



Nr. \_\_\_\_\_ din \_\_\_\_\_

Form USAMV-CN 0702010106

## DISCIPLINE SHEET

### 1. Data about the program

1.1 Institution	University of Agricultural Sciences and Veterinary Medicine - Cluj-Napoca
1.2. Faculty	Faculty of Food Science and Technology
1.3. Department	
1.4 Field of study	Food Engineering
1.5. Cycle of studies	Cycle 1. Bachelor
1.6. Specialization / Study Program	Food control and expertise
1.7. Form of study	Regular studies

### 2. Discipline data

2.1. Name of the discipline	Physical education and sport							
2.2. The holder of the course activities								
2.3. Holder of seminar / laboratory / project activities	Lect. Dr. Orban Mihai							
2.4. Year of study	I	2.5. semester	I	2.6 Type of evaluation	continua	2.7. Discipline regime	Content	DC
							Obligation	DI

### 3. Estimated total time (hours per semester of teaching activities)

3.1. Number of hours per week - frequency form	1	din care: 3.2. curs		3.3. seminar/ laborator/ proiect	
3.4. Total hours in the curriculum	14	din care: 3.5.curs		3.6.seminar/laborator	14
Distribution of time fund					ore
3.4.1. Study by textbook, course support, bibliography and notes					0
3.4.2. Additional documentation in the library, on specialized electronic platforms and in the field					35
3.4.3. Preparation of seminars / laboratories / projects, topics, papers, portfolios and essays					0
3.4.4. Tutorial					0
3.4.5.Examinations					1
3.4.6. Other activities					
3.7. Total individual study hours	36				
3.8. Total hours per semester	50				
3.9. Number of credits	2				

### 4. Preconditions (where applicable)

4.1 of curriculum	It's not necessary
4.2. of skills	It's not necessary

### 5. Conditions (where applicable)

5.1. of the course	
5.2. for the seminar / laboratory / project	The course is interactive. The university discipline requires the observance of the start and end time of the course. No other activities are tolerated during the practical work, mobile phones to be turned off.



## UNIVERSITATEA DE ȘTIINȚE AGRICOLE ȘI MEDICINĂ VETERINARĂ CLUJ-NAPOCA

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	At the practical works it is obligatory to consult the practical guide, each student will carry out a group activity with the sports materials provided. The academic discipline is required for the entire duration of the works
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## 6. Accumulated specific skills

P r o f e s s i o n a l s k i l l s	<p>To know the norms of labor protection</p> <p>They will take note of each theoretical material, and then they will practice in teams this theoretical knowledge within the organized sports games.</p> <p>Students will be presented at the beginning of each class theoretical problems, either with the help of explanatory plans or by demonstration and then each will try to exemplify what was shown to them.</p>
T r a n s v e r s a l s k i l l s	<p>Improving the physical mobility and health of students</p>

## 7. Discipline objectives (based on the grid of specific skills acquired)

7.1. The general objective of the discipline	<p>The objectives of physical education are achieved with the help of a system of means that must be known, selected according to the scope to be achieved, but also in depending on the level of student training. In physical education, content, means, methods, the forms of organizing the lesson are directly influenced by the available space, by the endowment with sports materials, the necessary sports equipment, the hygienic conditions that can be provided.</p> <p>The didactic means specific to physical education represent the set of instruments selected and adapted to achieve the tasks of the teaching-learning-assessment process.</p> <p>These means can be divided into:</p> <ul style="list-style-type: none"> <li>• didactic means specific to physical education, in which the exercise enters physical (considered as a basic means) and materials, apparatus, installations and space</li> </ul>
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	(considered as auxiliary means without which the efficiency of the physical exercise is low and limited, reduced implementation method); • non-specific teaching aids, represented by natural factors and hygienic conditions.
7.2. Specific objectives	The organized and systematic practice of physical education and sports by students, contributes to maintaining and strengthening health, to a correct and harmonious development, to increasing the work potential and last but not least to acquiring the skills necessary for independent and systematic practice of exercises. physical depending on the leisure budget. In this context, physical education and sports together with the specialized disciplines bring their contribution to the multilateral training of students.

## 8. content

8.1. course Number of hours -	teaching methods Ex.Prelegere	Remarks Ex. 1 lecture
<b>8.2. PRACTICAL WORK</b> <b>Number of hours - 14</b>  <b>Organizational lesson - discipline requirements</b>  <b>Tests and control rules</b>  <b>Checking the level of general physical training</b> <b>Abdominal muscle strength</b>  <b>Long jump from the spot</b>  <b>Basketball game</b>  <b>Circuit for general physical development with emphasis on strength development (abdominal, back, arms and legs)</b> <b>Volley-ball</b> <b>Pass from above with 2 hands</b>  <b>Downstairs service</b> <b>Notions of volleyball regulation</b>  <b>Aerobics</b> <b>Volley-ball.</b>  <b>Sitting on the field, moving on the field, passing from the bottom with 2 hands</b> <b>Volleyball game</b>  <b>Athletics: Running</b> <b>Start from the bottom and stand</b> <b>Long jump from the spot</b>  <b>Volleyball game</b>	Lecture  Work practice  Work practice  Work practice  Work practice  Work practice  Work practice  Work practice  Work practice  Work practice	



<p><b>Exercises for the development of mobility: rolling back and forth from squatting and from a distance.</b></p> <p><b>Volleyball - top front service</b> <b>Volleyball game.</b></p> <p><b>Basketball - throwing the basket on the spot</b> <b>Throwing away basket</b></p> <p><b>General physical development circuit</b> <b>Basketball game</b> <b>Basket-ball</b> <b>Repeat the technical elements from the previous lessons</b></p> <p><b>Long jump from the spot</b> <b>Start on your feet</b> <b>Basketball game</b></p> <p><b>Verification Lesson - Long jump from the spot</b> <b>Basketball game</b></p> <p><b>Verification Lesson-Strength of the abdominal and back muscles</b> <b>Volleyball and basketball game</b></p> <p><b>Verification lesson-Student tractions, student mobility</b> <b>Joc de volei și baschet</b></p> <p><b>Verification lesson</b> <b>Boys and girls floats</b> <b>Rules and control tests for students who did not give their rules</b> <b>Volleyball and basketball game</b></p> <p><b>Rules and control tests with students who want to improve their performance</b> <b>Volleyball and basketball game.</b></p> <p><b>Appreciation of the activity carried out during the first semester of the academic year and awarding the grade</b></p>	<p>Work practice</p> <p>Work practice</p> <p>Work practice</p> <p>Work practice</p> <p>Work practice</p>	
<p><i>Compulsory Bibliography: - Ardelean, T. - Peculiarities of the development of motor qualities in athletics. I.E.F.S., Bucharest, 1990</i>  <i>- Băieșu, Gh. - Gymnastics lessons. Stadion Publishing House, Bucharest, 1974</i>  <i>- Cârstea, Gh. - Theory and methodology ed. physical and sports. ANDA Publishing House, Bucharest, 2000</i>  <i>- Dragnea, A. - Theory of motor activities. Didactic and Pedagogical Publishing House, Bucharest, 1996</i>  <i>- Motroc, I. - Football from theory to practice. Rhodes Publishing House, Bucharest, 1994</i>  <i>- Neța, Gh. ; C. Popovici - Football. Editura J.R.C., Turda, 2000</i>  <i>- Predescu, T., G. Ghițulescu - Basketball - team training. Semn E. Publishing House, Bucharest, 2001</i>  <i>- Pașcanu, I. - Acrobatic gymnastics in school. Cluj University Press Publishing House, 1996</i>  <i>- Scralat, E. - Volleyball. Stadion Publishing House, Bucharest, 1973</i></p>		
<p><i>Optional Bibliography: not applicable</i></p>		

**9. Corroborating the contents of the discipline with the expectations of the representatives of the epistemic communities, professional associates and representative employers in the field related to the program**



In order to identify ways of modernization and continuous improvement of teaching and the content of practical works, with the most current topics and practical problems, teachers participate in meetings of specialized commissions with topics in the field of sports where specialists meet; being debated current and perspective aspects of the field

## 10. ASSESSMENT

Activity type	10.1. Evaluation criterias	10.2. Evaluation methods	10.3. Share of final grade
<b>10.4. course</b>			
<b>10.5. Seminar / Laboratory</b> <ul style="list-style-type: none"><li>• seminar grading (attendance, activity) 1.00</li><li>• Verification lesson - Long jump from the spot 3.00</li><li>• Verification lesson-Strength of the abdominal and back muscles</li><li>• Check lesson - floats 3.00</li></ul>		An on-the-spot check is provided	10%  30%  30%  30%
<b>10.6. Minimum performance standard</b>			
Mastering the knowledge of the approached topics and carrying out the practical works at an acceptable level. Obtaining the passing grade for the ongoing checks is a condition of passability.			

<sup>1</sup> Level of study- to be chosen one of the following - Bachelor/Post graduate/Doctoral

<sup>2</sup> Course regime (content) – for bachelor level it will be chosen one of the following - DF (fundamental subject), DD (subject in the domain), DS (specific subject), DC (complementary subject).

<sup>3</sup> Course regime (compulsory level) - to be chosen one of the following - DI (compulsory subject), DO (optional subject), DFac (facultative subject)<sup>1</sup>

<sup>4</sup> One ECTS is equivalent with 25-30 de hours of study (didactical and individual study).

Holder of laboratory works / seminars

Lector PHD. OrbanMihai

Date of completion

03.09.2021

Course holder

Discipline coordinator

Lector PHD. OrbanMihai

Date of approval in the department

22.09.2021

Department director

Prof. PHD. Ramona Suharoschi



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**Date of approval in the**

**Faculty Council**

**28.09.2021**

**Dean**

**Prof. PHD. Elena Mudura**