

**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 | **Mathematics** |
| 1.5. Study level | **2023-2024** |
| 1.6. Ciclul de studii | **Bachelor** |
| 1.7. Study programme / Qualification | **Mathematics-Computer Science** |
| 1.8. Form of education | **Full – Time study** |

1. **Course details**

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| 2.1. Name of the course | **GlCC1O06 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** |

1. **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 | **0** |
| 3.4.2. Additional reading (libraries, specialized electronic platforms and field research) | **0** |
| 3.4.3. Preparing of seminars/laboratories/projects, homework, papers, portfolios and essays | **8** |
| 3.4.4. Tutorial coaching | **8** |
| 3.4.5. Examinations | **2** |
| 3.4.6. Other activities | **4** |
| 3.7. Total individual study hours | **22** |
| 3.8. Total hours per semester | **50** |
| 3.9. Number of ECTS credits | **2** |

1. **Prerequisites** (if applicable)

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

1. **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 |  |

1. **Specific educational objectives (competences to be acquired)**

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| 6.1. Competenţe profesionale |  |
| 6.2. Competenţe transversale | 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.  CT2.Efficient conduct of the activities organized in an inter-disciplynary group and developing the personal communication skills, networking and collaboration with various groups. |

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

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| 7.1. General outcomes | 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; |
| 7.2. Specific outcomes | 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. |

1. **Outline** (if applicable)

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| 8.1 Lecture Outline | Teaching methods | Remarks |
|  |  |  |
| 8.2 Lecture References | | |

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| 8.3 Seminar Outline | Teaching methods | Remarks |
| 1. Athletics: elements of the running and jumping school.  2. Fitness/Jogging  3.Elements of gymnastics: front exercises and formations  4. Table tennis  5.Sports games: basketball, football, volleyball  6. Combat/self-defence | - Exhibitions;  - Demonstrations;  - Intuitive demonstrations;  - Explanations with demonstrations. | 6 hours  4 hours  4 hours  4 hours  6 hours  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 activităţilor motrice, Editura Didactică şi Pedagogică, Bucureşti;  4. DULCEANU, C., 2014, Jocuri pregătitoare pentru iniţierea în atletism, Editura Aurel Vlaicu, Arad;  5. SCARLAT, E., SCARLAT, M. B., 2011, Tratat de educatie fizica, Editura Didactică şi Pedagogică, Bucureşti; | | |
| 8.5 Laboratory Outline | Teaching methods | Remarks |
| 8.6 Laboratory Outline | | |
| 8.7 Project Outline | Teaching methods | Remarks |
| 8.8 Project Outline | | |

1. 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.

1. **Evaluation / Grading** (if applicable)

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| Activity type | Evaluation criteria | Evaluation methods | Percentage of the final grade |
| 10.1. Lecture |  |  |  |
| 10.2.  Seminar | - Active participation in class;  - Willingness to physical and intellectual effort;  - Appropriate equipment;  - Appropriate attitude to teamwork. | - 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. | - 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