

SYLLABUS
Academic year 2024-2025
Year of Study II / Semester I

1. Information on academic program

| | |
|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.1. University | „1 Decembrie 1918” University of Alba Iulia |
| 1.2. Faculty | Faculty of Economics |
| 1.3. Department | Business Administration and Marketing |
| 1.4. Field of Study | Business Administration |
| 1.5. Cycle of Study | Bachelor |
| 1.6. Academic program / Qualification/ ESCO Code | Business Administration / 242102 Process improvement specialist, 242104 Process manager, 242110 Specialist in planning, control, and reporting of economic performance; ESCO Code 2421 - Management and Organisation Analysts |

2. Information of Course Matter

| | | | | | | | |
|--------------------|-------------------------------------------|---------------|-----------|----------------------------------------------------------------------------------------------------|----|---------------------------------------------------------------------|----|
| 2.1. Course | Physical Education | | 2.2. Code | BA 218.3 | | | |
| 2.3. Course Leader | - | | | | | | |
| 2.4. Seminar Tutor | Lecturer.PhD. Petrovici Alexandru Gabriel | | | | | | |
| 2.5. Academic Year | II | 2.6. Semester | I | 2.7. Type of Evaluation (E – final exam / CE - colloquium examination / CA -continuous assessment) | CE | 2.8. Type of course (C– Compulsory, Op – optional, F - Facultative) | Op |

3. Course Structure (Weekly number of hours)

| | | | | | |
|----------------------------------------------|----------------------------------------------------------------|-------------|---|--------------------------|-------|
| 3.1. Weekly number of hours | 2 | 3.2. course | - | 3.3. seminar, laboratory | 2 |
| 3.4. Total number of hours in the curriculum | 28 | 3.5. course | - | 3.6. seminar, laboratory | 28 |
| Allocation of time: | | | | | Hours |
| a | Individual study of readers | | | | 10 |
| b | Documentation (library) | | | | 5 |
| c | Home assignments, Essays, Portfolios | | | | 20 |
| d | Tutorials | | | | 10 |
| e | Assessment (examinations) | | | | 2 |
| f | Other academic activities (study visits, mentoring, projects) | | | | |

| | |
|---------------------------------------------------------------|----|
| 3.7 Total number of hours for individual study (a+b+c) | 35 |
| 3.8 Total number of hours for academic activities (d+e+f+3.4) | 40 |
| 3.9 Total number of hours per semester (3.7+3.8) | 75 |
| 3.10 Number of ECTS | 3 |

4. Prerequisites (where applicable)

| | |
|-----------------------|-----|
| 4.1. curriculum-based | N/A |
| 4.2. competence-based | N/A |

5. Requisites (where applicable)

| | |
|-------------------------------|-------------------------------------------------------------------------------------------------|
| 5.1. course-related | N/A |
| 5.2. seminar/laboratory-based | Sports hall equipped with the necessary equipment for conducting the physical education lesson. |

6. Specific competences to be acquired (chosen by the course leader from the programme general competences grid)

| | |
|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Competences/Study results | - |
| Transversal competences | CT2 Identifying roles and responsibilities in a multi-specialized team and applying relationship techniques and effective work within the team. Carrying out a work/project, responsibly assuming tasks specific to the role in a multi-specialized team |

7. Course objectives (as per the programme specific competences grid)

| | |
|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7.1 General objectives of the course | <i>Maintaining an optimal state of health for students</i> |
| 7.2 Specific objectives of the course | <i>Students' knowledge of the rules and practices of basketball, football, handball, and volleyball. Students' understanding of individual performance in the first three stages of the physical education lesson. Encouraging students to develop a habit of practicing individual physical exercises in their free time.</i> |

8. Course contents

| 8.1 Course | Teaching methods | Remarks |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------|
| - | - | - |
| Bibliography | | |
| 8.2 Seminar | Teaching methods | Remarks |
| Team organization and presentation of safety rules and measures for physical education and sports activities. | Conversation | 4 hours |
| Learning and consolidating the basic technical elements in basketball, volleyball, and handball: <ul style="list-style-type: none"> • The fundamental position • The movements • Changes of direction • The pirouette • Jumps • Arm work and footwork • Ball handling • Ball passing • Two-handed chest pass, overhead pass • One-handed chest pass • Passing on the move • The stop • The pivot • Dribbling • Shot at the basket • The serve • Two-handed underhand and overhand hits • The attacking shot • Goal shooting | Explanation, demonstration Practical examples accompanied by discussions | 20 hours |
| Learning and consolidating individual technical-tactical actions in attack and defense in basketball, volleyball, handball, and football. | <i>Exercises, relays, 1x1, 2x2, 3x3, bilateral game on small court and on normal court</i> | 4 hours |
| Bibliography | | |
| 1. Roman, Gh., 2003, "Evaluarea în jocul de baschet" Ed. NapocaStar, Cluj N. 2. Roman, Gh., 2003, „Baschet” Ed. NapocaStar, Cluj– Napoca 3. Colibaba – Evuleț, D., Bota, I., 1998 "Jocuri sportive"-Teorie și metodică" Ed. Aldin 4. Predescu T., Moanță A., 2001 "Baschetul școală. Instruire - învățare", Ed. Semne | | |

9. Corroboration of course contents with the expectations of the epistemic community's significant representatives, professional associations and employers in the field of the academic programme

Not applicable

10. Assessment

| Activity | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of final grade |
|-------------------------|-------------------------------------------------------------|------------------------------|--------------------------------|
| 10.4 Course | N/A | N/A | - |
| 10.5 Seminar/laboratory | <i>the grade obtained in the continuous assessment form</i> | <i>Continuous evaluation</i> | 50% |

| | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|--|-----|
| | <i>the grade obtained for applied activities</i> | | 50% |
| 10.6 Minimum performance standard: | | | |
| <i>Minimum performance standard: Passing the exam requires obtaining a minimum grade of 5 (five) in the final exam, to which the points corresponding to the other previously scored activities will be added.</i> | | | |

Fill in date
16.09.2024

Course leader signature
Not applicable

Seminar tutor signature
Lecturer. PhD. Petrovici Alexandru Gabriel

Approval date in department
16.09.2024

Department director's signature,
Assoc. Prof. PhD. Maican Silvia