

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
2.2 Course holder		DIC115
2.3 Holder of applicative activities	Univ. lect. Ursanu Adela-Ioana, PhD	
2.4 Year of studies ^I	I	2.5 Semester ^{II}
2	2.6 Type of evaluation	A/R
	2.7 Type of discipline ^{III}	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 ^{IV}	14	of which 3.5 Course	3.6a sem.	3.6b laboratory	14	3.6c project	
Time distribution							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 ^V							-
Examinations ^{VI}							2
Other activities							2
3.7 Total hours individual study ^{VII}	10						
3.8 Total hours per semester ^{VIII}	24						
3.9 Number of credits	1						

4. Preconditions (if applicable)

4.1. of curriculum ^{IX}	not applicable
4.2 of competences	not applicable

5. Conditions (when applicable)

5.1 on Course unfolding ^X	
5.2 on seminar / laboratory/ project unfolding ^{XI}	<ul style="list-style-type: none"> Synthetic fields for soccer, handball, volleyball, basketball, badminton, tennis, table tennis halls, gymnastics halls, Gyms, specific materials, etc. 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 Iasi

6. Specific competencies acquired^{xii}

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

8. Contents

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

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Department approval date,