

FIȘA DISCIPLINEI / SYLLABUS SPREADSHEET

1. Program information

1.1 University	"Dunărea de Jos" University of Galați
1.2 Faculty	Economics and Business Administration
1.3 Department	Business Administration
1.4 Field of study	Business Administration
1.5 Cycle of studies	Bachelor's Degree Programs
1.6 Study program	Business Administration
1.7 Academic year	2025-2026

2. Course information

2.1 Course title	PHYSICAL EDUCATION						
2.2 Course code	1100.10B07C						
2.3 Course tutor							
2.4 Seminar/Laboratory/Project tutor							
2.5 Year of study	I	2.6 Semester	2	2.7 Type of assessment	V	2.8 Course status	OB

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

3.1 Number of hours per week	2	of which: 3.2 lecture	-	3.3. seminar/laboratory	2
3.4 Total hours from the curriculum	28	of which: 3.5 lecture	-	3.6 seminar/laboratory	28
Distribution of workload					hours
Independent study based on textbooks, course materials, bibliography, and notes					
Additional documentation in the library, on specialized electronic platforms, and in the field					15
Preparation for seminars/laboratories, assignments, reports, portfolios, and essays					15
Tutoring					15
Examinations					2
Other activities					
3.7 Total hours of individual study					47
3.8 Total hours per semester					75
3.9 Number of ECTS credits					3

4. Prerequisites (where applicable)

4.1 Curriculum-related	
4.2 Competence-related	Understanding the basic principles for independent exercise

5. Conditions (where applicable)

5.1. Course delivery conditions	•
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5.2. Seminar/laboratory delivery conditions • Understanding the basic principles for independent exercise

6. Specific competences acquired

Professional competences	•
Transversal competences	<ul style="list-style-type: none"> Performing professional tasks efficiently and responsibly, in compliance with the ethical rules specific to the field. Applying effective teamwork techniques (with elements of interdisciplinarity), in compliance with hierarchical levels. Efficient use of communication resources and sources of information and assisted professional training, both in Romanian and in an internationally used foreign language.

7. Learning outcomes

Knowledge	Skills	Responsibility and autonomy
<p>The student/graduate recognizes the importance of physical activity in maintaining overall health and psycho-emotional balance.</p> <p>The student/graduate identifies the relationship between physical activity and academic performance.</p> <p>The student/graduate recognizes incorrect body postures and the negative effects of a sedentary lifestyle.</p> <p>The student/graduate collaborates effectively in group physical activities, developing team spirit.</p> <p>The student/graduate self-assesses their physical condition and sets personal improvement goals.</p>	<p>Understands the fundamental principles of an active and healthy lifestyle.</p> <p>Understands the impact of physical exercise on concentration, sleep, and stress.</p> <p>Knows the risk factors associated with a sedentary lifestyle in static professions.</p> <p>Knows the fundamental rules of cooperation in sports games.</p> <p>Knows methods for assessing physical condition (endurance, mobility, strength).</p>	<p>Demonstrates responsibility in maintaining their own health through regular exercise.</p> <p>Makes autonomous decisions regarding the integration of physical exercise into their professional routine.</p> <p>Takes responsibility for preventing physical discomfort in a professional context.</p> <p>Demonstrates fair play, respect, and discipline in relation to colleagues and rules.</p> <p>Takes responsibility for physical development and adopting an active lifestyle.</p>

8. Course objectives (derived from the grid of specific competences acquired)

8.1 General objective of the course	<ul style="list-style-type: none"> Improving physical development and general and specific motor skills
8.2 Specific objectives	<ul style="list-style-type: none"> Upon completion of the course, participants will acquire the following specific cross-cutting skills: Optimization of individual physical fitness, with emphasis on motor skills identified as deficient. Enrichment of motor skills specific to preferred sports and their application with superior performance in organized competitions and contests



	<ul style="list-style-type: none"> Ensuring harmonious physical development by constantly working on the proportionality of muscle groups, preventing the development of poor posture, and correcting physical deficiencies identified in the segments and spine. Learning and assimilating basic sports terminology related to: rules, training methods, parameters, dosage, hygiene, physiology of physical effort, planning and the effects of different exercises on
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9. Contents

9.1 Course	Teaching methods	Remarks
Bibliography		

9.2 Seminar/Laboratory	Teaching methods	Remarks
1. Presentation of minimal theoretical content related to physical education, occupational safety training, presentation of the objectives and requirements of the discipline, initial testing. 2 hours	Explanation, demonstration	
2. Review of the main technical and tactical structures in volleyball, covered in the first year. Positioning in attack and defense game systems. 3x3 and 4x4 games on a small court, under moderate or increased difficulty conditions. Bilateral games in accordance with the rules. Developing reaction speed to auditory and visual stimuli. Training dynamic segmental strength in the upper and lower limbs, abdomen, and trunk using circuit training and differentiated workshops, depending on individual potential. 8 hours	Explanation, demonstration	
3. Graded assessment through specific tests of the level of development of movement speed and segmental muscle strength 6 hours	Explanation, demonstration	
4. Improving the main elements and technical procedures specific to sports games. Applying combinations of specific techniques in adverse conditions, in bilateral games, while respecting positional tasks. Developing elements of coordination skills - rhythm, precision, static and dynamic balance, spatial-temporal orientation, combining movements, kinesthetic discrimination, ambidexterity, agility. 6 hours	Explanation, demonstration	
5. Graded assessment through specific tests of the level of coordination development and mastery of volleyball. 6 hours	Explanation, demonstration	
Bibliography		
1. Albu V. Teoria educației fizice și sportului. Constanța: Exponto, 1999. 274 p. 2. Bompă T.O. Dezvoltarea calităților biomotrice (periodizarea). București: Exponto, 2001. 282p. 3. Rață G., Rață B.C. Aptitudinile în activitatea motrică. Bacău: EduSoft, 2006. 318 p. 4. Rață G., Rață Gh. Educația fizică și metodică predării ei. Iași: PIM, 2008. 214 p.		

10. Alignment of the course content with the expectations of the epistemic community representatives, professional associations, and relevant employers in the field related to the study program

<ul style="list-style-type: none"> The impact of discipline manifests itself in increased overall work capacity and improved performance in any type of activity, the formation of organized work habits, and the development of perseverance to overcome various physical or mental barriers.

11. Assessment

Type of activity	11.1 Assessment criteria	11.2 Assessment methods	11.3 Weight in the final grade
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11.4 Course			
11.5 Seminar/Laboratory	<p>Motor performance Rate of progress Class attendance Participation in competitions Commitment and attitude toward discipline Involvement in competitive sports Writing reports on specific topics</p>	<p>Practical assessment through tests specific to motor skills, through chains of procedures or bilateral games for motor skills.</p>	<p>Maximum 50%</p>
11.6 Minimum performance standard			
<p>Minimum standards for all components of motor skills tested (motor skills and skills specific to certain sports) - achieving a grade of 5 on the scale used for tests in the first year of study and 80% attendance in practical activities. Minimum standards for all components of physical fitness tested (cardio-respiratory endurance, muscular strength, flexibility, coordination, agility, balance) - achieving a grade of 5 on the scale used for tests in the first year of study and 80% attendance in practical activities.</p>			

