SYLLABUS [1]

THIS COURSE UNIT IS TAUGHT IN ROMANIAN LANGUAGE

1. Information about the program

1.1 Higher education institution	Polytechnic University of Timisoara
1.2 Faculty[2]/ Department [3]	Chemical Engineering, Biotechnologies and Environmental Protection / Physical education and sport Department
1.3 Chair	—
1.4 Field of study (name/code[4])	Chemical Engineering / 10.30.50
1.5 Study cycle	License
1.6 Study program (name/code/qualification)	Chemical Engineering / 10.30.50.60 / engineer

2. Information about the discipline

2.1 Name of discipline/ formative category[5]	Physical education and sport 1						
2.2 Coordinator (holder) of course activities							
2.3 Coordinator (holder) of applied activities[6]	Lector PhD. Chirila Daniel						
2.4 Year of study[7]	I	**2.5** Semester	1	**2.6** Type of evaluation	D	**2.7** Type of discipline[8]	DI

3. Total estimated time – hours / semester: direct teaching activities (fully assisted or partly assisted) and individual training activities (unassisted) [9]

3.1 Number of fully assisted hours / week	1 of which:	**3.2** course		**3.3** seminar / laboratory / project	1
3.1* Total number of fully assisted hours / semester	14 of which:	**3.2*** course		**3.3*** seminar / laboratory / project	14
3.4 Number of hours partially assisted / week	of which:	**3.5** training		**3.6** hours for diploma project elaboration	
3.4* Total number of hours partially assisted / semester	of which:	**3.5*** training		**3.6*** hours for diploma project elaboration	
3.7 Number of hours of unassisted activities / week	0,78 of which:	additional documentary hours in the library, on the specialized electronic platforms and on the field			
		hours of individual study after manual, course support, bibliography and notes			
		training seminars / laboratories, homework and papers, portfolios and essays			
3.7* Number of hours of unassisted activities / semester	11 of which:	additional documentary hours in the library, on the specialized electronic platforms and on the field			
		hours of individual study after manual, course support, bibliography and notes			
		training seminars / laboratories, homework and papers, portfolios and essays			
3.8 Total hours / week [10]	1,78				
3.8* Total hours /semester	25				
3.9 Number of credits	1				

4. **Prerequisites** (where applicable)

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[1] The form corresponds to the Discipline File promoted by OMECTS 5703 / 18.12.2011 and to the requirements of the ARACIS Specific Standards valid from 01.10.2017.
[2] The name of the faculty which manages the educational curriculum to which the discipline belongs
[3] The name of the department entrusted with the discipline, and to which the course coordinator/holder belongs.
[4] The code provided in HG no.140 / 16.03.2017 or similar HGs updated annually shall be entered.
[5] Discipline falls under the educational curriculum in one of the following formative disciplines: Basic Discipline (DF), Domain Discipline (DD), Specialist Discipline (DS) or Complementary Discipline (DC).
[6] Application activities refer to: seminar (S) / laboratory (L) / project (P) / practice/training (Pr).
[7] Year of studies in which the discipline is provided in the curriculum.
[8] Discipline may have one of the following regimes: imposed discipline (DI), optional discipline (DO) or optional discipline (Df).
[9] The number of hours in the headings 3.1 *, 3.2 *, ..., 3.8 * is obtained by multiplying by 14 (weeks) the number of hours in headings 3.1, 3.2, ..., 3.8. The information in sections 3.1, 3.4 and 3.7 is the verification keys used by ARACIS as: (3.1) + (3.4) ≥ 28 hours / wk. and (3.8) ≤ 40 hours / wk.
[10] The total number of hours / week is obtained by summing up the number of hours in points 3.1, 3.4 and 3.7.

4.1 Curriculum	• - Jogging • - Fitness • - Football • - Aerobics • - Pilates • - Basketball
4.2 Competencies	• • harmonious combination of intellectual activity with physical activity; • • accommodation for the systematic independent exercise of physical exercise; • • active contribution to the phenomenon of socialization among students by participating in student competitions; • • formation of skills of discipline, punctuality, correctness; • • communication and teamwork

5. Conditions (where applicable)

5.1 of the course	•
5.2 to conduct practical activities	• Previous enrollment in a physical education and sport course: fitness or jogging

6. Specific competencies acquired through this discipline

Specific competencies	• 1. Knowledge, understanding, explanation and interpretation • - encouraging independent thinking • - accumulation of motor experiences • - development of motor intelligence by adapting to certain new situations. • 2. Instrumental-applicative competences: • - practicing the sports activity in an efficient program • - the development of the general motor capacity and of the one specific to the sports branches • - individual programs • - meal programs (sport for all) • 3. Attitudinal skills: • - cultivating respect for the other • - development of personality traits favorable to social integration • - overcoming prejudices • - achieving group success • - independent practice of your favorite sport.
Professional competencies ascribed to the specific competencies	• - Analyzes production processes for improvement • - Manages chemical analysis procedures • - Tests materials • - Writes technical reports • - Performs chemical experiments • - Approves engineering projects • - Manages the environmental impact of operations
Transversal competencies ascribed to the specific competencies	• - Conducts quality control; • - Applies scientific, technological and engineering knowledge; • - Uses equipment, instruments or technological equipment with precision

7. Objectives of the discipline (based on the grid of specific competencies acquired - pct.6)

7.1 The general objective of the discipline	• harmonious combination of intellectual activity with physical activity; • accommodation for the systematic practice of physical exercise independently; • active contribution to the socialization phenomenon among students by participating in student competitions; • formation of skills of discipline, punctuality, correctness;

	• communication and teamwork
7.2 Specific objectives	• Further pursue of a specific sport in a competitional environment

8. Content [11]

8.1 Course	Number of hours	Teaching methods [12]
Bibliography [13]		

8.2 Applied activities [14]	Number of hours	Teaching methods
- Discipline requirements and promotion criteria - Presentation of the action modalities for the development of motor qualities	1	
Testing acquired knowledge, motor skills and abilities	1	
- Development of general motor skills, education of correct posture through jogging and fitness lessons - Development of coordination, selective and analytical processing of body segments and toning of muscles through jogging and fitness exercises - Tests to evaluate the acquired qualities	8	
- Learning the main notions of regulation in order to practice fitness in an organized way - Learning the basic technical procedures to support an athletics competition - Learning and repeating technical complexes specific to fitness and jogging - Improving combinations and circuits in order to improve fitness	4	

- Bibliography [15] Chirilă Mariana – Paşaport pentru performanţa sportivă, Editura Politehnica, Timişoara, 2009;
- Chirilă Mariana – Atletism – Alergări, Editura Politehnica, 1999;
- Chirila Daniel - Jogging pe intelesul tuturor, Editura Politehnica, 2012;
- Marcu, V., Alexandru, M. – Docimologia specifică activităţilor motrice, Editura Universităţii din Oradea, 2005;
- Ionescu, D. – Stretching – Îndrumător de lucrări practice. Pentru uzul studenţilor, 200;
- Ionescu, D. – Baschet – curs de bază, Editura Augusta, Timişoara, 2003;
- Ionescu, D., Bachner, L. – Baschet – tehnica, tactica şi metodica jocului, Editura Politehnica, Timişoara, 2003;

[11] It details all the didactic activities foreseen in the curriculum (lectures and seminar themes, the list of laboratory works, the content of the stages of project preparation, the theme of each practice stage). The titles of the laboratory work carried out on the stands shall be accompanied by the notation "(*)".
[12] Presentation of the teaching methods will include the use of new technologies (e-mail, personalized web page, electronic resources etc.).
[13] At least one title must belong to the discipline team and at least one title should refer to a reference work for discipline, national and international circulation, existing in the UPT library.
[14] Types of application activities are those specified in footnote 5. If the discipline contains several types of applicative activities then they are sequentially in the lines of the table below. The type of activity will be in a distinct line as: "Seminar:", "Laboratory:", "Project:" and / or "Practice/training".
[15] At least one title must belong to the discipline team.

- Ionescu, D., Turcu, C. – Psihologia sportului – Compendiu, Editura Politehnica, Timişoara, 2004.

9. Corroboration of the content of the discipline with the expectations of the main representatives of the epistemic community, professional associations and employers in the field afferent to the program

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10. Evaluation

Type of activity	**10.1** Evaluation criteria [16]	**10.2** Evaluation methods	**10.3** Share of the final grade
10.4 Course			
10.5 Applied activities	**S:** x	Specific tests and course attendance	50/50
	L:		
	P[17]**:**		
	Pr:		
10.6 Minimum performance standard (minimum amount of knowledge necessary to pass the discipline and the way in which this knowledge is verified [18])			
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Date of completion	**Course coordinator (signature)**	**Coordinator of applied activities (signature)**
10.12.2024	……	……
Head of Department (signature)	**Date of approval in the Faculty Council [19]**	**Dean (signature)**
……		……

[16] Syllabus must contain the procedure for assessing the discipline, specifying the criteria, methods and forms of assessment, as well as specifying the weightings assigned to them in the final grade. The evaluation criteria shall be formulated separately for each activity foreseen in the curriculum (course, seminar, laboratory, project). They will also refer to the forms of verification (homework, papers, etc.)

[17] In the case where the project is not a distinct discipline, this section also specifies how the outcome of the project evaluation makes the admission of the student conditional on the final assessment within the discipline.

[18] It will not explain how the promotion mark is awarded.

[19] The endorsement is preceded by the discussion of the board's view of the study program on the discipline record.