C O U R S E G U I D E – s h o r t f o r m

Academic year 2024-2025

Course name[1]	Physical education and sport					Course code		1.ISI.16.DC	
Course type[2]	DC	Category[3]	DI	Year of study	1	Semester	2	Number of credit points	1

Faculty	Material Science and Engineering	Number of teaching and learning hours[4]					
Field	Industrial Engineering	Total	L	T	LB	P	IS
Specialization	Safety Engineering in Industry	14			14		

Pre-requisites from the curriculum[5]	Compulsory	-
	Recommended	

General objective [6]	Strengthening health and harmonious development of the body
Specific objectives[7]	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 for holding various competitions;
Course description[8]	Fundamental positions, positioning and movement in the field; - Simple shots, serves, exercises for receiving, catching and passing the ball from the spot and running; - Exercises to complete basic technical and technical-tactical actions, marking and demarcation exercises; - Global participation in games on normal fields with different teams; - Increasing strength and muscle mass through the appropriate and individualized use of weights, dumbbells and barbells; - Improving the forms of manifestation of speed (reaction, repetition, movement, execution through specific exercises), improving general coordination indices and specific skill in different specific branches; - Increasing mobility and suppleness at the level of different segments; - Notes on the rules of sports games, nutrition.

Assesment			Sche-dule[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	Acttvity during laboratory			100%

D. Project	Activity during project	%

Course organizer	Conf.univ.dr Paraschiv Petronela	
Teaching assistants		

[1]Course 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)
[5]According to 4.1 –Pre-requisites - from the Course guide – extended form
[6]According 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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[5] According to 4.1 – Pre-requisites - from the Course guide – extended form
[6] According 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
[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