

SYLLABUS

Academic year 2025 - 2026

1. Details about the program

1.1. Higher Education Institution	„Lucian Blaga” University of Sibiu
1.2. Faculty	Faculty of Sciences
1.3. Department	Environmental Sciences, Physics, Physical Education and Sports
1.4. Field of study	Biology
1.5. Study cycle ¹	Licentă
1.6. Specialization	Biology (in english)

2. Details about the course

2.1. Course name	Physical Education 1	Code	FSTI.MFE.BIOEN.L.CO.1.0100.A/R-1.8
2.2. Course coordinator			
2.3. Practical activity coordinator	Assoc. lecturer Dionisie-Vladimir Turcu, PhD		
2.4. Year of study ²	I	2.5. Semester ³	2.6. Type of assessment ⁴ A/R
2.7. Type of discipline ⁵	I	2.8. Formative category of the discipline ⁶	C

3. Estimated total time

3.1. Proportion of the discipline within the curriculum – <i>number of hours / week</i>					
3.1.a.Lecture	3.1.b. Seminar	3.1.c. Laboratory	3.1.d. Project	3.1.e Other	Total
	1				1
3.2. Proportion of the discipline within the curriculum – <i>number of hours / week</i>					
3.2.a.Lecture	3.2.b. Seminar	3.2.c. Laboratory	3.2.d. Project	3.2.e Other	Total ⁷
	14				14
Allocation of time budget for individual study⁸					No. hours
Study based on textbook, lecture notes, bibliography and course notes					
Additional research: library, specialized electronic platforms and field or on-site investigation and documentation					
Preparing for the seminar / laboratorires, home assignments, reports, portfolios and essays					
Tutoring ⁹					
Examinations ¹⁰					
3.3. Total number of hours for individual study¹¹ ($NOSI_{sem}$)					11
3.4. Total number of hours in the curriculum ($NOAD_{sem}$)					14
3.5. Total number of hours per semester¹² ($NOAD_{sem} + NOSI_{sem}$)					25
3.6. No of hours / ECTS					25
3.7. Number of credits¹³					1

4. Prerequisites (if applicable)

4.1. Prerequisite courses for enrollment to this subject (from the curriculum) ¹⁴	Does not apply
4.2. Competencies	Does not apply

5. Requirements (wherever applicable)

5.1. Lecture organization and structure ¹⁵	Does not apply
5.2. Organization and structure of practical activities (lab/sem/pr/other) ¹⁶	Sports facilities of Lucian Blaga University of Sibiu

6. Learning outcomes

Number of credits allocated to the subject: 1				
Learning outcomes				Credit distribution by learning outcomes
Nr. crt.	Knowledge	Skills	Responsibility and autonomy	
RÎ 1	The student/graduate explains and interprets general concepts, principles and basic methods in the field of human motor skills, organization and management of field-specific activity, in formative, educational and competitive contexts.	The student/graduate: 1.1. Interpret the main meanings of the basic concepts of the theory, methodology and practice of physical education and sports.	The student/graduate: 1.1.1. Argues autonomously and responsibly the application of theoretical and practical knowledge. 1.2.1. Demonstrates autonomy in the analysis and characterization of issues specific to the field.	0.5
RÎ 2	The student/graduate creatively explains and applies theoretical and practical acquisitions in the field of physical education and sports, by adapting and customizing interventions.	The Student/Graduate: 2.1. Designs, plans and evaluates training, educational programs and organizational development strategies, as appropriate.	The Student/Graduate: 2.2.1. Identifies and solves specialized problems by applying work and research techniques adapted to the conditions and purpose of the activities they carry out	0.5

7. Course objectives (reflected by the framework of specific competencies)

7.1. General objective	<ul style="list-style-type: none"> - raising the general level of motor skills and mastering the basic elements of the sports chosen by the student: basketball, badminton, fitness-bodybuilding, football, handball, table tennis, volleyball; - improving health and physical and mental vigor as well as harmonious bodily development; - formation of beliefs and skills for independent practice of physical exercises and sports for hygienic, disconnecting and educational purposes;
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7.2. Specific objectives	
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8. Course description

8.1. Practical activities (8.2.a. Seminar ¹⁷ / 8.2.b. Laboratory ¹⁸ / 8.2.c. Project ¹⁹ / 8.2.d. Other practical activities ²⁰)	Teaching methods	No. of hours
Act.1 Organizational lesson (presentation of subject requirements, registration of students' options for different sports branches, etc.)	Practical activities	1
Act.2 Learning the fundamental position and elements of movement in the field (basketball, badminton, football, table tennis, volleyball); bilateral themed game	Practical activities	1
Act.3 Learning the fundamental position and elements of movement in the field (basketball, badminton, football, table tennis, volleyball); bilateral themed game	Practical activities	1
Act.4 Learning the fundamental position and elements of movement in the field (basketball, badminton, football, table tennis, volleyball); bilateral themed game	Practical activities	1
Act.5 Learning the fundamental position and elements of movement in the field (basketball, badminton, football, table tennis, volleyball); bilateral themed game	Practical activities	1
Act.6 Learning to execute technical elements with a ball (basketball, badminton, soccer, table tennis, volleyball); bilateral themed game	Practical activities	1
Act.7 Learning to execute technical elements with a ball (basketball, badminton, soccer, table tennis, volleyball); bilateral themed game	Practical activities	1
Act.8 Learning to execute technical elements with a ball (basketball, badminton, soccer, table tennis, volleyball); bilateral themed game	Practical activities	1
Act.9 Learning to execute technical elements with a ball (basketball, badminton, soccer, table tennis, volleyball); bilateral themed game	Practical activities	1
Act.10 Learning to execute technical elements with a ball (basketball, badminton, soccer, table tennis, volleyball); bilateral themed game	Practical activities	1
Act.11 Learning to execute technical elements with a ball (basketball, badminton, soccer, table tennis, volleyball); bilateral themed game	Practical activities	1
Act.12 Learning the basic notions specific to elementary tactical actions (basketball, badminton, football, table tennis, volleyball); bilateral themed game	Practical activities	1
Act.13 Learning the basic notions specific to elementary tactical actions (basketball, badminton, football, table tennis, volleyball); bilateral themed game	Practical activities	1
Act.14 Assessment lesson (practical evaluation)	Practical activities	1
Total number of hours: seminar/laboratory		14

9. Bibliography

9.1. Recommended references	Does not apply
9.2. Additional references	Does not apply

10. Correlating the course description with the expectations and requirements of representatives of the epistemic community, professional associations and significant employers and stakeholders related to the study program and the specific area²¹

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11. Evaluate

Type of activity	11.1 Assessment criteria	11.2 Assessment methods		11.3 Percentage of the final grade	Notes. ²²
11.4a Exam / Colloquium	• Theoretical and practical knowledge (quantity, correctness, accuracy)	Midterm / ongoing assignments ²³ :	%	100% (minimum 5)	
		Home assignments:	%		
		Other activities ²⁴ :	%		
		Final assessment:	% (min. 5)		
11.4b Seminar	• Frequency/relevance of contributions or answers	Proof of contributions, portfolio (scientific papers, syntheses)		% (minimum 5)	
11.4c Laboratory	• Knowledge of equipment, methods of using specific instruments and tools; assessment of tools or achievements, processing and interpretation of results	• Written questionnaire • Oral examination • Laboratory notebook, experimental work, scientific papers, etc. • Practical demonstrations		% (minimum 5)	
11.4d Project	• Quality of achieved project, accuracy of project documentation, rationale and evidence of selected solutions	• Self-assessment, project submission and/or defense • Critical assessment of a project		% (minimum 5)	
11.5 Minimum performance standard ²⁵					

The course description includes components adapted to SEN (Special Educational Needs) persons, according to their type and degree, at all curricular elements and dimensions (competencies, objectives, course description, teaching methods, alternative assessment), in view of providing and ensuring equitable and fair opportunities to academic education for all students, with special attention to special educational needs.

Date of submission: 03 / 09 / 2025

Date of approval in the Department: 17 / 09 / 2025

	Degree, title, first name, surname	Signature
Course coordinator	Assoc. lecturer Dionisie-Vladimir Turcu, PhD	
Study program coordinator	Assoc. prof. Ana-Maria Benedek-Sîrbu, PhD	
Director Department	Lecturer Ioan Tăușan, PhD	

¹ Licență / Master

² 1-4 pentru licență, 1-2 pentru master

³ 1-8 pentru licență, 1-3 pentru master

⁴ Examen, colocviu sau VP A/R – din planul de învățământ

⁵ Regim disciplină: O=Disciplină obligatorie; A=Disciplină opțională; U=Facultativă

⁶ Categoria formativă: S=Specialitate; F=Fundamentală; C=Complementară; I=Asistată integral; P=Asistată parțial; N=Neasistată

⁷ Este egal cu 14 săptămâni x numărul de ore de la punctul 3.1 (similar pentru 3.2.a.b.c.d.e.)

⁸ Liniile de mai jos se referă la studiul individual; totalul se completează la punctul 3.37.

⁹ Între 7 și 14 ore

¹⁰ Între 2 și 6 ore

¹¹ Suma valorilor de pe liniile anterioare, care se referă la studiul individual.

¹² Suma (3.5.) dintre numărul de ore de activitate didactică directă (NOAD) și numărul de ore de studiu individual (NOSI) trebuie să fie egală cu numărul de credite alocate disciplinei (punctul 3.7) x nr. ore pe credit (3.6.)

¹³ Numărul de credit se calculează după formula următoare și se rotunjește la valori vecine întregi (fie prin micșorare fie prin majorare)

$$\text{Nr. credite} = \frac{\text{NOCpSpD} \times C_C + \text{NOApSpD} \times C_A}{\text{TOCpSpD} \times C_C + \text{TOApSpD} \times C_A} \times 30 \text{ credite}$$

Unde:

- NOCpSpD = Număr ore curs/săptămână/disciplina pentru care se calculează creditele
- NOApSpD = Număr ore aplicații (sem./lab./pro.)/săptămână/disciplina pentru care se calculează creditele
- TOCpSpD = Număr total ore curs/săptămână din plan
- TOApSpD = Număr total ore aplicații (sem./lab./pro.)/săptămână din plan
- C_C/C_A = Coeficienți curs/aplicații calculate conform tabelului

Coeficienți	Curs	Aplicații (S/L/P)
Licență	2	1
Master	2,5	1,5
Licență lb. străină	2,5	1,25

¹⁴ Se menționează disciplinele obligatoriu a fi promovate anterior sau echivalente

¹⁵ Tablă, videoprojector, flipchart, materiale didactice specifice, platforme on-line etc.

¹⁶ Tehnică de calcul, pachete software, standuri experimentale, platforme on-line etc.

¹⁷ Discuții, dezbateri, prezentare și/sau analiză de lucrări, rezolvare de exerciții și probleme etc.

¹⁸ Demonstrație practică, exercițiu, experiment etc.

¹⁹ Studiu de caz, demonstrație, exercițiu, analiza erorilor etc.

²⁰ Alte tipuri de activități practice specifice

²¹ Legătura cu alte discipline, utilitatea disciplinei pe piața muncii

²² CPE – condiționează participarea la examen; nCPE – nu condiționează participarea la examen; CEF - condiționează evaluarea finală; N/A – nu se aplică

²³ Se va preciza numărul de teste și săptămânile în care vor fi susținute.

²⁴ Cercuri științifice, concursuri profesionale etc.

²⁵ Se particularizează la specificul disciplinei standardul minim de performanță din grila de competențe a programului de studii, dacă este cazul.