

SYLLABUS

Sport and physical education 1

1. Information on academic programme

1.1. University	„1 Decembrie 1918” University of Alba Iulia
1.2. Faculty	FACULTY OF INFORMATICS AND ENGINEERING
1.3. Department	Informatics, Mathematics and Electronics
1.4. Field of study	Computer Science
1.5. Cycle of study	Undergraduate
1.6. Academic programme / Qualification	Computer Science ESCO-08: 2512/ Software developers Analyst 251201 Computer System Programmer 251204 Computer System Engineer 251203

2. Information of Course Matter

2.1. Denumirea disciplinei		Sport and physical education 1		2.2. Code		CSE 106	
2.3. Course head				-			
2.4. Seminar instructor				Lect. univ. dr. Şimon Sorin			
2.5. Study year	1	2.6. Semester	I	2.7. Type of Evaluation (E – final exam/ CE - colloquy examination / CA -continuous assessment)	CE	2.8. Type of course (C – Compulsory, Op – optional, F - Facultative)	C

3. Total estimated time

3.1. Weekly number of hours	1	of which: 3.2. course	0	3.3. seminar	1
3.4. Total number of hours in the curriculum	14	of which: 3.5. course	0	3.6. seminar	14
Time distribution					hours
Study based on course manual or support, readings and notes					-
Supplementary documentation in the library, specilized electronic platforms or field work					30
Seminar preparation, homework, papers, portofolios or essays					-
Tutoring					-
Evaluaton					2
Other activities					29

3.7 Total number of hours for individual study	61
3.8 Total number of hours in the curriculum	14
3.9 Total number of hours per semester	75
3.10 Number of ECTS	3

4. Prerequisites (*where applicable*)

4.1 curriculum-based	
4.2. competence-based	

5. **Conditions** (*where applies*)

5.1. course	NA
5.2. seminar	<i>Sports room, baschetball hoops, voley net, 12 handball balls, 12 baschetball balls, 12 volleyball balls, 1 stopwach, 12 shirts</i>

6. Specific competencies

Professional competencies	3 ECTS points
Transversal competencies	NA

7. **Subject objectives**

7.1 General subject objectives	
7.2 Specific objectives	

8. Contents

8.1 Course	Teaching methodes	Remarcs
NA		

Seminar	Teaching methodes	
1. Development by specific means of the strength and musculature of the lower limbs - 4 hours	Specific exercises practiced on specialized equipment in the fitness room	-
2. Development by specific means of the strength and musculature of the upper limbs - 4 hours	Specific exercises practiced on specialized equipment in the fitness room	-
3. Development by specific means of strength and abdominal muscles - 4 hours	Specific exercises practiced on specialized equipment in the fitness room	-
4. Development by specific means of strength and back muscles - 2 hours	Specific exercises practiced on specialized equipment in the fitness room	-
Bibliografie 1. Häisan, A.-A. (2019). Evaluare motrica si somatofunctionala – suport de curs, Seria Didactica, Universitatea „1 Decembrie 1918” din Alba Iulia. 2. Häisan, A.-A. (2019). Evaluare motrica si somatofunctionala – caiet de lucrari practice, Seria Didactica, Universitatea „1 Decembrie 1918” din Alba Iulia. 3. Dumitrescu, R. (2013) FITNESS PENTRU EDUCATIA CORPORALA A STUDENTELOR - Universitatea din Bucuresti		

9. Corroboration of subject contents with expectations from epistemic community, professional associations and representative employers

In order to outline the contents and choose the teaching/learning methods, the head of the discipline held discussions, both with representatives of public institutions and those from the private sector. The

discussions aimed to identify the needs and expectations of employers in the field and coordination with other similar programs within other higher education institutions. The need for the existence of such a discipline in the education plan resides in the fact that it is essential for future specialists in any field to be able to carry out both their teaching and research activities in optimal health conditions.

10. Evaluation

Activity type	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Weight in final grade
10.4 Course	<i>NA</i>		
10.5 Seminar	<i>Final evaluation</i>	<i>-grade</i>	100 %

10.6 Minimal performance standard:

- Knowledge and understanding of the basic concepts, theories and methods of the field and area of specialization; their appropriate use in professional communication;
 - Requirements for promotion
- a) Attendance is mandatory. A minimum of 7 attendances at the seminars is required to be able to pass the practical test for the final evaluation.
- b) In order to take the final examination, students must meet the attendance requirements. If they do not meet the attendance conditions, they will be declared rejected.
- c) Medically exempt students will bring a supporting certificate and will have to meet the minimum attendance requirements, i.e. 7 attendees at the seminars.

Date of completion

Seminar instructor signature

Data of department approval

Department director signature