

ANALYTIC SYLLABUS

1. Information on academic programme

1.1. University	"1 Decembrie 1918" University of Alba Iulia
1.2. Faculty	of Social Sciences
1.3. Department	DESBA
1.4. Field of Study	Business Administration
1.5. Cycle of Study	undergraduate
1.6. Academic programme / Qualification	3 years/6 semesters

2. Information of Course Matter

2.1. Course		Sport and Educational Training			2.2. Code		BA125	
2.3. Course Leader/ Seminar Tutor				Not needed				
2.4. Seminar Tutor				Rusu Razvan, Ph. D.				
2.5. Academic Year	I	2.6. Semester	1+2	2.7. Type of Evaluation (E – final exam/C-examination /VP)	C	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	1	3.2. course	0	3.3. seminar/lab	1
3.4. Number of hours in education plan	14	3.5. course	0	3.6. seminar/lab	14
Allocation of time:					hours
Individual study of readers					-
Documentation (library)					14
Home assignments, Essays, Portfolios					14
Tutorial					-
Assessment (examinations)					6
Other activities.....					-

3.7 Total number of hours for individual study	34
3.8 Total number of hours in education plan	14
3.9 Total number of hours per semester	48
3.10 Number of credits	2

4. Prerequisites (where applicable)

4.1. curriculum-based	Not needed
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4.2. competence-based	<i>Not needed</i>
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5. Requisites (where applicable)

5.1. course-related	<i>Not needed</i>
5.2. seminar/laboratory-based	<i>Game room, 2 basketball panels, 1 volleyball net, 12 balls for handball, 12 balls for basketball, 12 balls for volleyball, 1 chronometer, 12 landmarks, 12 breaker t-shirts</i>

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

Professional competences	<i>Not needed</i>
Transversal competences	

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

7.1 General objectives of the course	
7.2 Specific objectives of the course	

8. Course contents

8.1 Course (learning units)	Teaching methods	Observations
Not needed		

Seminar-lab	Teaching methods	
Team game organisation. Presentation about safety norms and measures in sports and physical education	Conversation Exercises	P L1
Learning and consolidation of the fundamental technical elements in basketball, volleyball, handball <ul style="list-style-type: none"> - fundamental positioning - movement - changes of direction - pironette - jumping - working aut arms and legs - playing the ball - passing the ball - passing the ball with two hands from the chest, over the head 	Exercises, relay, games	PL2, PL3, P L4

<ul style="list-style-type: none"> - passing the ball with one hand from the chest - passing the ball in movement - stopping - swing - dribbling - throwing the ball to the basket - service - hitting the ball with both hands from down and up - attack hitting - throwing the ball to the gate 		
2. Learning and strengthening of technical and tactical individual activities in basketball, volleyball and handball attack and defence	Exercises, relay, 1x1,2x2,3x3, bilateral game on reduced and normal field	PL5, PL6,
6. Assessment/collocutional exam	Bilateral game – choose between handball, basketball, volleyball	PL7

Bibliography

1. **Roman, Gh., 2003**, Evaluarea în jocul de baschet, Napoca Star, Cluj N.
2. **Roman, Gh., 2003**, Baschet, Napoca Star, Cluj – Napoca
3. **Colibaba – Evuleț, D., Bota, I., 1998** Jocuri sportive -Teorie și metodică, Aldin
5. **Predescu T., Moanță A., 2001**, Baschetul școală. Instruire - învățare, 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

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10. Assessment

Type of activity	10.1 Assessment criteria	10.2 Assessment methods	10.3 Weight of the final grade
10.4 Course	<i>Not needed</i>		
10.5 Seminar/lab	<i>Verification during the semester</i>	- the grade for continuous evaluation	50 %
	<i>Lab activity</i>	- the grade for applicative activities	50%
10.6 Minimum performance standard: accomplishment of the stipulated minimum standards			

Fill in date

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Course titular's signature

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Seminar titular's signature

Rusu Răzvan, Ph. D.

Approval date in department

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Department director's signature

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