

COURSE GUIDE – short form

Academic year 2024-2025

Course name ¹	Physical education and sport					Course code		1.IMAT.1 5.DC	
Course type ²	DC	Category ³	DI	Year of study	1	Semester	1	Number of credit points	1

Faculty	Material Science and Engineering				Number of teaching and learning hours ⁴					
Field	Materials engineering				Total	L	T	LB	P	IS
Specialization	Știința Materialelor și Ingineria Procesării Materialelor				14			14		

Pre-requisites from the curriculum ⁵	Compulsory	-
	Recommended	

General objective ⁶	Strengthening health and harmonious development of the body
Specific objectives ⁷	<ul style="list-style-type: none"> - Stimulating the independent practice of physical exercise; - Improving basic motor qualities and skills; - Acquiring and consolidating some basic elements and procedures from athletics, gymnastics, sports games, fitness, their application in bilateral games or individual activities; - Learning some basic notions related to the regulations of various competitions;
Course description ⁸	<p>Front exercises and formations, variants of walking and running, simple exercises on the ground;</p> <ul style="list-style-type: none"> - Exercises in the form of games and simple dynamic elements from gymnastics; - Application routes combined with elements of balance, climbing, transport; - Simple kicks, serves, exercises for taking over, catching and passing the ball from the spot and running, exercises for completing technical and technical-tactical elementary actions, marking and demarcation exercises; - Global participation in games on reduced and normal pitches with different teams; - Increasing strength and muscle mass through the appropriate and individualized use of weights, dumbbells and barbells/using body weight; - Notices about the rules of sports games, nutrition.

Assesment			Schedule ⁹	Percentage in the final grade (minimum grade) ⁹⁰
A. Final assessment form ¹¹ :	Class tests along the semester	%		%
	Home works	%		
	Other activities	%		
	Examination procedures and conditions:	%		

B. Seminar	Activity during seminar			
C. Laboratory	Activity during laboratory			100%
D. Project	Activity during project			%

Course organizer	Conf.univ.dr. Paraschiv Petronela	
Teaching assistants		

¹Course name from the curriculum

² DF – fundamental, DID – in the field, DS – specialty, DC – complementary (from the curriculum)

³ DI – imposed, DO –optional, DL – facultative (from the curriculum)

⁴ Points 3.8, 3.5, 3.6a,b,c, 3.7 from the Course guide – extended form (L-lecture, T-tutorial, LB-laboratory works, P-project, IS-individual study)

⁵According to 4.1 –Pre-requisites - from the Course guide – extended form

⁶According to 7.1 from the Course guide – extended form

⁷ According to 7.2 from the Course guide – extended form

⁸ Short description of the course, according to point 8 from the Course guide – extended form

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⁹ For continuous assessment: weeks 1 – 14, for final assessment – colloquium: week 14, for final assessment-exam: exam period

¹⁰ A minimum grade might be imposed for some assessment stages

¹¹ Exam or colloquium