

UNIVERSITATEA "VASILE ALECSANDRI" DIN BACAU
 DEPARTAMENTUL IDIFR
 FACULTATEA de ȘTIINȚE ale MIȘCĂRII SPORTULUI și SĂNĂTĂȚII
 PROGRAMUL DE STUDII EDUCAȚIE FIZICĂ și SPORTIVĂ

ORAR

anul universitar 2019 - 2020 semestrul I

S Ă P T	DATA	Anul III			
		Subgrupa 303 A		Subgrupa 303 B	
		Disciplina	Interval/Sala	Disciplina	Interval/Sala
1	4-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	12 - 14		12 - 14
	4-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	14 -16		14 -16
	4-Oct-2019		16 -18	MP Fotbal in scoala - Balint Ghe - Baza sp.	16 -18
	4-Oct-2019		18 -20	MP Fotbal in scoala - Balint Ghe - Baza sp.	18 -20
	5-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	9 -11	Tehnici de autoaparare - Sava A -G2	9 -11
	5-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	11 -13	Tehnici de autoaparare - Sava A -G2	11 -13
	5-Oct-2019	Tehnici de autoaparare - Sava A -G2	13 -15	MP Fotbal in scoala - Balint Ghe - Baza sp.	13 -15
	5-Oct-2019	Tehnici de autoaparare - Sava A -G2	15 -17	MP Fotbal in scoala - Balint Ghe - Baza sp.	15 -17
2	11-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	12 - 14		12 - 14
	11-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	14 -16		14 -16
	11-Oct-2019		16 -18	MP Fotbal in scoala - Balint Ghe - Baza sp.	16 -18
	11-Oct-2019		18 -20	MP Fotbal in scoala - Balint Ghe - Baza sp.	18 -20
	12-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	9 -11	Tehnici de autoaparare - Sava A -G2	9 -11
	12-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	11 -13	Tehnici de autoaparare - Sava A -G2	11 -13
	12-Oct-2019	Tehnici de autoaparare - Sava A -G2	13 -15	MP Fotbal in scoala - Balint Ghe - Baza sp.	13 -15
	12-Oct-2019	Tehnici de autoaparare - Sava A -G2	15 -17	MP Fotbal in scoala - Balint Ghe - Baza sp.	15 -17
3	18-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	12 - 14		12 - 14
	18-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	14 -16		14 -16
	18-Oct-2019		16 -18	MP Fotbal in scoala - Balint Ghe - Baza sp.	16 -18
	18-Oct-2019		18 -20	MP Fotbal in scoala - Balint Ghe - Baza sp.	18 -20
	19-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	9 -11	Tehnici de autoaparare - Sava A -G2	9 -11
	19-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	11 -13	Tehnici de autoaparare - Sava A -G2	11 -13
	19-Oct-2019	Tehnici de autoaparare - Sava A -G2	13 -15	MP Fotbal in scoala - Balint Ghe - Baza sp.	13 -15
	19-Oct-2019	Tehnici de autoaparare - Sava A -G2	15 -17	MP Fotbal in scoala - Balint Ghe - Baza sp.	15 -17
4	25-Oct-2019		12 - 14		12 - 14
	25-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	14 -16		14 -16
	25-Oct-2019	MP Fotbal in scoala - Balint Ghe - Baza sp.	12 -14	MP Fotbal in scoala - Balint Ghe - Baza sp.	12 -14
	25-Oct-2019		14 -16	MP Fotbal in scoala - Balint Ghe - Baza sp.	14 -16
	26-Oct-2019	MP volei in scoala - Lupu G - Baza sp.	9 -11		9 -11
	26-Oct-2019	MP volei in scoala - Lupu G - Baza sp.	11 -13		11 -13
	26-Oct-2019	Culturism Fitness - Lupu G - TNT	13 -15	Gimnastica aerobica - Dobrescu T -G1	13 -15
	26-Oct-2019	Culturism Fitness - Lupu G - TNT	15 -17	Gimnastica aerobica - Dobrescu T -G1	15 -17
5	1-Nov-2019		13 -15		13 -15
	1-Nov-2019		15 -17		15 -17
	1-Nov-2019		17 -19		17 -19
	1-Nov-2019				
	2-Nov-2019	MP volei in scoala - Lupu G - Baza sp.	9 -11		9 -11
	2-Nov-2019	MP volei in scoala - Lupu G - Baza sp.	11 -13		11 -13

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		Subgrupa 303 A		Subgrupa 303 B	
		Disciplina	Interval/Sala	Disciplina	Interval/Sala
	2-Nov-2019	Culturism Fitness - Lupu G - TNT	13 -15	Gimnastica aerobica - Dobrescu T -G1	13 -15
	2-Nov-2019	Culturism Fitness - Lupu G - TNT	15 -17	Gimnastica aerobica - Dobrescu T -G1	15 -17
6	8-Nov-2019		13 - 15		13 -15
	8-Nov-2019	Activitati motrice adaptate - Sufaru C. - sala spec			15 -17
	8-Nov-2019	Activitati motrice adaptate - Sufaru C. - sala spec			17 -19
	8-Nov-2019				
	9-Nov-2019	Culturism Fitness - Lupu G - TNT			9 -11
	9-Nov-2019	Culturism Fitness - Lupu G - TNT			11 -13
	9-Nov-2019	MP volei in scoala - Lupu G - Baza sp.	13 -15		13 -15
	9-Nov-2019	MP volei in scoala - Lupu G - Baza sp.	15 -17		15 -17
	15-Nov-2019			MP gim. in scoala - Dobrescu T -G1	11-13
7	15-Nov-2019	MP gim. in scoala - Dobrescu T -G1	13 -15		13 -15
	15-Nov-2019	MP gim. in scoala - Dobrescu T -G1	15 -17		15 -17
	15-Nov-2019	Gimnastica aerobica - Dobrescu T -G1			17 -19
	15-Nov-2019				
	16-Nov-2019	MP gim. in scoala - Dobrescu T -G1	9 -11	MP volei in scoala - Lupu G - Baza sp.	9 -11
	16-Nov-2019	MP gim. in scoala - Dobrescu T -G1	11 -13	MP volei in scoala - Lupu G - Baza sp.	11 -13
	16-Nov-2019	MP volei in scoala - Lupu G - Baza sp.	13 -15	MP gim. in scoala - Dobrescu T -G1	13 -15
	16-Nov-2019	MP volei in scoala - Lupu G - Baza sp.	15 -17	MP gim. in scoala - Dobrescu T -G1	15 -17
	22-Nov-2019	Gimnastica aerobica - Dobrescu T -G1			11-13
8	22-Nov-2019	Activitati motrice adaptate - Sufaru C. - sala spec			13 -15
	22-Nov-2019	Activitati motrice adaptate - Sufaru C. - sala spec			15 -17
	22-Nov-2019		17 -19	MP gim. in scoala - Dobrescu T -G1	17 -19
	22-Nov-2019				
	23-Nov-2019	MP gim. in scoala - Dobrescu T -G1	9 -11	MP volei in scoala - Lupu G - Baza sp.	9 -11
	23-Nov-2019	MP gim. in scoala - Dobrescu T -G1	11 -13	MP volei in scoala - Lupu G - Baza sp.	11 -13
	23-Nov-2019	MP volei in scoala - Lupu G - Baza sp.	13 -15	MP gim. in scoala - Dobrescu T -G1	13 -15
	23-Nov-2019	MP volei in scoala - Lupu G - Baza sp.	15 -17	MP gim. in scoala - Dobrescu T -G1	15 -17
	29-Nov-2019	MP gim. in scoala - Dobrescu T -G1	11-13		11 -13
9	29-Nov-2019	Activitati motrice adaptate - Sufaru C. - sala spec			13 -15
	29-Nov-2019	Activitati motrice adaptate - Sufaru C. - sala spec			15 -17
	29-Nov-2019	Activitati motrice adaptate - Sufaru C. - sala spec			17 -19
	29-Nov-2019				
	30-Nov-2019				
	30-Nov-2019				
	30-Nov-2019				
	30-Nov-2019				
	6-Dec-2019			MP gim. in scoala - Dobrescu T -G1	11-13
10	6-Dec-2019		13 -15	MP gim. in scoala - Dobrescu T -G1	13 -15
	6-Dec-2019	MP gim. in scoala - Dobrescu T -G1	15 -17		15 -17
	6-Dec-2019	MP gim. in scoala - Dobrescu T -G1	17 -19		17 -19
	6-Dec-2019				
	7-Dec-2019	MP gim. in scoala - Dobrescu T -G1	9 -11	MP volei in scoala - Lupu G - Baza sp.	9 -11
	7-Dec-2019	MP gim. in scoala - Dobrescu T -G1	11 -13	MP volei in scoala - Lupu G - Baza sp.	11 -13
	7-Dec-2019	MP volei in scoala - Lupu G - Baza sp.	13 -15	MP gim. in scoala - Dobrescu T -G1	13 -15
	7-Dec-2019	MP volei in scoala - Lupu G - Baza sp.	15 -17	MP gim. in scoala - Dobrescu T -G1	15 -17
11	13-Dec-2019		13 -15	MP gim. in scoala - Dobrescu T -G1	13 -15
	13-Dec-2019		15 -17	MP gim. in scoala - Dobrescu T -G1	15 -17
	13-Dec-2019	MP gim. in scoala - Dobrescu T -G1	17 -19		17 -19
	13-Dec-2019				
	14-Dec-2019	MP gim. in scoala - Dobrescu T -G1	9 -11	MP volei in scoala - Lupu G - Baza sp.	9 -11
	14-Dec-2019	MP gim. in scoala - Dobrescu T -G1	11 -13	MP volei in scoala - Lupu G - Baza sp.	11 -13

S Ă P T	DATA	Anul III			
		Subgrupa 303 A		Subgrupa 303 B	
		Disciplina	Interval/Sala	Disciplina	Interval/Sala
	14-Dec-2019	MP volei in scoala - Lupu G - Baza sp.	13 -15	MP gim. in scoala - Dobrescu T -G1	13 -15
	14-Dec-2019	MP volei in scoala - Lupu G - Baza sp.	15 -17	MP gim. in scoala - Dobrescu T -G1	15 -17
12	20-Dec-2019		12 - 14		12 - 14
	20-Dec-2019		14 -16		14 -16
	20-Dec-2019		16 -18		16 -18
	20-Dec-2019		18 -20		18 -20
	21-Dec-2019		9 -11	MP volei in scoala - Lupu G - Baza sp.	9 -11
	21-Dec-2019		11 -13	MP volei in scoala - Lupu G - Baza sp.	11 -13
	21-Dec-2019		13 -15		13 -15
	21-Dec-2019		15 -17		15 -17
13	06 - 12.01.2020	Stagiu de practica in baze de agrement - 28 ore - Ababei Radu			
13	17-Jan-2020		13 -15		13 -15
	17-Jan-2020		15 -17		15 -17
	17-Jan-2020	Culturism Fitness - Lupu G - TNT - colocviu	17 -19	Gimnastica aerobica - Dobrescu T - G1 - col	17 -19
	17-Jan-2020				
	18-Jan-2020		9 -11	MP volei in scoala - Lupu G - Baza sp.	9 -11
	18-Jan-2020		11 -13	MP volei in scoala - Lupu G - Baza sp.	11 -13
	18-Jan-2020	Tehnici de autoaparare - Sava A - G2 - col	13 -15		13 -15
	18-Jan-2020		15 -17	Tehnici de autoaparare - Sava A - G2 - col	15 -17
14	25-Jan-2020		13 -15		13 -15
	25-Jan-2020		15 -17		15 -17
	25-Jan-2020	Stagiu de practica in baze de agrement - 28 ore - Ababei Radu - verificare			17 -19
	25-Jan-2020				
	26-Jan-2020		9 -11		9 -11
	26-Jan-2020	Stagiu de practica in unitati de invatamant - 28 ore - Dragoi C - verificare			11 -13
	26-Jan-2020		13 -15	MP volei in scoala - Lupu G - Baza sp.	13 -15
	26-Jan-2020		15 -17	MP volei in scoala - Lupu G - Baza sp.	15 -17

Stagiu de practica in unitati de invatamant - se desfasoara in perioada 01-10.2019 - 22.12.2019

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Afișat astăzi,