



MINISTERUL EDUCAȚIEI
UNIVERSITATEA „AUREL VLAICU“ DIN ARAD
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SYLLABUS

1. Study programme

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

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)

4.1. Curriculum related	
4.2. Competence related	

5. Conditions (if applicable)

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)

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)

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)

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		
<p>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 educatie fizica, Editura Didactică și Pedagogică, București;</p>		
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			
<p>10.5 Minimal performance standard</p> <ol style="list-style-type: none"> 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