

PHYSICAL EDUCATION

Faculty	Economic Engineering and Business				
Department	Physical Education and Sports				
Study Cycle	Undergraduate Studies, Cycle I				
Study Program	0413.1 Business and Administration				
Year of Study	Semester	Evaluation type	Formative Category	Optionality Category	ECTS Credits
I (full-time education);	1; 2	C-colloquium	G	O	-

1. Total estimated time

Total hours in the curriculum	Of which				
	Contact hours		Individual work		
	Lecture	Laboratory / Practical work	Year project	Study of theoretical material	Preparation of practical applications
60	-	60	-	-	-

2. Prerequisites for Course/Module Access

According to the curriculum	Harmonious physical development, acquisition of a biological potential capable of ensuring good health, aimed at increasing the efficiency and quality of future social and professional activities; formation of a theoretical and practical knowledge system (didactic, technical, hygienic, medical, organizational).
According to competencies	Learning, consolidation, and improvement of motor skills and abilities specific to various sports disciplines.

1. Conditions for conducting the educational process

Laboratory / practical work	participation in evaluation trials and sports competitions for members of representative teams: attending selection contests, collective training sessions, and official competitions.
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2. Specific competencies acquired

Professional Competencies	• Introduction to the theory and methodology of physical education and sport • Introduction to the practice of various sports disciplines: volleyball, basketball, football, mini-football, badminton, athletics, table tennis, chess, checkers, etc. • Development of essential motor qualities (endurance, speed, strength, flexibility, coordination, agility, relaxation)
Transversal Competencies	• Awareness and understanding of the importance of the systematic practice of physical exercises • Sanogenetic and social effects of engaging in physical exercises; • Methodological knowledge and skills for designing a set of physical exercises for morning gymnastics and workplace gymnastics, taking into account gender, physical development, and health status (diagnosis)

	• Self-monitoring during the practice of physical exercises
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3. Course/Module objectives

General objective	Introduction to and development of motor skills
Specific objectives	- further development of theoretical knowledge and practical skills in the field of physical culture, - application of this knowledge in maintaining and strengthening health, - support for the socio-professional integration of students;

4. Course/module content

Practical topics	Number of hours	
	Full-time education	
Semester I		
L1. Theory and methodology of Physical Education. Safety techniques during Physical Education classes.	2	
L2. Introduction to motor skill development – endurance.	2	
L3. Learning and improving endurance running outdoors on varied terrain.	2	
L4. Learning, improving, and developing general endurance outdoors.	2	
L5. Learning and improving technical and tactical elements of sports games.	2	
L6. Learning, improving, and developing general endurance on varied terrain using the competition method.	2	
L7. Taking the Cooper Test.	2	
L8. General physical development through strength exercises using equipment, gym bench, etc., and athletics tools.	2	
L9. Control tests: – Standing long jump (M, F) in centimeters – Trunk extensions (M, F) by number of repetitions	2	
L10. Testing: 1. Breath holding after inhalation 2. Body height and weight index evaluation 3. Flexibility.	2	
L11. Control tests: 1. Balance in 90° L-sit (F), seated on the gym bench, legs at a 45° angle, arms extended sideways 2. Push-ups (M) – prone position, hands at shoulder level, flexing and extending arms by number of repetitions.	2	
L12. Control tests - Pull-ups (M) on the fixed bar – number of repetitions. - Rope skipping (F) duration in minutes.	2	
L13. General physical preparation. Development of strength, speed, and general endurance. Learning and improving technical-tactical elements in mini-football and volleyball.	2	
L14. General physical preparation. Development of strength	2	
speed, and general endurance. Improvement of technical-tactical elements in mini-football and volleyball.		

L15. Summary. Independent work recommendations for general physical development, harmonious growth, and health strengthening during the winter break. Student assessment.	2	
Total practical hours:	30	

Practical topics	Number of hours	
	Full-time education	
Semester II		
L1. Methodological lesson with an organizational focus. Presentation of tasks and course requirements. Safety regulations.	2	
L2. Methodological micro-lesson. General physical preparation. Development of strength and general endurance.	2	
L3. General physical preparation. Development of strength and general endurance. Learning and improving technical elements – Volleyball. Control standard check: Motor activity 30” – (M, F).	2	
L4. General physical preparation. Development of strength and general endurance. Learning and improving technical-tactical elements – Volleyball.	2	
L5. General physical preparation. Development of strength and general endurance. Learning technical elements (singles game) – Badminton.	2	
L6. General physical preparation. Development of strength and general endurance. Learning and improving technical elements – Badminton, Basketball.	2	
L7. General physical preparation. Development of strength and general endurance. Control standard check: – Standing on one leg, hand support on smooth wall – M (number of repetitions) – Standing on one leg on a gym bench, hand support on smooth wall – F (number of repetitions).	2	
L8. General physical preparation. Development of strength and general endurance. Learning and improving technical and tactical elements – Volleyball.	2	
L9. General physical preparation. Development of strength and general endurance. Control standard test: cross-country run – 500 m (F), 1000 m (M).	2	
L10. Learning and improving technical-tactical elements – Basketball. Control standard test: sprint – 100 m (M, F), from crouch start.	2	
L11. General physical preparation. Development of strength and speed. Learning and improving technical elements – Basketball.	2	
L12. General physical preparation. Development of strength, general endurance, and speed. Learning and improving technical-tactical elements – Basketball, Volleyball. Practical evaluation in sports games.	2	
L13. General physical preparation. Development of strength, speed, and general endurance. Learning and improving technical-tactical elements – Mini-football, Volleyball. Practical evaluation in sports games.	2	
L14. General physical preparation. Development of strength, speed, and general endurance. Improvement of technical-tactical elements – Mini-football, Volleyball. Practical evaluation in sports games.	2	

L15. Summary. Independent work recommendations for general physical development, harmonious growth, and health strengthening during the summer break. Student assessment.	2	
Total practical hours:	30	

5. Bibliographic references

No.	Title of Educational, Methodological, or Scientific Materials	Authors	Publisher, Year	Language	Copies in UTM Library
1.	Didactica Educației Fizice	Toma Badiu	Galați, 2003	Rom.	1
2.	Teoria și Metodica Atletismului	Nicolae Pop	Galați, 2003	Rom.	1
3.	Jocuri Motrice	Mircea Dragu	Galați, 2003	Rom.	1
4.	Volei Curs de specializare	Pacuraru Alexandru	Galați, 2004	Rom.	1
5.	Teoria și metodică fizicescogă vospitania	Așmorin B.	Prosveșcenie 1979	Rusă	6
6.	Teoria și metodică educației fizice	Florescu C.	Editura Sport-Turism, 1980 București	Rom.	3
7.	Sportivnaia gimnastica	Ucran L.	FIS Moscova 1965	Rusă	2
8.	Teoria antrenamentului sportiv	Șiclovan I.	Editura Sport-Turism, 1977	Rom.	2
9.	Gimnastica	Orlov L.	FIS Moscova	Rusă	3
10.	Gimnastica	Grimalischi T. Tolmaciou P. Filipenco E.	Orhei, 1993	Rom.	10
11.	Atletism	Redacția Homenco L.	FIS Moscova 1974	Rusă	4
12.	Atletism	Scripcenco C. Iliin G.	Cartea Mold. 1987	Rom.	8
13.	Educația fizică	Coman S.	Ediția tehnică Chișinău 1995	Rom.	12
14.	Fizicescogă vospitanie	Redacția Golovina V. Masleacova V.	Vâșșaiia Școla, Moscva, 1983	Rusă	40
15.	Sportul studențesc – 30 ani	Rusnac P.	UTM, 1994	Rom.	60
16.	Jocuri sportive	Chicu V.	București 1995	Rom.	3
17.	Materialele practice și teoretice folosite la lecțiile de educație fizică	Rusnac P. Temeliescu L. Cabanov E.	FIP	Rom.	40
18.	Testă (v sportivnoi practice)	Bubă H. Făcc G.	DDR Berlin 1966	Rusă	1

6. Evaluation

Form of education	Periodic activity		Current	Individual Work	Final exam
	Atestarea 1	Atestarea 2			
full-time	15 %	15%	15 %	15 %	40%
part - time	25 %			25 %	50 %
Minimum performance standard					
Attendance and active participation in lectures and seminars; Achieving a minimum grade of “5” in each evaluation; Consistent engagement throughout the semester; Clear and concise expression using general and specialized legal terminology.					