



MINISTERUL EDUCAȚIEI
UNIVERSITATEA „AUREL VLAICU” DIN ARAD
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SYLLABUS

1. Study programme

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|--------------------------------------|--|
| 1.1. Higher education institution | „Aurel Vlaicu” University of Arad |
| 1.2. Faculty | of Exact Sciences |
| 1.3. Department | Department of Mathematics and Computer Science |
| 1.4. Field of study | Informatics |
| 1.5. Study level | 2023-2024 |
| 1.6. Ciclul de studii | Bachelor |
| 1.7. Study programme / Qualification | Computer Science |
| 1.8. Form of education | Full – Time study |

2. Course details

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| 2.1. Name of the course | GIAC1006 Physical education and sports 1 |
| 2.2. Course coordinator | PhD Marconi Roberto Gabriel |
| 2.3. Seminar/laboratory/project coordinator | PhD Marconi Roberto Gabriel |
| 2.4. Study year | 1 |
| 2.5. Semester | 1 |
| 2.6. Evaluation type | Es |
| 2.7. Course type | Ob |

3. Estimated total time (hours per semester)

| | |
|---|----|
| 3.1. Hours per week | 2 |
| 3.2. Lecture hours per week | 0 |
| 3.3. Seminar/laboratory/project hours per week | 2 |
| 3.4. Total hours per curriculum | 28 |
| 3.5. Lecture hours per semester | 0 |
| 3.6. Seminar/laboratory/project hours per semester | 28 |
| Time division [hrs] | |
| 3.4.1. Independent study from textbooks, course support, bibliography and notes | 15 |
| 3.4.2. Additional reading (libraries, specialized electronic platforms and field research) | 15 |
| 3.4.3. Preparing of seminars/laboratories/projects, homework, papers, portfolios and essays | 6 |
| 3.4.4. Tutorial coaching | 6 |
| 3.4.5. Examinations | 4 |
| 3.4.6. Other activities | 1 |
| 3.7. Total individual study hours | 47 |
| 3.8. Total hours per semester | 75 |
| 3.9. Number of ECTS credits | 3 |

4. Prerequisites (if applicable)

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| 4.1. Curriculum related | |
| 4.2. Competence related | |

5. Conditions (if applicable)

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|-------------------------|---|
| 5.1. for the lecture | |
| 5.2. for the seminar | Sports field, gym equipped with equipment and materials specific to the activity. |
| 5.3. for the laboratory | |
| 5.4. for the project | |

6. Specific educational objectives (competences to be acquired)

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|------------------------------|---|
| 6.1. Competențe profesionale | |
| 6.2. Competențe transversale | <p>CT1.Applying the rules of organized and efficient work, of responsible attitudes towards teaching-scientific field, to value the own creative potential, while respecting the principles and norms of professional ethics.</p> <p>CT2.Efficient conduct of the activities organized in an inter-disciplinary group and developing the personal communication skills, networking and collaboration with various groups.</p> |

7. Course outcomes (resulting from the specific educational objectives to be acquired)

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|------------------------|--|
| 7.1. General outcomes | <p>Increased capacity for physical and intellectual effort; Harmonious development of the body; Optimising health; Preventing the onset of global and segmental physical deficiencies, forming and maintaining correct body attitudes;</p> |
| 7.2. Specific outcomes | <p>Improving basic motor skills (strength, speed, endurance, skill); Learning and consolidation of basic technical elements and procedures in athletics, gymnastics, sports games and applied sports and their application in competition or bilateral game conditions; Learning basic notions from the rules of sports games (volleyball, basketball, football) for the organisation and conduct of various competitions; Stimulating students' interest in systematic and independent physical exercise on a daily or weekly individual and collective basis; To create the habit of respecting the rules of sports hygiene and accident prevention; Developing the capacity for self-defence and self-improvement.</p> |

8. Outline (if applicable)

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|--|-------------------------------------|---------|
| 8.1 Lecture Outline | Teaching methods | Remarks |
| | | |
| 8.2 Lecture References | | |
| 8.3 Seminar Outline | Teaching methods | Remarks |
| 1. Athletics: elements of the running and jumping school. | - Exhibitions; | 6 hours |
| 2. Fitness/Jogging | - Demonstrations; | 4 hours |
| 3.Elements of gymnastics: front exercises and formations | - Intuitive demonstrations; | 4 hours |
| 4. Table tennis | - Explanations with demonstrations. | 4 hours |
| 5.Sports games: basketball, football, volleyball | | 6 hours |
| 6. Combat/self-defence | | 4 hours |
| 8.4 Seminar References | | |
| 1. BUSHMAN, B., 2011, Complete guide to fitness &health, Human Kinetics, Champaign, IL; 2. CORBIN, B. C., RUTH, L., 2007, Fitness for life, Human Kinetics, Champaign, IL; 3. DRAGNEA, A., BOTA, A., 1999, Teoria activităților motrice, Editura Didactică și Pedagogică, București; 4. DULCEANU, C., 2014, Jocuri pregătitoare pentru inițierea în atletism, Editura Aurel Vlaicu, Arad; 5. SCARLAT, E., SCARLAT, M. B., 2011, Tratat de educație fizică, Editura Didactică și Pedagogică, București; | | |
| 8.5 Laboratory Outline | Teaching methods | Remarks |
| 8.6 Laboratory Outline | | |
| 8.7 Project Outline | Teaching methods | Remarks |
| 8.8 Project Outline | | |

9. Correlation of course outline with the expectations of the epistemic community, professional associations and representative employers within the field of the program

Through its contents, the discipline has a pronounced pragmatic character, contributing to the training of specialists in the field of specialization through the following: harmonious development of the body; optimization of the state of health; prevention of the installation of global and segmental physical deficiencies, formation and maintenance of correct body attitudes; stimulation of students' interest in the systematic and independent practice of physical exercise individually and collectively on a daily or weekly basis; creation of the habit of observing the abnormalities of sports hygiene and accident prevention; development of the capacity for self-defense and self-development.

10. Evaluation / Grading (if applicable)

| Activity type | Evaluation criteria | Evaluation methods | Percentage of the final grade |
|---|---|---|--|
| 10.1. Lecture | | | |
| 10.2. Seminar | <ul style="list-style-type: none"> - Active participation in class; - Willingness to physical and intellectual effort; - Appropriate equipment; - Appropriate attitude to teamwork. | <ul style="list-style-type: none"> - Execution of the exercises in terms of number and correctness; - Continuous evaluation during the activity; - Tests during the semester and their marking; - Reports for those exempted. | <ul style="list-style-type: none"> - 70% - 10% - 10% - 10% |
| 10.3. Laboratory | | | |
| 10.4. Project | | | |
| 10.5 Minimal performance standard 1. Trunk lifts from supine - no. reps in 30 sec. 2. Squats - no. repetitions in 30 sec. 3. Push-ups - 15 reps/G; 25 reps/B | | | |

Course coordinator
PhD Marconi Roberto Gabriel

Seminar/laboratory/project coordinator
PhD Marconi Roberto Gabriel

Head of the Department
Lect.univ.dr. Lorena Camelia POPA

Dean
Prof.univ.dr. Sorin-Florin NĂDĂBAN