

SYLLABUS
Academic year 2024-2025
Year of Study I / Semester I

1. Information on academic program

1.1. University	„1 Decembrie 1918” University of Alba Iulia
1.2. Faculty	Faculty of Economics
1.3. Department	Business Administration and Marketing
1.4. Field of Study	Business Administration
1.5. Cycle of Study	Bachelor
1.6. Academic program / Qualification/ ESCO Code	Business Administration / 242102 Process improvement specialist, 242104 Process manager, 242110 Specialist in planning, control, and reporting of economic performance; ESCO Code 2421 - Management and Organisation Analysts

2. Information of Course Matter

2.1. Course		Physical Education		2.2. Code		BA 118	
2.3. Course Leader/ Seminar Tutor			-				
2.4. Seminar Tutor			Lecturer PhD. Petrovici Alexandru Gabriel				
2.5. Academic Year	I	2.6. Semester	I	2.7. Type of Evaluation (E – final exam/ CE - colloquy examination / CA -continuous assessment)	CE	2.8. Type of course (C– Compulsory, Op – optional, F - Facultative)	C

3. Course Structure (Weekly number of hours)

3.1. Weekly number of hours	2	3.2. course	-	3.3. seminar, laboratory	2
3.4. Total number of hours in the curriculum	28	3.5. course	-	3.6. seminar, laboratory	28
Allocation of time:					Hours
a. Individual study of readers					20
b. Documentation (library)					20
c. Home assignments, Essays, Portfolios					5
d. Tutorials					-
e. Assessment (examinations)					2
f. Other academic activities (study visits, mentoring, projects)					-

3.7 Total number of hours for individual study (a+b+c)	45
3.8 Total number of hours for academic activities (d+e+f+3.4)	30
3.9 Total number of hours per semester (3.7+3.8)	75
3.10 number of ECTS	3

4. Prerequisites (where applicable)

4.1. curriculum-based	-
4.2. competence-based	-

5. Requisites (where applicable)

5.1. course-related	-
5.2. seminar/laboratory-based	Game room, 2 basketball panels, 1 volleyball net, 12 balls for handball, 12 balls for basketball, 12 balls for volleyball, 1 chronometer, 12 landmarks, 12 breaker t-shirts

6. Specific competences to be acquired (chosen by the course leader from the programme general competences grid)

Professional competences	-
Transversal competences	-

7. Course objectives (as per the programme specific competences grid)

7.1 General objectives of the course	
7.2 Specific objectives of the course	

8. Course contents

8.1 Course	Teaching methods	Remarks
-	-	-
Seminars-laboratories	Teaching methods	Remarks
Team game organisation. Presentation about safety norms and measures in sports and physical education	Conversation Exercises	4 hours
Learning and consolidation of the fundamental technical elements in basketball, volleyball, handball <ul style="list-style-type: none"> - fundamental positioning - movement - changes of direction - pironette - jumping - working out arms and legs - playing the ball - passing the ball - passing the ball with two hands from the chest, over the head - passing the ball with one hand from the chest - passing the ball in movement - stopping - swing - dribbling - throwing the ball to the basket - service - hitting the ball with both hands from down and up - attack hitting - throwing the ball to the gate 	Exercises, relay, games	24 hours
Bibliography:		
1. Roman, Gh., 2003 , Evaluarea în jocul de baschet, Napoca Star, Cluj N. 2. Roman, Gh., 2003 , Baschet, Napoca Star, Cluj – Napoca 3. Colibaba – Evuleț, D., Bota, I., 1998 Jocuri sportive -Teorie și metodică, Aldin 4. Predescu T., Moanță A., 2001 , Baschetul școală. Instruire - învățare, Semne		

9. Corroboration of course contents with the expectations of the epistemic community's significant representatives, professional associations and employers in the field of the academic programme

Improving physical endurance and stress management capacity: Professions in economics are known for their long working hours and high stress levels. Physical education helps students develop the resilience necessary to cope with these demands and teaches them stress management techniques, which is valued by employers and necessary for professional success in this field

10. Assessment

Activity	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Percentage of final grade
10.4 Course	-	-	-
	-	-	-
10.5 Seminar/laboratory	<i>Verification during the semester</i>	- the grade for continuous evaluation	50 %
	<i>Lab activity</i>	- the grade for applicative activities	50%
10.6 Minimum performance standard: accomplishment of the stipulated minimum standards			
- <i>Obtaining minimum grade 5</i>			

Fill in date
12.09.2024

Seminar tutor's signature,
Lecturer PhD. Petrovici Alexandru Gabriel

Approval date in department
16.09.2024

Department director's signature,
PhD Assoc.Prof. Maican Silvia