

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

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 127 | | |
| 2.3. Course Leader/ Seminar Tutor | - | | | | | | |
| 2.4. Seminar Tutor | Lecturer PhD. Petrovici Alexandru Gabriel | | | | | | |
| 2.5. Academic Year | I | 2.6. Semester | II | 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 | Not needed |
| Transversal competences | Not needed |

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 |
|---|---|-------------|
| <i>Not needed</i> | | |
| Seminars-laboratories | Teaching methods | |
| 1. Learning and strengthening of technical and tactical individual activities in basketball, volleyball and handball attack and defence | Exercises, relay, 1x1,2x2,3x3, bilateral game on reduced and normal field | 26 h |
| 2. Assessment/collocutional exam | Bilateral game – choose between handball, basketball, volleyball | 2 h |
| References | | |
| 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 | <i>Not needed</i> | | |
| | - | - | - |
| 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 departament
16.09.2024

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