

 <b>CODE</b> USAMVBT – PG 001- R057	<b>University of Life Sciences "King Mihai I" from Timișoara</b>	<b>Issuing body</b> The service of Quality Management
	<b>ULST sports base regulation</b>	<b>Edition 1 / Revision</b> <b>2</b>

## REGULATIONS OF THE SPORTS BASE OF THE UNIVERSITY OF LIFE SCIENCES "KING MIHAI I" FROM TIMISOARA

### A. Sports facility is composed of :

1. two clay tennis courts (with night)
2. two synthetic tennis courts (with night)
3. two mini-football fields (one with nocturnal)
4. a multifunctional court on synthetic surface ( basketball-tennis)
5. a beach volleyball court (with night club)
6. a grass football field
7. changing rooms with showers

### B. Sports Base is intended for :

1. didactic and competitive activities of the discipline of Physical Education and Sport;
2. activities of research of course of Education Physics and Sports and student sports circles (volleyball , tennis field, basketball, football);
3. their recreational activities of students and ULS Timișoara employees;
4. people from outside university which rent or with butter Followers in the base of contracts with ULS Timișoara.

### C. Timetable Sports Base

Monday Friday 08.00-	didactic activities _
Monday Friday 16.00-22.00	activity recreation students and the employees ulst, activity Research the discipline of Physical Education and Sport, sports circles and competitions students, rentals and subscriptions .
Saturday 08-22	students, personnel ULST and the which have subscriptions or want to rent.

staff ULS Timisoara and students have accession free of charge in the it 's the rival timetable 08 - 18, and between 18 - 22 with appointments and for a fee under the conditions in which nocturna is used.

students from circles of ( football , volley-ball, bass c het, tennis of field) have accession free of charge and after 6 p.m., according to the schedule of at every sports club.

The appointments and booking for Lands it do before with 2 months of start the spring-autumn season (from January to February).

### D. Regulations for students participating in physical education lessons.

**Art. 1.** Students from ULST who have included the discipline of Physical Education and Sports in the curriculum participate in the Physical Education and Sports lessons.

**Art. 2.** Physical Education and Sports lessons are conducted under the strict supervision of the teaching staff.

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**Art. 3.** Physical Education and Sport lessons start and end in the presence of the teacher, students are prohibited from entering the room and using the devices and teaching material in the absence of the teaching staff.

**Art. 4.** It is forbidden to enter the lesson with mobile phones.

**Art. 5.** Lessons start at even, fixed times, punctuality is a basic condition for attending the lesson.

**Art. 6.** Students participating in Physical Education lessons must have sports clothes (change of shoes for activities in the gym).

**Art. 7.** Participate in Physical Education lessons and other sports activities, students who are fit for physical effort, students with health problems must notify the teacher from the first hour to be sent to the doctor and later, based on the diagnosis, included in a differentiated program of physical therapy or exempt altogether.

**Art. 8.** All students participating in Physical Education and Sport activities must know their health status or any pathologies with which they are in the records of the family doctor and which require a differentiated movement program.

**Art. 9.** If articles 6 and 7 are not respected, students are directly responsible for any accidents due to non-compliance with the above-mentioned articles.

**Art. 10. (1)** The following categories of students are exempt from attendance:

- a. students practicing high performance sports ( university teams, national lots e );
- b. students presenting medical problems as follows:
  - those who are admitted to the hospital benefit from total exemption during the hospitalization period;
  - students who suffer from serious ailments are totally exempt from attendance, provided that they present a medical exemption from the student polyclinic and the sports polyclinic in the first month of the academic year;
  - students suffering from minor ailments will be assigned to recuperative gymnastics groups with differentiated effort.

(2) Medical exemptions will be given to the discipline in the first month of the academic year (15.09.-30.10.) targeted by the student polyclinic and the sports polyclinic.

**Art. 11.** No retroactive medical exemptions are granted.

**Art. 12.** Students must respect the hygiene rules of sports activities (special equipment for clean sports, individual toilet after sports activities).

**Art. 13.** Student sports activities in the sports base are carried out under safe conditions, academic moral conduct and spirit of fair play.

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**Art. 14.** In case of accidents in the field of sports traumatology, the only one who gives first aid depending on the severity is the Physical Education teacher.

**Art. 15.** The responsibility of the Physical Education teacher for what happens in the sports base is only during the lessons of the educational program and the student sports competitions organized by the discipline.

**Art. 16.** Students will be evaluated with grades and qualifications according to the education plan, depending on the score obtained, as follows:  
 a) each participant in the lesson is rated with 4 points.  
 b) tests specific to the sports discipline chosen by the teaching staff from 1 to 10 points.  
 c) each participation in a university sports competition as a spectator or practitioner is rated with 3 points.  
 d) points from control samples according to the table

**Scoring the tests of control for girls**

**Table 1**

	1	2	3	4	5	6	7	8	9	10
Abdomen rep no.	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-
Back rep no.	11-12	13-14	15-16	17-18	19-20	21-22	23-24	25-26	27-28	29-
Push-ups rep no.	1	2	3-4	5-6	7-8	9-10	11-12	13-14	15-16	17-
Mobility (cm)	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-

**Scoring the tests of control for boys**

**Table 2**

	1	2	3	4	5	6	7	8	9	10
Abdomen rep no.	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-
Back rep no.	13-14	15-16	17-18	19-20	21-22	23-24	25-26	27-28	29-30	31-
Push-ups rep no.	1-2	3-4	5-6	7-8	9-10	11-12	13-14	15-16	17-18	19-
Mobility (cm)	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-

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**Table 3**

Note	Qualifying	Scores
10	accepted	150
9	accepted	140
8	accepted	130
7	accepted	120
6	accepted	110
5	accepted	100

At the beginning of each academic year, this regulation is communicated to students who will sign to acknowledge it.

E. Rules of use for students, ULS Timișoara staff and people who rent and use sports grounds.

**Art. 1.** Students, ULS employees, people who have subscriptions and rent fields have access to the sports base, mandatory in sports attire, in functions according to the schedule of the sports base for which the administrator is responsible, provided they are fit for physical efforts and within the limits of physiological resources .

**Art. 2.** It is recommended to prepare the body for effort before sports activities, to prevent accidents.

**Art. 3.** In the sports base, cleanliness is maintained, smoking and consumption of alcoholic beverages are prohibited.

**Art. 4.** Student sports activities in the sports base must be carried out in safe conditions, academic moral conduct and spirit of fair play.

**Art. 5.** The responsibility of the Physical Education teacher for what happens in the sports base is only during the lessons of the educational program, the student sports competitions organized by the discipline and the activities carried out within the research contracts.

**Art. 6.** The administrator is not responsible for accidents that happen in the sports base.

**Art. 7.** If accidents happen, the responsibility belongs to the participants.

**Art. 8.** Both the students and the persons who rent have the obligation not to disturb the peace of the university campus, to keep it clean and to respect the rules of access to the premises of ULS Timișoara, including those regarding the movement of vehicles.

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**Art. 9.** Those who use the grounds and changing rooms of the sports base have the obligation not to damage the rented spaces, at the end they must hand over the space in the conditions in which it was received, the damages being fully borne by the person who rented it.

**Art. 10.** Students can benefit from sports materials made available by the Physical Education and Sports discipline, provided they present their student card.

**Art. 11.** We do not assume responsibility for objects left inside the sports base and in the changing rooms.

**Art. 12.** Access to the field tennis court (clay) is done in special sports shoes for tennis, and the tennis class lasts 50 minutes, 10 minutes being intended for rearranging the court, this being the obligation of those who played.

**Art. 13.** Access to the sports base with dogs or other pets is prohibited.

**Art. 14.** Payment for the hours rented will be made before the start of the game.

**Art. 15.** Sports facility usage fees are approved annually by the ULST Senate.

## **F. Final Provisions**

This regulation was approved in the meeting of the ULST Senate on 24.10.2011 and amended in the meetings of the University Senate on 25.03.2015 and respectively on 08.05.2019.

I manage tor Sports facility  
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