

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	7.0

2. Data about the subject

2.1	Subject name				Educatie fizica I						
2.2	Course responsible/lecturer										
2.3	Teachers in charge of seminars										
2.4	Year of study	1	2.5	Semester	1	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								36
3.7	Total hours of individual study		36					
3.8	Total hours per semester		50					
3.9	Number of credit points		2					

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.
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6. Specific competences

Professional competences	<p>Knowledge, understanding of the basic concepts, theories and methods of the field and the area of specialisation; their appropriate use in professional communication;</p> <ul style="list-style-type: none"> - Using basic knowledge to explain and interpret various types of concepts, situations, processes, projects, etc. associated with the field;
Cross competences	<p>Demonstration of teamwork skills; assimilation of techniques for working in groups and taking on specific roles in teamwork;</p> <ul style="list-style-type: none"> - Cultivate a climate of collaboration, cooperation and understanding towards all group members; - Show an attitude of respect towards the group leaders; - Showing initiative in organising and directing various activities of a specific nature; - Knowledge of and compliance with the basic rules necessary for organising and carrying out activities specific to the specialisation; - taking individual responsibility for the fulfilment of the tasks set out above

7. Discipline objectives (as results from the *key competences gained*)

7.1	General objective	<ul style="list-style-type: none"> - Improvement of physical development and general and specific motor skills
7.2	Specific objectives	<ul style="list-style-type: none"> - Optimising individual fitness levels, with an emphasis on motor skills reported as deficient. - To enrich the fund of motor skills specific to preferred branches of sport and apply them with superior performance in organized competitions and contests. - Improving general health, achieving normal functional indicators. - Ensuring harmonious physical development by constantly working on the proportionality of muscle groups, preventing the installation of deficient attitudes and correcting physical deficiencies reported in the segments and spine. - Training and assimilation of minimal sports terminology, related to: concepts of regulations, training methods used, parameters, dosage, hygiene, physiology of physical effort, planning and effects of various exercises on the body, concepts of tactics, etc. - Including as many students as possible in the organised practice

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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 report. Minimum 5 present and taking the control sample	The topic for the report is set with the teacher of the class. Attendance 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.	100%
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	