, 1973, Terminologia educației fizice și sportului, Editura Stadion, Bucuresti</li> <li>17. Ulmeanu, Constantin, 1966, Noțiuni de fiziologie cu aplicații la exercițiile fizice, Editura UCFS, Bucuresti</li> <li>18. www.frb.ro, 2014, Regulamentul oficial al jocului de baschet, F.R. Baschet</li> <li>19. www.frf.ro, 2014, Regulamentul oficial al jocului de fotbal, F.R. Fotbal</li> </ol>		

20. www.frh.ro, 2014, Regulamentul oficial al jocului de handbal, F.R. Handbal

21. www.frv.ro, 2014, Regulamentul oficial al jocului de volei, F.R. Volei

**9. Corroborating the discipline contents with the demands of the representatives of epistemic community, professional associations and representative employers in the field corresponding to the program**

The correlation between the discipline goals within the curriculum aims at training students according to their specialty and at competing a physical and applicative training able of supporting their improvement. Physical education and sport completes the curriculum of this engineering profile, by contributing to a more judicious organization of the leisure time, to the creation of premises for using professional skills in good health and with will to work. It represents a mobilizing factor, mostly for teamwork.

Physical education and sport contributes to both physical and intellectual development of students, to their aesthetic, ethical, technical and professional education.

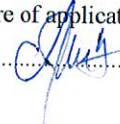
**10. Evaluation**

Type of activity	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Percentage in the final grade
10.4 Course			
10.5a Seminar	Continual evaluation		
10.5b Laboratory		Mid-term tests	
		Activity within the seminar laboratory /project / practice	100%
10.5c Project			
10.5d Othe			
10.6 Minimum performance standard <sup>xvi</sup>			
•active participation to physical education classes,			
•application – in bilateral games of technical elements and procedures studied this semester, as well as correct acquisition and use of regulations (during sports games).			

Fill-in date,

18.11.2019

Signature of applications holder,



Department approval date,