R O M Â N I A
MINISTERUL EDUCAȚIEI ȘI CERCETĂRII
*UNIVERSITATEA DIN CRAIOVA*
FACULTATEA DE AUTOMATICĂ, CALCULATOARE ȘI ELECTRONICĂ
DEPARTAMENTUL DE CALCULATOARE ȘI TEHNOLOGIA INFORMAȚIEI

# 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 III | | | |
| 2.2 Course Activities Holder | | | | | | | |
| 2.3. Practical Activities Holder | | | | Lect. univ.dr. Veronica Minoiu | | | |
| 2.4. Study Year | 2 | 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)

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|---|---|
| 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. |

**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. 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. | | | 2 |
| 2. Developing mobility and strength in the arms and trunk by performing free physical exercises. | | | 2 |
| 3. Developing dexterity, mobility and strength in the trunk and lower limbs by | | | 2 |

| | | | |
|---|---|---|---|
| performing free physical exercises. | | | |
| 4. Developing mobility, elasticity and strength in endurance regime in the main muscle groups. The "circuit" method. | | | 4 |
| 5. Developing dexterity, mobility and strength in the trunk and lower limbs by performing physical exercises with objects. | | | 2 |
| 6. Tests for semester evaluation | | | 2 |

**Bibliography**:


1. 1 Stoenescu, G.(2000) –Gimnastica aerobica si sportul aerobic, Editura ISPE, Bucuresti
2. 2.Popescu M., (1995) –Educaţia fizică şi sportul în pregătirea studenţilor, Editura Did. şi Pedag., Bucureşti
3.


**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 | - presentation of complexes of general physical development exercises for the various muscle groups. | the observation method | 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 |