

## Subject card

Subject name and code	Physical Education, PG_00044601								
Field of study	Transport								
Date of commencement of studies	October 2020		Academic year of realisation of subject			2021/2022			
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	2		Language of instruction			Polish			
Semester of study	3		ECTS credits			0.0			
Learning profile	general academic profile		Assessment form			assessment			
Conducting unit	Academic Sports Centre -> Prorektor ds. studenckich								
Name and surname	Subject supervisor		mgr Kazimierz Rozwadowski						
of lecturer (lecturers)	Teachers		, ,			1			
Lesson types and methods of instruction	Lesson type	Lecture			Projec	t	Seminar	SUM	
	Number of study hours	0.0	30.0	0.0	.0 0.0		0.0	30	
	E-learning hours included: 0.0  Adresy na platformie eNauczanie:								
Learning activity and number of study hours	Learning activity			Participation in consultation hours		Self-study		SUM	
	Number of study hours	30		0.0		0.0		30	
	Developing a correct body posture and building up physical fitness.  Getting to know basic information about sports disciplines.  Using the acquired knowledge in order to choose the proper physical activity.								
Learning outcomes	Course outcome		Subject outcome			Method of verification			
	[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 [SK1] Assessment of group work skills			
	[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			

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Subject contents	1. Training motoric abilities 2. Teaching general fitness skills 3. Teaching and improving technical elements 4. Teaching and improving tactic elements  Students on a doctor's leave:  1. Rules of organizing sports training 2. Physiological mechanisms during physical effort						
Prerequisites and co-requisites	a) A satisfactory physical condition allowing to participate in physical exercises certified by a medical check-up.  b) In case of students unable to participate in classes a doctor's leave as requested: http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f						
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade				
	Acitive participation in classes	80.0%	75.0%				
	Written exam	50.0%	25.0%				
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						
Example issues/ example questions/ tasks being completed	Sample issues:  Which training stage goes first when we start practice sport? What is DOMS? Which country held the first football games? Who invented basketball? Where was it? List the markings of skiing routes ranging them from the easiest to the most difficult ones.  List the kinds of athletics events.						
Work placement	Not applicable						

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