



DISCIPLINE ACADEMIC SHEET
ACADEMIC YEAR 2025 – 2026

1. PROGRAMME DATA

1.1. Higher Education Institution	UNIVERSITY OF CRAIOVA
1.2. Faculty	Automation, Computers and Electronics
1.3. Department	Computers and Information Technology
1.4. Field of Study	Computers and Information Technology
1.5. Study level	L(License / Undergraduate)
1.6. Organizational form	IF
1.7. Study Program (name/code) /Qualification	Computers / L2060101010

2. DISCIPLINE DATA

2.1 Discipline Name	Physical Education and Sport I						
2.2 Course Activities Holder							
2.3. Practical Activities Holder	Lect. univ.dr. Veronica Minoiu						
2.4. Study Year	1	2.5. Semester	1	2.6. Evaluation type	A/R	2.7. Discipline regime	DOB

3. ESTIMATED TOTAL TIME (hours per semester of teaching activities)

3.1. Number of hours per week	1	in which: 3.2 course	0	3.3. sem./lab./pr.	1
3.4. Total hours of curriculum	14	in which: 3.5 course	0	3.6. sem./lab./pr.	14
3.7. Time distribution - hours/week					hours
Study after manual, course support, bibliography and notes					2
Additional documentation in library, on specialized electronic platforms and field					3
Training seminars / labs, homework, portfolios and essays					-
Tutorial					-
Examinations					2
Other activities.....					4
Total hours per individual activities					11
3.8. Total hours per semester					25
3.9. Number of credits					1

4. PRECONDITIONS (where appropriate)

4.1. of curriculum	• Sets and complexes of exercises for harmonious physical development.
4.2. of competence	• The ability to practice sports activities in free time.

5. CONDITIONS (where appropriate)

5.1. of the course	•
5.2. of seminar/ laboratory/project	• • The seminar is carried out interactively with the students. Seminar support is provided in electronic format

	on the Google Classroom platform.
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6. COURSE OBJECTIVES – expected learning outcomes that are supported by completing and passing the course

Knowledge	—
Skills (Abilities)	—
Responsibility and autonomy	—

7. CONTENT

7.1. Course	The method of implementation	Teaching methods	Allocated time (hours)
Bibliography:			
1.			
2.			

7.2. Seminar/laboratory/project	The method of implementation	Teaching methods	Allocated time (hours)
1. 1. Presentation of the objectives of the discipline, of the students' obligations, grading methods. Getting to know the group of students and their level of physical fitness. Adapting the body to effort by performing exercises for general physical development - online.	face to face	Conversation, explanation, demonstration, individual work	2
2. 2. Developing mobility and strength in the arms and trunk by performing free physical exercises.	face to face	Conversation, explanation, demonstration, individual work	2

3. 3. Developing dexterity, mobility and strength in the trunk and lower limbs by performing free physical exercises.	face to face	Conversation, explanation, demonstration, individual work	2
4. 4. Developing mobility, elasticity and strength in endurance regime in the main muscle groups. The "circuit" method.	face to face	Conversation, explanation, demonstration, individual work	4
5. 5. Developing dexterity, mobility and strength in the trunk and lower limbs by performing physical exercises with objects.	face to face	Conversation, explanation, demonstration, individual work	2
6. 6. Tests for semester evaluation	face to face	Conversation, explanation, demonstration, individual work	2

Bibliography:

1. Stoenescu, G.(2000) –Gimnastica aerobica si sportul aerob, Editura ISPE, Bucuresti
2. Popescu M., (1995) –Educația fizică și sportul în pregătirea studenților, Editura Did. și Pedag., București
3. Cărste Gh.(2000)- Teoria si metodică educației fizice si sportului, Bucuresti
4. Ortănescu D, (2000)- Gimnastica in scoală, Editura Scorilo,Craiova.
5. Ghețu R, (2009)- Baschet- teorie si metodică, Editura Universitaria, Craiova.
6. Dăian G.(2010)-Volei-aria curriculară-Editura Arves, Craiova
7. Ungureanu A,(2009)-Metodica educației fizice si sportului- Editura Universitaria, Craiova.

8. Correlating the content of the discipline with the expectations of representatives from the epistemic community, professional associations and representative employers in the field related to the program

The content of the practical works is in line with similar disciplines at universities in the country and abroad. The procedural and attitudinal competences to be acquired within the discipline will satisfy the expectations of the representatives of professional associations and employers in the field of education.

9. EVALUATION

Activity Type	9.1. Evaluation criteria	9.2. Evaluation methods	9.3. Final mark weight
9.4. Course	Evaluation during the semester. Tests for assessing effort capacity - online	- the observation method	40% 40%

9.5. Seminar/laboratory/project	- The ability to understand the instructions and to apply the methods and means specific to physical education and sport.		20%
9.6. Minimum standard of performance			
Participation in at least 12 hours of sport (out of a maximum of 14). Understanding and applying the presented physical exercises. Presentation of the exercise complexes for harmonious physical development.			

Date of Completion	Signature of the Course Activities Holder,	Signature of the Practical Activities Holder,
23.08.2025		Lect. univ.dr. Veronica Minoiu

Date of Approval in the Department	Signature of the Department Director,
25.08.2025	Ș.l.dr.ing. Nicolae ENESCU

Date of Approval in the Faculty	Signature of the Dean,
	Prof.dr.ing. Dorin ȘENDRESCU