

## COURSE DESCRIPTION

### 1. Program identification information

1.1 Higher education institution	Politehnica University of Bucharest
1.2 Faculty	Faculty of Electronics, Telecommunications and Information Technology
1.3 Department	Dept. of Applied Electronics and Information Engineering
1.4 Domain of studies	
1.5 Cycle of studies	Licence (engineering)
1.6 Program of studies/Qualification	Applied Electronics

### 2. Course identification information

2.1 Name of the course				Physical Education and Sport			
2.2 Lecturer							
2.3 Instructor for practical activities				S.I. Dr. PETROF MARIN S.I.Dr. NEAGU NARCIS			
2.4 Year of studies	I	2.5 Semester I	I	2.6 Evaluation type	Verification V	2.7 Course choice type	O

### 3. Total estimated time (hours per semester for academic activities)

3.1 Number of hours per week, out of which	1	3.2 course		3.3 practical activities	1
3.4 Total hours in the curricula, out of which	14	3.5 course		3.6 practical activities	14
Distribution of time					hours
Study according to the manual, course support, bibliography and hand notes					6
Supplemental documentation (library, electronic access resources, in the field, etc)					4
Preparation for practical activities, homeworks, essays, portfolios, etc.					
Tutoring					
Examinations					4
Other activities					2
3.7 Total hours of individual study				16	
3.9 Total hours per semester				14	
3. 10 Number of ECTS credit points					

### 4. Prerequisites (if applicable)

4.1 curricular	
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4.2 competence-based	

### 5. Requisites (if applicable)

5.1 for running the course	
5.2 for running of the applications	GYM - NEW BUILDING

### 6. Specific competences

Professional competences	<p>Assimilation of the regulations and statutes of the sport competitions and form the capacity to apply them correctly</p> <p>Form the capacity to have a permanent self-control over walking, gait and body posture in order to get an harmonious appearance</p> <p>Form the skill to check and control the main physiological items (pulse, blood pressure, breathing rate) that change during practicing and everyday physical activities</p>
Transversal competences	

### 7. Course objectives (as implied by the grid of specific competences)

7.1 General objective of the course	<p>Maintaining an optimal health condition of the students who practice physical training, in order to increase the work potential required by everyday activities</p> <p>Development of the basic physical capacities and to the specific capacities of the different sport branches</p> <p>To form the habit to permanent and continuous practice the physical exercises and training in the spare time</p> <p>To educate the fair-play spirit, to form an efficient behaviour and a positive attitude, as well as a disciplined manner of life</p>
4.2 Specific objectives	

### 8. Content

8.1 Lectures	Teaching techniques	Remarks
Bibliography		

8.2 Practical applications	Teaching techniques	Remarks
	Development of the basic physical capacities: speed, strenght, endurance, dexterousness, coordination	
	Strengthening the skills to handle the ball through the specific technical methods of the sport branches (basketball, handball, voley-ball, football)	
	Strengthening the skills to perform specific gym elements and proceedings (aerobic gym, therapeutic gym, eurhythmics, artistic gym)	
	Learning and strengthening the skills to breath correctly during the effort and at rest	
	Learning and strengthening the technical aspects of check-up according to the norms	
<p><b>Bibliography</b></p> <ol style="list-style-type: none"> <li>1. Bota C., Prodescu B. - Physiology of psysical education and sport – Ergophysiology, Antim Ivireanu Publishing House, Bucharest, 1997</li> <li>2. Demeter A. - Physiology of sport, StadiumPublishing House, Bucharest 1972</li> <li>3. Epuran M. - Methodology of research in corporal activities, A.N.E.F.S., Bucharest, 1991</li> <li>4. Florescu C. - Performance sports, Sport-Tourism Publishing House, Bucharest, 1985</li> <li>5. Gagea A. - Methodology of scintifical research in physical education and sport, The Publishing House of the Foundation “Romania of tomorrow”, Bucharest, 1999</li> <li>6. Nicu A. - Theory and methods of sport training, The Publishing House of the “Foundation Romania of tomorrow”, Bucharest, 1999</li> <li>7. Siclovan I. - Theory of sport training, I.E.F.S. Publishing House, Bucharest, 1985</li> </ol>		

**9. Bridging the course content with the expectations of the epistemic community representatives, professional associations and employers representatives for the domain of the program**

Courses and applications are organized within University Politehnica of Bucharest (on the sport fields, gym and sport halls of the new building), under the guidance, advice and supervision of the sport professors and instructors. Attendance of the students at the psysical education and sport courses are conditioned by their participation in sport outfit, including sport shoes. Students are provided with devices necessary for practicing sports. At the beginning of each semester, during the first course, students are informed about the safety requirements and the protection measures on the sport fields, the rules for accidents’ prevention, as well as what-to-do during the first-aid interventions.

## 10. Evaluation

Type of activity	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Weight in the final mark
10.4 Lectures			
10.5 Practical applications	<p>Continuous valuation (Qualifications are granted during the semester) Graded activities and associated percentage (according to the Norms of study program) :</p> <p>Regular attendance to the physical education and sport courses – 70% of the final assessment</p> <p>Getting over the check-up according to the technical norms – 20% of the final assessment</p> <p>Participation to competitions – 10% of the final assessment.</p> <p>Minimal requirements for taking the credits :</p> <p>Participation to 50% of the applications</p> <p>Getting over the check-up according to the technical norms</p> <p>Computing the final grade :</p> <p>Granting are based on the above mentioned criteria.</p>		
10.6 Minimal performance standard			

Date

Lecturer

Instructor for practical activities

10.11.2015

Ș.I. Dr. PETROF MARIN

Ș.I. Dr. NEAGU NARCIS

Date of department approval

Director of Department,

10.11.2015

Prof. Dr. NETOLITZCHI MIHAELA