SYLLABUS

1. Data about the program of study

1.1	Institution	Technical University of Cluj-Napoca
1.2	Faculty	Faculty of Electrical Engineering
1.3	Department	Electrotechnics and Measurements
1.4	Field of study	Electrical Engineering
1.5	Cycle of study	Bachelor of Science
1.6	Program of study/ Qualification	Electrical System Cluj-Napoca in English language
1.7	Form of education	Full time
1.8	Subject code	16.00

2. Data about the subject

2.1	Subject name				Physical Education and Sport II	
2.2	Course responsible/ lecturer				-	
2.3	Teachers in charge of Seminars/ Laboratory/ Project				Conf. Dr. Grosu Vlad – grosu.vlad@mdm.utcluj.ro	
2.4 Year of study		1	2.5 Semester	2	2.6 Type of assessment *(E – exam, C – colloquium, V – verification)*	V
2.7 Subject category		*DF – fundamental, DD – in the field, DS – specialty, DC – complementary*				DC
		DI – compulsory, DO – elective, Dfac – optional				DI

3. Estimated total time

3.1 Number of hours per week:	1	of which	3.2 Course	-	3.3 Seminar	1	3.3 Laboratory	-	3.3 Project	-
3.2 Total hours per semester	14	of which	3.5 Course	-	3.6 Seminar	14	3.6 Laboratory	-	3.6 Project	-
3.7 Individual study:										
(a) Manual, lecture material and notes, bibliography										-
(b) Supplementary study in the library, online and in the field										-
(c) Preparation for seminars/laboratory works, homework, reports, portfolios, essays										8
(d) Tutoring										-
(e) Exams and tests										2
(f) Other activities										1
3.8 Total hours of individual study *[sum (3.7(a) to 3.7(f))]*										11
3.9 Total hours per semester *[sum of 3.4 and 3.8]*										25
3.10 Number of credit points										1

4. Prerequisites (where applicable)

4.1	Curriculum	-
4.2	Competences	Physical aptitude; necessary skills; knowledge, skills and abilities accumulated in grades I-XII

5. Requirements (where appropriate)

5.1	For the course	-
5.2	For the applications	Appropriate sports equipment. Participatory.

		The existence of the material base - sports fields, installations and sports materials. They will not leave the field or gym without the teacher's permission. Tardiness of students will not be tolerated.

6. Specific competences

Professional competences	The capacity and the habit of practicing physical activities for formative, compensatory and recreational purposes: - formative, by maintaining health, harmonious physical development and body resistance, to combat sedentarism; - compensatory, to alleviate the stress created by professional obligations, to restore the body after physical or intellectual effort - skills for gaining strength and physical strength - organizing and leading a team
Cross competences	Identifying the objectives, the available resources, the conditions for their completion. Realization of projects under co-ordination, under conditions of deontological norms, as well as safety and health at work

7. Expected learning outcomes

Knowledge	The student/graduate describes, identifies, and summarizes elementary concepts and methods regarding the policies and legislation applicable in each field.
Abilities	The student/graduate uses databases, standards, codes of good practice and safety regulations.
Responsibility and autonomy	The student/graduate acts in accordance with the professional principles and standards of engineering practice.

8. Discipline objectives (based on specific competencies acquired)

7.1	General objective	Improving physical development and general and specific motor skills.
7.2	Specific objectives	- Optimizing the individual level of physical training, insisting on the motor skills reported as deficient. - Enriching the fund of motor skills specific to preferred sports branches and applying them with superior performance in organized contests and contests - Improving the general state of health, achieving normal functional indicators. - Ensuring a harmonious physical development, by constantly acting on the proportionality of the muscle groups, preventing the

		installation of deficient attitudes and correcting the physical deficiencies reported at the level of the segments and the spine. - The formation and assimilation of minimal sports terminology, related to notions of regulation, methods of preparation used, parameters, dosage, hygiene, physiology of physical effort, planning and the effects of different exercises on the body, notions of tactics, etc. - The inclusion of as many students as possible in the organized practice of various sports, especially outside the university timetable. - The installation of compensatory effects, to limit the states of mental overload, induced by the volume of predominantly intellectual effort of the specialization.

9. Contents

9.2. Applications - Seminar /Laboratory/Project		Number of hours	Teaching methods	Additional remarks
1	General physical training regarding the development of general physical health maintenance and alleviate daily stress	1	-	-
2	Improving technical complexes previously acquired by application of tactical tasks	1		
3	Automate complex technical and tactical game conditions	1		
4	Teaching the regulation to organize leisure activities and practice	1		
5	Implementing independent skills needed to practice physical activities	1		
6	Perfecting combinations, schematics, circuits in sports games	1		
7	Closing school situation by passing control problem announced as graduation criteria	1		
Bibliography 1. Curs de Educaţie fizică – Litografiat UTC-N 2. Dezvoltare fizică generală pentru studenţi – UTC-N 3. Cultură fizică pentru tineret – UT.PRESS				

10. Alignment of course content with expectations of the epistemic community, professional associations, and representative employers in the field

Sports activity there in the curriculum of universities and faculties in the country and abroad. Content is consistent with the expectations of professional associates and employers' epistemic community representative of the afferent program.
The impact of discipline is manifested through the formation of the habit of organizing work, individually or in a team, overcoming various physical or mental barriers in order to increase general physical capacity for a body for health.

11. Assessment

Activity type	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final grade (%)
11.4 Course	-	-	-

11.5 Seminar	Medical exemption: Minimum 10 present to support the report. At least 10 presents to support control samples	The theme for the referral is chosen from the exposed topics in the first month of the semester. Presentation and support of the paper. The topic for the report is established together with the teaching staff of the class. Attendance at classes and presentation of the report. Frequency at hours and giving control samples. Utility applications routes in a certain time interval	100%
11.5 Project	-	-	-
11.6 Minimum standard of performance:			

Date of completion	Lecturers	Title/ Surname/ Name:	Signature
September 2025	Course		
	Applications Seminar/ Laboratory/ Project	Conf. Dr. Grosu Vlad	

Date of approval in the ETHM Department Council January 2026	**Head of Department:** Prof. Eng. MICU Dan Doru, PhD
Date of approval in the Faculty of Electrical Engineering Council February 2026	**Dean:** Assoc. Prof. Eng. CZIKER Andrei, PhD