

# 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.IMAT.15. DC		
Course type <sup>2</sup>	DC	Category <sup>3</sup>	DI	Year of study	2	Semester	4	Number of credit points	1

Faculty	Material Science and Engineering				Number of teaching and learning hours <sup>4</sup>					
Field	Materials Engineering				Total	L	T	LB	P	IS
Specialization	Materials Science and Materials Processing Engineering				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>Increasing the capacity for physical and intellectual effort;</p> <p>Improving basic motor skills;</p> <p>Consolidation and improvement of the basic elements and procedures in athletics, gymnastics, sports games, their application in bilateral games and independent activities;</p> <p>Consolidation of notions related to the regulations for holding various competitions;</p> <p>Acquiring the elementary notions of first aid in sports;</p> <p>Acquiring the basic notions for a healthy diet;</p>
Course description <sup>8</sup>	<p>Content description:</p> <ul style="list-style-type: none"> <li>- Fundamental positions, positioning and movement in the field;</li> <li>- Simple shots, serves, exercises for receiving, catching and passing the ball from the spot and running;</li> <li>- Exercises to complete basic technical and technical-tactical actions, marking and demarcation exercises;</li> <li>- Global participation in games on normal fields with different team;</li> <li>- Increasing strength and muscle mass through the appropriate and individualized use of weights, dumbbells and barbells;</li> <li>- 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;</li> <li>- Increasing mobility and suppleness at the level of different segments;</li> <li>- Notes on the rules of sports games, nutrition.</li> </ul>

Assesment	Schedule <sup>9</sup>	Percentage in the final grade
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				(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