



No. _____ of _____

USAMV form 0102010320

SUBJECT OUTLINE**1. Information on the programme**

1.1. Higher education institution	University of Agricultural Sciences and Veterinary Medicine of Cluj-Napoca
1.2. Faculty	Agriculture
1.3. Department	
1.4. Field of study	Agronomy
1.5. Cycle of study¹	License
1.6. Specialization/ Study programme	Montanology
1.7. Form of education	IF

2. Information on the discipline

2.1. Discipline name		Sports						
2.2. Course coordinator								
2.3. Seminar/ laboratory/ project coordinator		Marian Ionuț-Mihai						
2.4. Year of study	I	2.5. Semester	I	2.6. Evaluation type	Continuous	2.7. Discipline status	Content ²	DC
							Compulsoriness ³	DFac

3. Total estimated time (teaching hours per semester)

3.1. Hours per week – full time programme	1	out of which: 3.2. lecture	0	3.3. seminar/ laboratory/ project	1
3.4. Total number of hours in the curriculum	14	out of which: 3.5. lecture	0	3.6. seminar/laboratory	14
Distribution of the time allotted					hours
3.4.1. Study based on books, textbooks, bibliography and notes					
3.4.2. Additional documentation in the library, electronic platforms and field experiences					6
3.4.3. Preparing seminars/ laboratories/ projects, subjects, reports, portfolios and essays					
3.4.4. Tutorials					2
3.4.5. Examinations					6
3.4.6. Other activities					2
3.7. Total hours of individual study	16				
3.8. Total hours per semester	30				
3.9. Number of credits⁴	1				

4. Prerequisites (if applicable)

4.1. curriculum-related	It's not necessary
4.2. skills-related	It's not necessary

5. Conditions (if applicable)

5.1. for the course	It's not necessary
5.2. for the seminar/ laboratory/ project	The discipline is interactive. The university discipline requires the observance of the starting and ending time of the seminar.

6. Cumulated specific competences

Professional competences	To know the labour protection rules. They will get to know each theoretical material, and then they will practice in teams these theoretical knowledge in organized sports games. The students will be presented at the beginning of each hour of theoretical problems, either with the help of explanatory sheets or by demonstration and then each will try to exemplify what has been shown to them.
Transversal competences	Improving student body mobility and health.

7. Discipline objectives (based on the cumulated specific competences)

7.1. General objective	The objectives of physical education are achieved by means of a system of means which must be known, selected according to the goals to be achieved, but also according to the level of preparation of the students. In physical education, the content, the means, the methods, the forms of organizing the lesson are directly influenced by the available space, the endowment with sporting materials, the necessary sports equipment, the hygienic conditions that can be ensured. The didactic means specific to physical education represent the set of instruments selected and adapted for carrying out the tasks of the teaching-learning-evaluation process. These means can be divided into: • Didactic means specific to physical education, which includes physical exercise (considered as a basic means) and materials, devices, installations and workspace (considered as helping means without which the efficiency of physical exercise is low and the way of achieving limited, reduced) ; • non-specific teaching means, represented by natural factors and hygienic conditions.
7.2. Specific objectives	The organized and systematic practice of physical education and sport by the students contributes to maintaining and strengthening the health status, to a correct and harmonious development, to the increase of the work potential and, not least to the acquisition of the skills necessary for the independent and systematic practice of the exercises. physical according to the leisure time budget. In this context, physical education and sport, together with the specialized disciplines, contribute to the multilateral training of students.

8. Content

8.1.CURS: 0 no of hours	Teaching methods	Observation
8.2.SEMINAR: 14 no. of. hours		
Organizational lesson - the requirements of the discipline. Testing and control rules. Checking the level of general physical training	Theoretical and practical study	1 lecture
The strength of the abdominal muscles. Long jump on the spot	Theoretical and practical study	1 practical work
Basketball game. Basketball - throwing in the basket on the spot. Throw in the moving basket	Theoretical and practical study	1 practical work
Volley-ball. The service downstairs. Basics of volleyball	Theoretical and practical study	1 practical work
Circuit for general physical development with a focus on strength development (abdominals, back, arms and legs). Top pass with 2 hands	Theoretical and practical study	1 practical work
Aerobics. Settling on the ground, moving the field, passing the bottom with 2 hands	Theoretical and practical study	1 practical work
Athletics: Speed, Running. Start from the bottom and from the feet. Long jump on the spot.	Theoretical and practical study	1 practical work
<i>Required bibliography:</i>		
<ol style="list-style-type: none"> Ardelean, T. - The particularities of the development of the motor qualities in athletics. I.E.F.S., Bucharest, 1990 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. Rodos Publishing House, Bucharest, 1994 Neța, Gh. ; C. Popovici - Football. J.R.C. Publishing House, Turda, 2000 Predescu, T., G. Ghițulescu - Basketball - team preparation. Signature E. Publishing House, Bucharest, 2001 Pașcanu, I. - Acrobatic gymnastics in school. Publishing house University Press Cluj, 1996 Scralat, E. - Volleyball. Stadion Publishing House, Bucharest, 1973 		

1. *Optional bibliography*

9. Corroborating the discipline content with the expectations of the epistemic community representatives, of the professional associations and of the relevant employers in the corresponding field

To identify the means of modernization and continuous improvement of the content of the course in accordance with current problems and practical problems, teachers participate in annual meetings organized in Romania and abroad with topics in the field of sport where they meet, specialized staff being debated current and future issues. Perspective of the domain.

10. Evaluation

Type of activity	10.1. Evaluation criteria	10.2. Evaluation type	10.3. Percentage of the final grade
10.4. Course			
10.5. Seminar/Laboratory	Lessons to check the strength of the abdominal and back muscles, or traction, mobility.	Continuous (VP)	100%
10.6. Minimum performance standards			
Knowledge of the topics covered and practical work at an acceptable level. Obtain the pass mark in test evaluation is a condition of graduation.			

- ¹ Cycle of studies - choose one of the three options: Bachelor/Master/Ph.D.
- ² according to the educational plan
- ³ Discipline status (compulsoriness) - choose one of the options – DI (compulsory discipline) DO (optional discipline) DFac (facultative discipline).
- ⁴ One credit is equivalent to 25-30 hours of study (teaching activities and individual study).

Filled in on
04.09.2019

Course coordinator

Laboratory work/seminar coordinator
Marian Ionut-Mihai

Approved by the
department on
05.09.2019

Head of the Department