



Nr. _____ din _____

Form USAMV-CN 0703010106

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	License
1.6. Specialization / Study Program	Food Engineering
1.7. Form of study	IF

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	2.6Type of evaluation	continuous	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					hours
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)

4.1of 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 /	The course is interactive. The university discipline requires the observance of the



project	<p>start and end time of the course.</p> <p>No other activities are tolerated during the practical work, mobile phones to be turned off.</p> <p>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</p>
---------	---

6. Accumulated specific skills

Professional skills	<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>
Transversal skills	<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"> • didactic means specific to physical education, in which the exercise enters physical (considered as a basic means) and materials, apparatus, installations and space (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	<p>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.</p>

8. Content

8.1. course Number of hours -	teaching methods Ex.Prelegere	Remarks Ex. 1 lecture
8.2. PRACTICAL WORK Number of hours - 14		



Organizational lesson - discipline requirements	Lecture	
Tests and control rules	Work practice	
Checking the level of general physical training	Work practice	
Abdominal muscle strength		
Long jump from the spot		
Basketball game		
Circuit for general physical development with emphasis on strength development (abdominal, back, arms and legs)		
Volley-ball		
Pass from above with 2 hands	Work practice	
Downstairs service	Work practice	
Notions of volleyball regulation	Work practice	
Aerobics		
Volley-ball.	Work practice	
Sitting on the field, moving on the field, passing from the bottom with 2 hands		
Volleyball game	Work practice	
Athletics: Running	Work practice	
Start from the bottom and stand		
Long jump from the spot	Work practice	
Volleyball game		
Exercises for the development of mobility: rolling back and forth from squatting and from a distance.	Work practice	
Volleyball - top front service	Work practice	
Volleyball game.		
Basketball - throwing the basket on the spot	Work practice	
Throwing away basket		
General physical development circuit		
Basketball game		
Basket-ball		
Repeat the technical elements from the previous lessons	Work practice	
Long jump from the spot		
Start on your feet		
Basketball game	Work practice	
Verification Lesson - Long jump from the spot		
Basketball game		
Verification Lesson-Strength of the abdominal and back muscles		
Volleyball and basketball game		



Verification lesson-Student mobilityJoc de volei și baschet Verification lesson Boys and girls floats Rules and control tests for students who did not give their rules Volleyball and basketball game Rules and control tests with students who want to improve their performance Volleyball and basketball game. Appreciation of the activity carried out during the first semester of the academic year and awarding the grade		
<p><i>Compulsory Bibliography: - Ardelean, T. - Peculiarities of the development of motor qualities in athletics. I.E.F.S., Bucharest, 1990</i> - Băieșu, Gh. - Gymnastics lessons. Stadion Publishing House, Bucharest, 1974 - Cârstea, Gh. - Theory and methodology ed. physical and sports. ANDA Publishing House, Bucharest, 2000 - Dragnea, A. - Theory of motor activities. Didactic and Pedagogical Publishing House, Bucharest, 1996 - Motroc, I. - Football from theory to practice. Rhodes Publishing House, Bucharest, 1994 - Neța, Gh. ; C. Popovici - Football. Editura J.R.C., Turda, 2000 - Predescu, T., G. Ghițulescu - Basketball - team training. Semn E. Publishing House, Bucharest, 2001 - Pașcanu, I. - Acrobatic gymnastics in school. Cluj University Press Publishing House, 1996 - Scralat, E. - Volleyball. Stadion Publishing House, Bucharest, 1973</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
10.4. course			
10.5. Seminar / Laboratory • seminar grading (attendance, activity) 1.00 • Verification lesson - Long jump from the spot 3.00 • Verification lesson- Strength of the abdominal and back muscles • Check lesson - floats 3.00		An on-the-spot check is provided	10% 30% 30% 30%
10.6. Minimum performance standard 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.			

¹ The study cycle - one of the variants is chosen - License / Master / Doctorate

² Discipline regime (content) - for the license level one of the variants is chosen - DF (fundamental discipline), **DD**

(discipline in the field), DS (specialized discipline), DC (complementary discipline).

³ Discipline regime (compulsory) - choose one of the variants - DI (compulsory discipline) DO

(optional discipline) DFac (optional discipline),

⁴ One credit is equivalent to 25-30 hours of study (teaching activities and individual study).



UNIVERSITATEA DE ȘTIINȚE AGRICOLE ȘI MEDICINĂ VETERINARĂ CLUJ-NAPOCA

Calea Mănăștur 3-5, 400372, Cluj-Napoca

Tel: 0264-596.384, Fax: 0264-593.792

www.usamvcluj.ro

Holder of laboratory works / seminars

Lector PHD. OrbanMihai

Date of completion

03.09.2021

Course holder

Discipline coordinator

Lector PHD. OrbanMihai

Approved by the

Department on

22.09.2021

Department director

Prof. PHD. Ramona Suharoschi

Approved by the Faculty

Council on

28.09.2021

Dean

Prof. PHD. Elena Mudura