

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	Physical Education and Sport - Kinesiotherapy Department
1.4 Domain of studies	Electronic Engineering, Telecommunications and Informational Technologies
1.5 Cycle of studies	Licence (engineering)
1.6 Program of studies/Qualification	Telecommunication Technologies and Systems – English

2. Course identification information

2.1 Name of the course				Physical Education and Sports 4			
2.2 Lecturer				Assoc. Prof. Narcis Florian NEAGU, PhD			
2.3 Instructor for practical activities				Assoc. Prof. Narcis Florian NEAGU, PhD			
2.4 Year of studies	II	2.5 Semester	2	2.6 Evaluation type	A/R	2.7 Course choice type	Mandatory

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

3.1 Number of hours per week, out of which	2	3.2 course	0	3.3 practical activities	2
3.4 Total hours in the curricula, out of which	28	3.4 course	0	3.5 practical activities	28
Distribution of time					hours
Study according to the manual, course support, bibliography and hand notes					2
Supplemental documentation (library, electronic access resources, in the field, etc)					2
Preparation for practical activities, homework, essays, portfolios, etc.					2
Tutoring					0
Examinations					6
Other activities					12
3.7 Total hours of individual study		24			
3.9 Total hours per semester		52			
3.10 Number of ECTS credit points		2			

4. Prerequisites (if applicable)

4.1 curricular	
4.2 competence-based	

5. Requisites (if applicable)

5.1 for running the course	It's not necessary
5.2 for running of the applications	Compulsory presence at laboratory classes, according to current PUB regulations.

6. Specific competences

Professional competences	Learning proper sports competitions and training regulations ability to apply them in competitions Skills training for self gait, posture and body posture Acquiring the skill to control key physiological indicators (pulse, blood pressure, respiratory rate) that change during exercise
Transversal	The methodical analysis of the problems met in the activity, identifying

competences	<p>the elements for which there are actual solutions, thus assuring the fulfilment of the professional tasks.</p> <p>Maintaining optimal health students who practice exercise, increasing the potential for work in Everyday Life</p> <p>Development of physical attributes and specific branches of sports</p> <p>Service bounce in volleyball game</p> <p>Development resistance in aerobic regime</p>
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7. Course objectives (as implied by the grid of specific competences)

7.1 General objective of the course	<p>Maintaining optimal health students who practice exercise, increasing the potential for work in Everyday Life</p> <p>Development of physical attributes and specific branches of sports</p> <p>Shots in the game of basketball</p> <p>Resistance development in mixt regime</p>
7.2 Specific objectives	<p>Forming the habit of practicing continuous exercise in free time</p> <p>Growing attitude of fair play conduct efficient and disciplined</p> <p>Three in volleyball game</p> <p>Development of resistance aerobic lasting between 20-30 minutes</p>

8. Content

8.1 Lectures	Teaching methods	Remarks
8.2 Practical applications	Teaching techniques	Remarks
Development of physical attributes: speed, strength, endurance, skill, coordination	Verbal method. Method of exercising	10 hours
Strengthening ball handling skills by means of specific technical team sports (basketball, handball, volleyball, soccer).		12 hours
Strengthening skills and processes execution of specific elements of gymnastics (aerobics, medical, rhythmic, artistic)		2 hours
Learning and consolidation of a proper breathing during exercise target different sports branches at rest		2 hours
Learning and strengthening techniques of control samples		2 hours

Bibliography:

BOMPA O.T 2015 Power training for sport – Pliometrics for Maximum Power Development, New Revised Edition, Coaching, Asociation of Canada, Onatrio 17

GRIGOROIU CARMEN - The development of the maximum force by means of the "maxex" method for tennis players aged between 16 and 18 - Proceedings of 12th International Scientific Conference eLearning and Software for Education „eLearning vision 2020!”, vol. III, Bucharest, Romania, pp. 355-360, Publisher Carol I NDU Publishing House, ISSN 2066-026X-16-230 (ISI Web of Science – Education&Educational Research, Sport)

NETOLITZCHI MIHAELA - The development of the maximum force by means of the "maxex" method for tennis players aged between 16 and 18 - Proceedings of 12th International Scientific Conference eLearning and Software for Education „eLearning vision 2020!”, vol. III, Bucharest, Romania, pp. 355-360, Publisher Carol I NDU Publishing House, ISSN 2066-026X-16-230 (ISI Web of Science – Education&Educational Research, Sport)

NETOLITZCHI MIHAELA – Sisteme de acționare din disciplinele: atletism, gimnastică, baschet și fotbal pentru pregătirea fizică a studenților din învățământul universitar. 2010 Ed. Printech

NEAGU NARCIS - Avoid overtraining in Athletes best performance by effort and recovery - Revista Marathon A.S.E. - vol. 8 - nr.1-2016, pp. 97-101, RePEc, Ulrich, J'Gate, Index

Copernicus 2. Adapting to different time zones and acclimatization to altitude for participation in competitions - Revista Marathon A.S.E. - vol. 8 - nr.2-2016, pp. 229-234, RePEc, Ulrich, J'Gate, Index Copernicus
NEAGU NARCIS - Dozarea efortului și a refacerii în antrenament, în vederea obținerii formei sportive maxime la cea mai importantă competiție. 2015 Ed Printech 53
NARCIS NEAGU - Îndrumar metodic privind învățarea și perfecționarea înotului pentru studenții din U.P.B. București 2015 Ed. Electronica 2000, 65
PELIN RALUCA - The development of the maximum force by means of the "maxex" method for tennis players aged between 16 and 18 - Proceedings of 12th International Scientific Conference eLearning and Software for Education „eLearning vision 2020!”, vol. III, Bucharest, Romania, pp. 355-360, Publisher Carol I NDU Publishing House, ISSN 2066-026X-16-230 (ISI Web of Science – Education&Educational Research, Sport)

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

This provides graduates skills appropriate skills needs of current and modern education, quality and competitive, enabling them hiring rapidly after graduation, the course is perfectly framed policy Politehnica University of Bucharest, both in terms of content and structure, and in terms of skills and international openness offered to students.

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	Attending classes of physical education and sport - 70% of the final grade switching and control rules of evidence - 20% of the final grade participation in competitions - 10% of the final grade. Minimal requirements for passing: participation in 70% of the daily application passing samples and control rules	Capacity to apply in practice elements learned. Progress topic Ability to practice independently. Attitude subject to physical education and sport	Final scoring Note Award is made according to the criteria listed above

10.6 Minimal performance standard

Selection of success models in the sport world
Using the means recommended for physical development

Date 25.09.2017 Lecturer Assoc. Prof. Narcis Florian NEAGU, PhD



Instructor for practical activities Assoc. Prof. Narcis Florian NEAGU, PhD



Date of department approval 26.09.2017

Director of Department, Prof. Mihaela Netolitzchi, PhD

