

## SYLLABUS

### 1. Data about the program of study

1.1	Institution	The Technical University of Cluj-Napoca
1.2	Faculty	Faculty of Civil Engineering
1.3	Department	Structural Mechanics
1.4	Field of study	Civil Engineering
1.5	Cycle of study	Bachelor of Science
1.6	Program of study/Qualification	Civil, Industrial and Agricultural Buildings /Engineer (English language)
1.7	Form of education	Full time
1.8	Subject code	18.0

### 2. Data about the subject

2.1	Subject name				Educatie fizica II						
2.2	Course responsible/lecturer										
2.3	Teachers in charge of seminars										
2.4	Year of study	1	2.5	Semester	2	2.6	Assessment	V	2.7	Subject category	DC/DI

### 3. Estimated total time

3.1	Number of hours per week	1	3.2	of which, course:	-	3.3	applications:	
3.4	Total hours in the curriculum	14	3.5	of which, course:	-	3.6	applications:	
Individual study								hours
Manual, lecture material and notes, bibliography								0
Supplementary study in the library, online and in the field								0
Preparation for seminars/laboratory works, homework, reports, portfolios, essays								0
Tutoring								0
Exams and tests								0
Other activities								11
3.7	Total hours of individual study		11					
3.8	Total hours per semester		25					
3.9	Number of credit points		1					

### 4. Pre-requisites (where appropriate)

4.1	Curriculum	
4.2	Competence	Physically fit.Required skills; knowledge, skills and abilities acquired in grades I-XII

### 5. Requirements (where appropriate)

5.1	For the course	
5.2	For the applications	Participatory.Existence of the material base - sports fields, sports facilities and equipment. Appropriate sports equipment.They will not leave the field or gym without the teacher's permission. Late students will not be tolerated.

8.1. Lecture (syllabus)	Teaching methods	Notes
	-	-

Bibliography		
8.2. Applications/Seminars	Teaching methods	Notes
Presentation of the objectives of the subject, obligations, students, grading methods.	Explanation , exercise	-
Adapting the body to effort . Development of speed reaction to visual auditory stimuli. Educating dynamic strength in the upper limbs, lower limbs, abdominals and torso through circuit work and workshop work.		
Consolidation of technical elements and procedures in sports games. Notes on regulations for organising recreational activities and practice.Bilateral game		
Application of athletic exercise through aerobic and mixed resistance training using the uniform and variable effort method to increase cardiorespiratory function.		
Training motor skills characteristic of sports games. Bilateral game .		
Development of the elements of coordinative ability rhythm, precision, static and dynamic balance, spatio-temporal orientation, combination of movements"		
Preparation of samples and control standards.		
Bibliography		

**9. Bridging course contents with the expectations of the representatives of the community, professional associations and employers in the field**

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## 10. Evaluation

Activity type	10.1 Assessment criteria	10.2 Assessment methods	10.3 Weight in the final grade
10.4 Course			
10.5 Applications	Medical exemption: Minimum 5 present and presentation of the	The topic for the report is set with the teacher of the class. Attendance and presentation of the report. Class attendance and	The topic for the report is set with the teacher of the class. Attendance

	report.Minimum 5 present and taking the control sample	support control sample, following "each student's progress.Control test - Trail application utility in a certain time interval.	and presentation of the report.Class attendance and support control sample, following "each student's progress.Control test - Trail application utility in a certain time interval.
10.6 Minimum standard of performance			
Minimum standards related to the components of the power train tested. Rate of progress. Conduct of activities to be of an academic standard			

Date of filling in:		Title Surname Name	Signature
	Lecturer		
	Teachers in charge of application		

Date of approval in the department .....	Head of department conf.dr.ing. Anca-Gabriela POPA
19/06/2025	
Date of approval in the faculty .....	Dean prof.dr.ing Daniela MANEA
25/06/2025	