



## Subject card

|   |  |   |                                     |            |  |         |     |
|---|--|---|-------------------------------------|------------|--|---------|-----|
| Subject name and code                       | Sports I, PG_00049243  |   |                                     |            |  |         |     |
| Field of study                              | Spatial Development  |   |                                     |            |  |         |     |
| Date of commencement of studies             | October 2020   | Academic year of realisation of subject   |                                     |            | 2022/2023                                      |         |     |
| Education level                             | first-cycle studies  | Subject group   |                                     |            | Obligatory subject group in the field of study |         |     |
| Mode of study                               | Full-time studies  | Mode of delivery  |                                     |            | at the university                              |         |     |
| Year of study                               | 3  | Language of instruction   |                                     |            | Polish   |         |     |
| Semester of study                           | 5  | ECTS credits  |                                     |            | 0.0  |         |     |
| Learning profile                            | general academic profile   | Assessment form   |                                     |            | assessment                                     |         |     |
| Conducting unit                             | Academic Sports Centre -> Prorektor ds. studenckich  |   |                                     |            |  |         |     |
| Name and surname of lecturer (lecturers)    | Subject supervisor   | mgr Kazimierz Rozwadowski   |                                     |            |  |         |     |
|   | Teachers   | mgr Ewa Kasprów<br>mgr Jakub Pankowski<br>mgr Marta Parafiniuk<br>mgr Piotr Dłaj<br>mgr Piotr Buliński<br>mgr Dariusz Adamczyk<br>mgr Kazimierz Rozwadowski<br>mgr Piotr Marmoń |                                     |            |  |         |     |
| Lesson types and methods of instruction     | Lesson type  | Lecture   | Tutorial                            | Laboratory | Project  | Seminar | SUM |
|   | Number of study hours  | 0.0   | 30.0                                | 0.0        | 0.0  | 0.0     | 30  |
|   | E-learning hours included: 0.0   |   |                                     |            |  |         |     |
| Learning activity and number of study hours | Learning activity  | Participation in didactic classes included in study plan  | Participation in consultation hours |            | Self-study                                     | SUM     |     |
|   | Number of study hours  | 30  | 0.0                                 |            | 0.0  | 30      |     |
| Subject objectives                          | Approving of healthy style of life by means of physical activity.<br><br>Developing a correct body posture and building up physical fitness.<br><br>Getting to know basic information about sports disciplines.<br><br>Using the acquired knowledge in order to choose the proper physical activity. |   |                                     |            |  |         |     |

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| Learning outcomes  | Course outcome  | Subject outcome   | Method of verification  |
|  | [K6_W91] has basic knowledge of physical culture, anatomy and physiology, and recognizes physical activity as a component of culture in its broad sense (sport and recreation)  | They learn to describe basic physiological mechanisms connected with physical effort.   | [SW1] Assessment of factual knowledge   |
|  | [K6_U91] has mobility skills allowing her/him to lead healthy lifestyle choosing activities depending on age and occupation, and also is able to promote attitudes conducive to physical activity   | They demonstrate chosen technical elements of particular sports disciplines (to choose from: aerobic, judo, basketball, handball, athletics, volleyball, football, swimming, skiing, tennis, table tennis, rowing and sailing).   | [SU1] Assessment of task fulfilment   |
|  | [K6_K91] analyses level of own physical fitness and is able to prepare training plan enabling her/him to improve her/his mobility and also achieve relaxation of the mind   | Students analyse levels of their fitness and plan trainings enabling them to improve various aspects of their motoric condition, which gives them a chance of physical relaxation. They learn to appreciate the importance of undertaking physical effort for their health. They learn to describe basic physiological mechanisms connected with physical effort. | [SK2] Assessment of progress of work<br>[SK1] Assessment of group work skills |
| Subject contents   | <ol style="list-style-type: none"> <li>1. Training motoric abilities</li> <li>2. Teaching general fitness skills</li> <li>3. Teaching and improving technical elements</li> <li>4. Teaching and improving tactic elements</li> </ol> <p>Students on a doctors leave:</p> <ol style="list-style-type: none"> <li>1. Rules of organizing sports training</li> <li>2. Physiological mechanisms during physical effort</li> </ol> |   |   |
| Prerequisites and co-requisites                                | <p>a) A satisfactory physical condition allowing to participate in physical exercises certified by a medical check-up.</p> <p>b) In case of students unable to participate in classes a doctors leave as requested: <a href="http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f">http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f</a></p>                                     |   |   |
| Assessment methods and criteria                                | Subject passing criteria  | Passing threshold   | Percentage of the final grade   |
|  | Written exam  | 50.0%   | 25.0%   |
|  | Active participation in classes   | 80.0%   | 75.0%   |
| Recommended reading  | Basic literature  | A joint publication edited by Krzysztof Kaszuba, Piotr Buliński and Kazimierz Rozwadowski, entitled "Vademecum of physical education for the students of Gdańsk University of Technology.", Gdańsk, 2010  |   |
|  | Supplementary literature  | Syllabus worked out by the teachers/coaches   |   |
|  | eResources addresses  | Adresy na platformie eNauczanie:  |   |
| Example issues/<br>example questions/<br>tasks being completed | <p>Sample issues:</p> <ul style="list-style-type: none"> <li>• Which training stage goes first when we start practice sport?</li> <li>• What is DOMS?</li> <li>• Which country held the first football games?</li> <li>• Who invented basketball? Where was it?</li> <li>• List the markings of skiing routes ranging them from the easiest to the most difficult ones.</li> </ul> <p>List the kinds of athletics events.</p> |   |   |
| Work placement   | Not applicable  |   |   |