

SYLLABUS

1. Information regarding the programme

1.1 Higher education institution	Babeş-Bolyai University of Cluj-Napoca
1.2 Faculty	Environmental Science and Engineering
1.3 Department	Environmental Analysis and Assessment
1.4 Field of study	Environmental Engineering
1.5 Study cycle	Bachelor
1.6 Study programme / Qualification	Environmental Engineering

2. Information regarding the discipline

2.1 Name of the discipline	PHYSICAL EDUCATION						
2.2 Course coordinator							
2.3 Seminar coordinator	Drd. Torok Gyurko Zoltan Attila						
2.4. Year of study	1	2.5 Semester	1,2	2.6. Type of evaluation	Verification along the way	2.7 Type of discipline	Required

3. Total estimated time (hours/semester of didactic activities)

3.1 Hours per week	2	Of which: 3.2 course	0	3.3 seminar/laboratory	2
3.4 Total hours in the curriculum	28	Of which: 3.5 course	0	3.6 seminar/laboratory	28
Time allotment:					hours
Learning using manual, course support, bibliography, course notes					0
Additional documentation (in libraries, on electronic platforms, field documentation)					0
Preparation for seminars/labs, homework, papers, portfolios and essays					0
Tutorship					0
Evaluations					8
Other activities: individual repetition/sports championships/sports volunteering					20
3.7 Total individual study hours	28				
3.8 Total hours per semester	50				
3.9 Number of ECTS credits	2				

4. Prerequisites (if necessary)

4.1. curriculum	-
4.2. competencies	-

5. Conditions (if necessary)

5.1. for the course	-
5.2. for the seminar /lab activities	• Sports field, gym equipped with equipment and materials specific to the activity

6. Specific competencies acquired

Professional competencies	• The importance and benefits of systematically and repeatedly practicing of physical education; • The importance of practicing physical and sports activities in order to maintain a high level of fitness; • Practicing physical and sports activities in their free time for compensatory purposes, for correcting deficient attitudes, for strengthening, or for recreational purposes.
Transversal competencies	

7. Objectives of the discipline (outcome of the acquired competencies)

7.1 General objective of the discipline	• increasing the capacity for physical and intellectual effort; • harmonious development of the body; • optimizing the state of health; • prevention of the onset of global and segmental physical deficiencies; • forming and maintaining the correct attitudes of the body.
7.2 Specific objective of the discipline	• improvement of basic motor qualities (strength, speed, endurance, skill); • the acquisition and consolidation of some basic technical elements and procedures from athletics, gymnastics, sports games and their application in competition or bilateral game conditions; • learning some basic notions from the regulations of some sports games (athletics and football) for the organization and conduct of various competitions; • stimulating students' interest in systematically and independently practicing physical exercise individually and collectively on a daily or weekly basis; • creating the habit of observing the norms of sports hygiene and accident prevention;

8. Content

8.1 Course	Teaching methods	Remarks
1. Presentation of the requirements for the studied discipline, presentation of the labor protection norms;	Explanation Demonstration Practice	
2. Exercises for organizational skills; Exercises for ISAL; Development of the general capacity for effort;	Explanation Demonstration Practice	
3. Development of motor speed quality;	Explanation Demonstration Practice	
4. Controlling, Driving and Passing the Soccer Ball	Explanation Demonstration Practice	
5. Passing the soccer ball and shooting at the goal;	Explanation Demonstration	

The application of deadly habits in a bilateral game;	Practice	
6. Learning the long jump (at the sand pit);	Explanation Demonstration Practice	
7. Learning the high jump;	Explanation Demonstration Practice	
8. Exercises to strengthen the trunk muscles (to correct wrong postures/attitudes: kyphosis, scoliosis)	Explanation Demonstration Practice	
Bibliography: 1. Zamfir, Ghe., Roman Ghe. coordonatori (2004). Educație fizică și sport profil universitar. Cluj-Napoca: Napoca Star.		

9. Corroborating the content of the discipline with the expectations of the epistemic community, professional associations and representative employers within the field of the program

This discipline contributes to the learning and consolidation of behaviors that increase the quality of life of students by strengthening the body, improving personal hygiene and through the psychological and sociological components of the activities carried out.

10. Evaluation

Type of activity	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Share in the grade (%)
10.4 Course			
10.5 Seminar/lab activities	Participation in practical work		100%
10.6 Minimum performance standards			
• At the end of the semester, students will be able to: - perform a complex of stretching exercises; - to organize and carry out certain dynamic and sports games; - perform a series of exercises for muscle development.			

Date

Signature of course coordinator

Signature of seminar coordinator

01.12.2024

Drd. Torok Gyurko Zoltan Attila



Date of approval

Signature of the head of department