

# 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 <sup>1</sup>	Physical education and sport				Course code			2.EPI.14.DC	
Course type <sup>2</sup>	DC	Category <sup>3</sup>	DI	Year of study	2	Semester	3	Number of credit points	1

Faculty	Material Science and Engineering				Number of teaching and learning hours <sup>4</sup>					
Field	Mechanical engineering				Total	L	T	LB	P	IS
Specialization	Industrial Process Equipment				14			14		

Pre-requisites from the curriculum <sup>5</sup>	Compulsory	-
	Recommended	

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

Assesment			Sche- dule <sup>9</sup>	Percentage in the final grade (minimum grade) <sup>90</sup>
A. Final assessment form <sup>11</sup> :	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		

<sup>1</sup>Course name from the curriculum

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

<sup>3</sup> DI – imposed, DO – optional, DL – facultative (from the curriculum)

<sup>4</sup> 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)

<sup>5</sup>According to 4.1 –Pre-requisites - from the Course guide – extended form

<sup>6</sup>According to 7.1 from the Course guide – extended form

<sup>7</sup> According to 7.2 from the Course guide – extended form

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

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

<sup>10</sup> A minimum grade might be imposed for some assessment stages

<sup>11</sup> Exam or colloquium