



COURSE DESCRIPTION

1. Data concerning the program

1.1 Higher education institution	Valahia University of Târgoviște
1.2 Faculty / Department	Economic Sciences
1.3 Department	Management - Marketing
1.4 Area of academic study	Administrarea Afacerilor în Limba Engleză
1.5 Study Cycle	License
1.6 Study Program /Qualification	Business Administration

2. Data concerning the teaching unit

2.1 Title of the teaching unit	Physical education and sport						
2.2 Coordinator (Course Lecturer)	-						
2.3 Seminar Lecturer							
2.4 Year of study	I	2.5 Semester	II	2.6 Type of evaluation	V	2.7 Course: mandatory /elective	M

3. Total estimated time (hours per semester of educational activities)

3.1 Numbers of hours per week	1	Of which: 3.2 course	-	3.3 seminar/laboratory	1
3.4 Total hours in curriculum	14	Of which: 3.5 course	-	3.6 seminar/laboratory	14
Time management					Hours
Studying after manual, references, recommended reading, course support and notes					-
Additional documentation in library, specialized e-platforms and on the ground					8
Preparation of seminars / labs, homework, portfolios and essays					-
Tutorship					4
Assessment					4
Other activities: case study, essay					20
3.7 Total no. of hours of individual study					36
3.9 Total no. of hours per semester					50
3.10 Number of ECTS					2

4. Pre-requirements (if applicable)

4.1 Teaching units	It's not the case
4.2 Competencies and skills	It's not the case

5. Co-requirements (if applicable)

5.1 For deployment of course	-
5.2 For deployment of seminar/laboratory	Sports base, sports materials (balls, sticks, mats, dumbbells, tape recorder Teaching in the online system, by using UVT's MOODLE e-learning platform (https://moodle.valahia.ro/) and the ZOOM/Microsoft. TEAMS/SKYPE online videoconferencing platform.

6. Specific competencies acquired

Professional competencies	C5 Using of the databases specific to business administration
Transversal competencies	CT3. Identifying of training opportunities and effective utilization of resources and learning techniques for personal development.

7. Objectives of the teaching unit (emerging from the grid of specific competencies acquired)

7.1 General objective	Awareness of the beneficial effects of participation in physical education and sports lessons
7.2 Specific objectives	Formation of the habit of practicing regular physical exercises as a mean of preventing obesity, sedentary lifestyle and cardiovascular diseases Harmonious physical development, maintaining and improving students' health, preventing, detecting and correcting any physical development deficiencies

8. Contents of the teaching unit

8.1 Course	Teaching methods	Observations
-	-	-
References		
8.2 Seminar/laboratory	Teaching methods	Observations
1. Presentation of the practical course: the requirements of the discipline and the criteria for the mobility. Instruction in the use of the sports base, halls and equipment. System of requirements and protection and safety measures in the activity of physical education and sports. Notions of personal hygiene.	The conversation method, learning through discovery, explanation and demonstration, the experimentation method	2 hours
2. Exercises for selective influence of the locomotor system and general physical development.	The conversation method, learning through discovery, explanation and demonstration, the experimentation method	2 hours
3. Exercises and exercise structures for the development of motor skills (speed)	The conversation method, learning through discovery, explanation and demonstration, the experimentation method	2 hours
4. Exercises and exercise structures for the development of motor skills (strength)	The conversation method, learning through discovery, explanation and demonstration, the experimentation method	2 hours
5. Exercises and exercise structures for the development of motor skills (endurance)	The conversation method, learning through discovery, explanation and demonstration, the experimentation method	2 hours
6. Exercises and exercise structures for the development of motor skills (skills)	The conversation method, learning through discovery, explanation and demonstration, the experimentation method	2 hours
7. Requirements, norms and control tests	The conversation method, learning through discovery, explanation and demonstration, the experimentation method	2 hours
Total		14hours
References		
Bompa, T., (2003) Performanța în jocurile sportive: teoria și metodologia antrenamentului, Ed. Ex Ponto, București		
Bronikowski M. (2010), Physical Education Teaching and Learning, Akademia Wychowania Fizycznego, Poznan		
Colibaba-Evuleț, D., Bota, I., (1998) Teorie și metodică, Ed. Aldin, București		
Colibaba-Evuleț, D., (2007) Praxiologie și proiectare curriculară în educație fizică și sport, Ed. Universitaria, Craiova		
Dragnea, A., colab. (2006) Educație fizică și sport - teorie și didactică - Ed.FEST, București		
Jung J., Ressler J., Linder A. (2018), Exploring the Hidden Curriculum in Physical Education, Advances in Physical Education, 8, 253-252, 10.4236/ape.2018.82023		
Tudor, V., (1999) Capacitățile condiționale, coordinative, intermediare- componente ale capacității motrice, Ed. RAI, București		
Tudor, V., (2005) Măsurare și evaluare în cultură fizică și sport, Ed. Alpha, București		

9. Interrelating between the contents of the teaching unit and the expectations of the scientific community' representatives, professional associations and the representative employers in the field afferent to the program

This discipline is the basis for improving the health and physical condition of the body.

10. Assessment

Activity type	10.1 Criteria of assessment	10.2 Method(s) of assessment	10.3 Construction of the mark (including the weighting of the various partial marks)
10.4 Course			
10.5 Seminar/laboratory	Promotion of evaluation tests	colloquium	100%
10.6. Minimal standard of performance: Promotion of final evaluation tests			