

## SYLLABUS

### 1. Data about the program of study

|                                    |   |
|------------------------------------|---|
| 1.1 Institution                    | The Technical University of Cluj-Napoca     |
| 1.2 Faculty                        | Faculty of Automation and Computer Science  |
| 1.3 Department                     | Computer Science                            |
| 1.4 Field of study                 | Computer Science and Information Technology |
| 1.5 Cycle of study                 | Bachelor of Science                         |
| 1.6 Program of study/Qualification | Computer science/ Engineer                  |
| 1.7 Form of education              | Full time                                   |
| 1.8 Subject code                   | 14.   |

### 2. Data about the subject

|  |  |              |   |   |    |
|--|--|--------------|---|---|----|
| 2.1 Subject name   | <b>Sport I</b>   |              |   |   |    |
| 2.2 Course responsible/lecturer                            |  |              |   |   |    |
| 2.3 Teachers in charge of seminars/<br>laboratory/ project | Conf.dr. Rusu Alina: <a href="mailto:Alina.Rusu@mdm.utcluj.ro">Alina.Rusu@mdm.utcluj.ro</a> ,<br>Şef lucr.dr. Olănescu Mihai: <a href="mailto:Mihai.Olanescu@mdm.utcluj.ro">Mihai.Olanescu@mdm.utcluj.ro</a> ,<br>Şef lucr.dr. Radu Sabău: <a href="mailto:Radu.Sabau@mdm.utcluj.ro">Radu.Sabau@mdm.utcluj.ro</a> ,<br>Şef lucr.dr. Grosu Vlad: <a href="mailto:Grosu.Vlad@mad.utcluj.ro">Grosu.Vlad@mad.utcluj.ro</a> ,<br>Asis.dr. Suci Adrian: <a href="mailto:Adrian.Suciu@mdm.utcluj.ro">Adrian.Suciu@mdm.utcluj.ro</a> |              |   |   |    |
| 2.4 Year of study  | I  | 2.5 Semester | 2 | 2.6 Type of assessment (E - exam, C - colloquium, V - verification) | V  |
| 2.7 Subject category                                       | DF – fundamentală, DD – în domeniu, DS – de specialitate, DC – complementară   |              |   |   | DC |
|  | DI – Impusă, DOp – opțională, DFac – facultativă   |              |   |   | DI |

### 3. Estimated total time

|  |    |           |        |  |          |    |            |  |         |    |
|--|----|-----------|--------|--|----------|----|------------|--|---------|----|
| 3.1 Number of hours per week   | 2  | of which: | Course |  | Seminars | 2  | Laboratory |  | Project |    |
| 3.2 Number of hours per semester   | 28 | of which: | Course |  | Seminars | 28 | Laboratory |  | Project |    |
| 3.3 Individual study:  |    |           |        |  |          |    |            |  |         |    |
| (a) Manual, lecture material and notes, bibliography                                 |    |           |        |  |          |    |            |  |         | -  |
| (b) Supplementary study in the library, online and in the field                      |    |           |        |  |          |    |            |  |         | -  |
| (c) Preparation for seminars/laboratory works, homework, reports, portfolios, essays |    |           |        |  |          |    |            |  |         | -  |
| (d) Tutoring   |    |           |        |  |          |    |            |  |         | -  |
| (e) Exams and tests  |    |           |        |  |          |    |            |  |         | 22 |
| (f) Other activities:  |    |           |        |  |          |    |            |  |         | -  |
| 3.4 Total hours of individual study (suma (3.3(a)...3.3(f)))                         |    |           |        |  |          | 22 |            |  |         |    |
| 3.5 Total hours per semester (3.2+3.4)   |    |           |        |  |          | 50 |            |  |         |    |
| 3.6 Number of credit points  |    |           |        |  |          | 2  |            |  |         |    |

### 4. Pre-requisites (where appropriate)

|                |   |
|----------------|---|
| 4.1 Curriculum |   |
| 4.2 Competence | physically fit, necessary skills, knowledge, skills and abilities gained in classes I-XII |

### 5. Requirements (where appropriate)

|                           |   |
|---------------------------|---|
| 5.1. For the course       |   |
| 5.2. For the applications | Muncii Blvd, no.103-105, Cluj-Napoca,<br>Politehnica Swimming Complex Sports Hall,<br>Outdoor and Fitness - Complex Polytechnic |

### 6. Specific competence

|                              |  |
|------------------------------|--|
| 6.1 Professional competences | N/A  |
| 6.2 Cross competences        | CT2 – Identifying, describing and conducting processes in the projects |

|  |   |
|--|---|
|  | management field, assuming different roles inside the team and clearly and concisely describing, verbally or in writing, in Romanian and in an international language, the own results from the activity field. |
|--|---|

### 7. Discipline objective (as results from the *key competences gained*)

|                         |  |
|-------------------------|--|
| 7.1 General objective   | <ul style="list-style-type: none"> <li>- ensure the maintenance and improving of health by using exercise in combination with natural quenching factors (air, water, sun, etc.) in order to increase the physical and intellectual work potential and to form personality and character;</li> <li>- ensures normal and harmonious physical development;</li> <li>- ensures recreation, restoration, recovery of the body of students; - increases the body capacity for resistance to illness;</li> <li>- assures the acquisition of skills and skills of general and sportspecific movement;</li> <li>- ensures the development of psychomotor skills and moral and willing skills;</li> <li>- ensures the formation of the habit of exercise of physical exercises in leisure time.</li> </ul> |
| 7.2 Specific objectives | <ul style="list-style-type: none"> <li>- extending the core of basic movements, application-utilitarian and elementary motor skills, and developing related motor skills</li> <li>- Independent practice of physical exercise, games and various sports</li> <li>- manifestation of team spirit and competition, depending on a system of accepted rules</li> </ul>  |

### 8. Contents

| 8.2 Applications – Seminars/Laboratory/Project   | Hours | Teaching methods | Notes |
|--|-------|------------------|-------|
| Improvement and maintenance of health, athletic ability and fitness  |       | interactive      |       |
| Improving technical exercises learned before using tactic tasks  |       |                  |       |
| Automatization of technical and tactics in game conditions (competition).                                  |       |                  |       |
| Learning regulations of different sports, to be able to practice and organize leisure-time sport activity. |       |                  |       |
| Necessary skills to practice independent physical activity   |       |                  |       |
| Improving the drills, combinations, schemes in different sport games                                       |       |                  |       |
| Close the school situation by passing physical test  |       |                  |       |
| Bibliography   |       |                  |       |
| 1. Curs de Educație fizică – Litografiat UTC-N   |       |                  |       |
| 2. Dezvoltare fizică generală pentru studenți – UTC-N  |       |                  |       |
| 3. Cultură fizică pentru tineret - UTPRES  |       |                  |       |

*\*Se vor preciza, după caz: tematica seminariilor, lucrările de laborator, tematica și etapele proiectului.*

### 9. Bridging course contents with the expectations of the representatives of the community, professional associations and employers in the field

|  |
|--|
| The acquired skills will be required for employees who work in environments that require physical activity |
|--|

### 10. Evaluation

| Activity type | Assessment criteria  | Assessment methods  | Weight in the final grade |
|---------------|--|---|---------------------------|
| Course        |  |   |                           |
| Seminar       | Medical Exemptions:<br>Minimum 5 attendance to support the essay (assessment).<br>At least 5 attendance to support control samples | The theme for the essay is chosen from the exposed topics in the first month of the semester. Presentation of the essay.<br><br>Initial testing at the beginning of the semester (the 4 control | 100%                      |

|  |  |   |      |
|--|--|---|------|
|  |  | samples).<br>Attendance at hours and sustaining of control samples.<br>At the trial tracks progress on initial testing.<br>Control samples:<br>- Applied sports route In case of online teaching activity:<br>- Essay with two topics on the Microsoft Teams platform | 100% |
| Laboratory   |  |   |      |
| Project  |  |   |      |
| Minimum standard of performance:<br>Fulfilling the criteria of evaluation with emphasis on active participation in class, advancements, sports skills. |  |   |      |

| <b>Date of filling in:</b> | <b>Titulari</b> | <b>Titlu Prenume NUME</b>  | <b>Semnătura</b> |
|----------------------------|-----------------|--|------------------|
|                            | Applications    | Ass.prof.PhD. Alina Rusu,<br>Lect.PhD. Olănescu Mihai,<br>Lect.PhD. Radu Sabău,<br>Lect.PhD. Grosu Vlad,<br>As.PhD. Adrian Suciu |                  |

|  |   |
|--|---|
| <b>Date of approval in the department</b>      | Head of department<br>Prof.dr.ing. Rodica Potolea |
| <b>Date of approval in the Faculty Council</b> | Dean<br>Prof.dr.ing. Liviu Miclea                 |