

SYLLABUS
Physical education

1. Information on academic program

1.1. University	"1 Decembrie 1918" University of Alba Iulia
1.2. Faculty	Faculty of Economics
1.3. Department	Business Administration and Marketing
1.4. Field of Study	Business Administration
1.5. Cycle of Study	Undergraduate
1.6. Academic program / Qualification	Business Administration/ 242102 Process improvement specialist, 242104 Process manager, 242110 Economic performance planning, control and reporting specialist

2. Information of Course Matter

2.1. Course		Physical education		2.2. Code		AA118	
2.3. Course Leader/ Seminar Tutor				-			
2.4. Seminar Tutor				Rusu Razvan Gheorghe			
2.5. Academic Year	I	2.6. Semester	I	2.7. Type of Evaluation (E – final exam/C-examination /VP)	E	2.8. Type of course (C– Compulsory, Op – optional, F - Facultative)	C

3. Course Structure (Weekly number of hours)

3.1. Weekly number of hours	2	3.2. course	-	3.3. seminar, laboratory	2
3.4. Total number of hours in the curriculum	28	3.5. course	-	3.6. seminar, laboratory	28
Allocation of time:					hours
Individual study of readers					-
Documentation (library)					10
Home assignments, Essays, Portfolios					10
Tutorials					-
Assessment (examinations)					2
Other activities.....					-

3.7 Total number of hours for individual study	22
3.9 Total number of hours per semester	50
3.10 Number of credits	2

4. Prerequisites (where applicable)

4.1. about curriculum	-
4.1. about curriculum	-

5. Requisites (where applicable)

5.1. course-related	-
5.2. seminar/laboratory-based	Sport hall

6. Specific competences to be acquired (chosen by the course leader from the programme general competences grid)

6.1. Profesional competence	-
6.2. Transversal competence	-

7. Course objectives (as per the program specific competences grid)

7.1 General objectives of the course	- <i>Maintenance of the optimal health of the students</i>
7.2 Specific objectives of the course	<i>O1 Knowing of the sport rules and practice of basketball, football, handball and volleyball</i> <i>O2 Knowing of the individual execution of the first three steps of the physical education lesson</i> <i>O3 Accomodation with the individual practice of physical excises in the free time</i>

8. Course contents

8.1 Course	Teaching methods	Observations
-	-	-
8.2 Seminar-lab	Teaching methods	Obs.
Collective organization. The presentation of the safety rules and measures in the physical education activities	Conversation	LP 1,LP 2 4 h
The learning and consolidation of the basic technical elements in the basketball, voleyball and handball game. - the fundamental position - movement - change of direction - pirouette - jumps - movements of the arms and legs - the game with the ball - the pass of the ball - the pass with two hands on the chest and over the head - the pass with the hand on the right of the - the pass of the ball during the movement - the stop - the rotation - the dribbling - the throw in the basket. - the game service - hitting the ball with two hands from above - the attack kick - kick at the gate	Explanation,demonstration	LP 3, LP 4, LP 5, LP 6,LP 7,LP 8,LP 10, LP 11 18 h
The learning and consolidation of the individual tactic action for the attack and the defence in the basketball, volleyball, handball and football game.	Exercices, relay races, 1x1,2x2,3x3, bilateral game	LP 12, LP 13, 4 h
Evaluation / colloquy	Bilateral game at choice	LP 14 2 h
Bibliography		
1. Colibaba – Evuleț,D., Bota,I., 1998 "Jocuri sportive"-Teorieși metodică"Ed. Aldin 2. Roman,Gh.,2003,"Evaluareaîn jocul debaschet"Ed.NapocaStar, Cluj N. 3. Roman,Gh., 2003, „Baschet” Ed. NapocaStar ,Cluj– Napoca 4. Predescu T., Moanță A.,2001 “Baschetul școală. Instruire - învățare”, Ed. Semne		

9. Corroboration of course contents with the expectations of the epistemic community's significant representatives, professional associations and employers in the field of the academic programme

According to the market requirements, the course provides the students with the possibilities and skills needed in order to interpret and analyse processes and phenomena imposed in business communication process; to simulate, analyse and interpret the business negotiation stages; to analyse the main stages of a public relation campaign.

10. Assessment

Type of activity	10.1 Assessment criteria	10.2 Assessment methods	10.3 Weight of the final grade
10.4 Course	<i>Final assessment</i>	-	-
	-	-	-
10.5 Seminars	<i>Verification during the course</i>	<i>Obtained mark</i>	50%
	<i>Laboratory activity</i>	<i>Obtained mark</i>	50%
10.6 Minimum performance standard:			
The promotion of the colloquy supposes the obtainance of the mark allowed at the final exam. The presentation of the students at the final exam is possible only if:			
- 80% attendance at the seminars			

Fill in date
04.09.2019

Course titular's signature,
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Seminar titular's signature,
PhD Rusu Razvan Gheorghe



Approval date in departament
05.09.2019

Department director's signature,
PhD Assoc.Prof. Gavriela-Paven Ionela

