

COURSE GUIDE – short form

Academic year 2024-2025

Course name ¹	Physical education and sport					Course code		1.IMAT.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	Mechanical engineering				Total	L	T	LB	P	IS
Specialization					14			14		

Pre-requisites from the curriculum ⁵	Compulsory	-
	Recommended	

General objective ⁶	Strengthening health and harmonious development of the body
Specific objectives ⁷	<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 ⁸	<p>Fundamental positions, positioning and movement in the field;</p> <ul style="list-style-type: none"> - 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	Activity during laboratory			100%

D. Project	Activity during project	%
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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