Universitatea Naţională de Ştiinţă şi Tehnologie Politehnica Bucureşti
Facultatea de Electronică, Telecomunicaţii şi
Tehnologia Informaţiei

COURSE DESCRIPTION

1. Program identification information

1.1 Higher education institution	**National University of Science and Technology Politehnica Bucharest**
1.2 Faculty	**Electronics, Telecommunications and Information Technology**
1.3 Department	**Electronic Devices, Circuits and Architectures**
1.4 Domain of studies	Electronic Engineering, Telecommunications and Information Technology
1.5 Cycle of studies	Bachelor/Undergraduate
1.6 Programme of studies	Microelectronics, Optoelectronics and Nanotechnologies

2. Date despre disciplină

2.1 Course name (ro) (en)				Educaţie fizică şi sport 3			
2.2 Course Lecturer				Assoc. Prof. Dr. Narcis Neagu			
2.3 Instructor for practical activities				Assoc. Prof. Dr. Narcis Neagu			
2.4 Year of studies	2	2.5 Semester	1	2.6. Evaluation type	V	2.7 Course regime	Ob
2.8 Course type		C	2.9 Course code	04.C.03.O.006		2.10 Tipul de notare	Nota

3. Total estimated time (hours per semester for academic activities)

3.1 Number of hours per week	1	Out of which: 3.2 course	0.00	3.3 seminary/laboratory	1
3.4 Total hours in the curricula	14	Out of which: 3.5 course	0	3.6 seminary/laboratory	14
Distribution of time:					hours
Study according to the manual, course support, bibliography and hand notes Supplemental documentation (library, electronic access resources, in the field, etc) Preparation for practical activities, homework, essays, portfolios, etc.					11
Tutoring					0
Examinations					0
Other activities (if any):					0

3.7 Total hours of individual study	11.00
3.8 Total hours per semester	25
3.9 Number of ECTS credit points	1

4. Prerequisites (if applicable) (where applicable)

4.1 Curriculum	Not applicable
4.2 Results of learning	Not applicable

5. Necessary conditions for the optimal development of teaching activities (where applicable)

5.1 Course	Not applicable
5.2 Seminary/ Laboratory/Project	Sports field, sports hall equipped with equipment and materials specific to the activity, Moodle platform and Microsoft Teams

6. General objective *(Reffering to the teachers' intentions for students and to what the students will be thought during the course. It offers an idea on the position of course in the scientific domain, as well as the role it has for the study programme. The course topics, the justification of including the course in the currcula of the study programme, etc. will be described in a general manner)*

The study program is aligned with the policy and strategy of the NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY POLITEHNICA BUCHAREST, both in terms of content and structure, as well as in terms of learning outcomes and the opportunities offered to students on the labor market in the field of Business Engineering. The subject responds to current requirements of economic development and the evolution at national and international level of higher technical education by training specialists in the field of business capable of solving problems in a knowledge-based economy. The subject specifically addresses current requirements of development and evolution at national and international level by contributing to the optimization of health status; preventing the onset of global and segmental physical deficiencies; forming and maintaining correct body posture; stimulating students' interest in systematic and independent practice of physical exercise individually and collectively, daily or weekly; creating the habit of observing sports hygiene rules and preventing accidents; developing self-defense and self-improvement capacity. The general objective of the subject entails: increasing physical and intellectual work capacity; harmonious development of the body; optimizing health status; preventing the onset of global and segmental physical deficiencies; forming and maintaining correct body posture.

7. Competences *(Proven capacity to use knowledge, aptitudes and personal, social and/or methodological abilities in work or study situations and for personal and proffesional growth. They refflect the empolyers requirements.)*

Specific Competences	Consolidation of the basic notions from the school of running, jumping and throwing
Transversal (General) Competences	Maintaining an optimal state of health. Acquiring the skills of running, jumping and throwing performed correctly

8. Learning outcomes *(Synthetic descriptions for what a student will be capable of doing or showing at the completion of a course. The learning outcomes reflect the student's acomplishments and to a lesser extent the teachers' intentions. The learning outcomes inform the students of what is expected from them with respect to performance and to obtain the desired grades and ECTS points. They are defined in concise terms, using verbs similar to the examples below and indicate what will be required for evaluation. The learning outcomes will be formulated so that the correlation with the competences defined in section 7 is highlighted.)*

Knowledge	*The result of knowledge aquisition through learning. The knowledge represents the totality of facts, priciples, theories and practices for a given work or study field. They can be theoretical and/or factual.* The result of assimilating information through learning. Knowledge represents the set of facts, principles, theories and practices related to a particular field of work or study. It can be theoretical and/or factual. · Lists the most important stages that marked the development of the field · Defines notions specific to the field · Describes/classifies notions/processes/phenomena/structures · Deepens certain notions from physical education and sports, as well as the place of this field within the overall system of instructional-educational systems · Knows basic terminological notions from the sports practiced · Knows general rules regarding the organization of competitions · Awareness of the beneficial effects of attending physical education and sports classes. Definition of the concept of leisure and recreation
Skills	*The capacity to apply the knowledge and use the know-how for completing tasks and solving problems. The skills are described as being cognitive (requiring the use of logical, intuitive and creative thinking) or practical (implying manual dexterity and the use of methods, materials, tools and intrumentation).* Selects and groups relevant information in a given context · Works productively in a team · Analyzes and compares the data obtained · Acquisition and improvement of technical elements from the practiced sport · Develops biomotor capacities (strength, endurance, speed, coordination, flexibility) · Develops the ability to work in a team, to respond promptly, correctly and efficiently to demands, to make quick decisions with presence of mind · Identifies solutions and develops plans for solving problems · Argues the identified solutions/modes of solving · Understands the concept of health in the current lifestyle · Understands the importance of practicing physical exercises to maintain health, work capacity, and to combat certain diseases and deficiencies · Performs tasks for organizing and conducting sports activities efficiently and effectively
Responsability and autonomy	*The student's capacity to autonomously and responsably apply their knowledge and skills.* Selects appropriate bibliographic sources and analyzes them. · Respects the principles of academic ethics, correctly citing the bibliographic sources used. · Demonstrates receptiveness to new learning contexts. · Demonstrates collaboration with other colleagues and teaching staff in carrying out teaching activities. · Promotes moral, civic and volitional qualities. · Promotes the spirit of fair play in interpersonal relationships. · Demonstrates autonomy in organizing the learning situation/context or the problem situation to be solved. · Manifests social responsibility through active involvement in student social life/ involvement in events within the academic community. · Promotes/contributes with new solutions, within the specialty field, to improve and optimize the quality of social life.

9. Teaching techniques *(Student centric techniques will be considered. The means for students to participate in defining their own study path, the identification of eventual fallbacks and the remedial measures that will be adopted in those cases will be described.)*

Starting from the analysis of students' learning characteristics and their specific needs, the teaching process will explore both expository methods (lecture, presentation) and conversational-interactive methods, based on discovery learning models facilitated by direct and indirect exploration of reality (experiment, demonstration, modeling), as well as action-based methods such as exercise, practical activities and problem solving. In teaching, verbal methods (storytelling, explanation, lecture, conversation, brainstorming and individual study), intuitive methods (demonstration, use of iconographic materials and observation of others' execution) and practical methods (exercises for forming motor skills and abilities; exercises for developing and training motor qualities; exercises for optimizing physical development; exercises for forming organizational capacity; exercises for forming the capacity to practice physical exercises autonomously;

exercises for forming the capacity to practice physical exercises independently) will be predominantly used. Teaching will use lectures, based on PowerPoint presentations or various short films which will be made available to students. Presentations use images and diagrams so that the information presented is easy to understand and assimilate. This subject covers information and practical activities intended to support students in their learning efforts and in developing optimal relationships of collaboration and communication in a climate favorable to discovery learning.

10. Contents

SEMINARY		
Crt. no.	**Content**	**No. hours**
1	Athletics: elements from the school of running and jumping. Gymnastics: front exercises and formations Aerobic gymnastics: exercise complexes Applied circuits combined with elements of running, balance, climbing, crawling, scaling, carrying; Team sports: basketball, football, volleyball Global practice of the game on reduced courts	14
	Total:	14
Bibliography: Bibliografie:Bompa T., Teoria si metodica antrenamentului, Edit. Tana, 2008 Colibaba D. E., Praxiologie si proiectare curriculara in educatie fizica si sport, Craiova, Edit. Universitaria, 2007 Epuran M. Metodologia cercetarii activitatilor corporale. Exercitii fizice, sport, fitness, Ed. Fest, Bucuresti, 2005 Tudor V., Capacitatile conditionale coordinative si intermediare, componente ale capacitatii motrice. Ed. RAI, Bucuresti, 1999		

11. Evaluation

Activity type	11.1 Evaluation criteria	11.2 Evaluation methods	11.3 Percentage of final grade
11.4 Course			
11.5 Seminary/laboratory/project	Attendance of physical education and sports classes	Continuous assessment	80%
	Passing control tests	Final evaluation	20%
11.6 Passing conditions			
Fulfilling the obligations characteristic of seminar/laboratory/project activities; fulfilling the obligations characteristic of individual study; The result of the final evaluation in a subject results from adding the points allocated to each activity within the subject (points whose sum is 100), and the total score is converted into a grade (from 1 to 10) by dividing by 10 and rounding (except for grade 5, which is obtained by truncation). The minimum score for passing a subject is 50 points.			

12. Corroborate the content of the course with the expectations of representatives of employers and representative professional associations in the field of the program, as well as with the current state of knowledge in the scientific field approached and practices in higher education institutions in the European Higher Education Area (EHEA)

There is a close correlation between the objectives of the subject and the needs of employers

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Date	Course lecturer	Instructor(s) for practical activities
25.09.2025	Assoc. Prof. Dr. Narcis Neagu	Assoc. Prof. Dr. Narcis Neagu

Date of department approval	Head of department
26.09.2025	Prof. Dr. Claudius Dan



Date of approval in the Faculty Council	Dean
26.09.2025	Prof. Dr. Mihnea Udrea

