



Subject card

| | | | | | | | |
|---|--|--|---|-------------------------------------|--|------------|-----|
| Subject name and code | Physical Education I (Sport), PG_00048703 | | | | | | |
| Field of study | Materials Engineering, Materials Engineering, Materials Engineering, Materials Engineering | | | | | | |
| 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 of lecturer (lecturers) | Subject supervisor | | mgr Kazimierz Rozwadowski | | | | |
| | Teachers | | mgr Kazimierz Rozwadowski | | | | |
| 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 | | | | | | |
| | Adresy na platformie eNauczanie: | | | | | | |
| 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. | | | | | | |
| | 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_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_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_K91] analyses level of own physical fitness and prepares training plan enabling her/him to improve her/his mobility in various aspects, ensuring the possibility of performing tasks relevant to professional activity connected with field of study and also achieving 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 | [SK1] Assessment of group work skills |
| Subject contents | <div>1. Training motoric abilities</div> <div>2. Teaching general fitness skills</div> <div>3. Teaching and improving technical elements</div> <div>4. Teaching and improving tactic elements</div> <div>Students on a doctor's leave:</div> <div>1. Rules of organizing sports training</div> <div>2. Physiological mechanisms during physical effort</div> | | |
| Prerequisites and co-requisites | <div>a) A satisfactory physical condition allowing to participate in physical exercises certified by a medical check-up.</div> <div>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</div> | | |
| 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 | <div>1. 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</div> <div>2. Syllabus worked out by the teachers/coaches</div> | |
| | Supplementary literature | lack | |
| | eResources addresses | | |
| Example issues/ example questions/ tasks being completed | <div>• Which training stage goes first when we start practice sport?</div> <div>• What is DOMS?</div> <div>• Which country held the first football games?</div> <div>• Who invented basketball? Where was it?</div> <div>• List the markings of skiing routes ranging them from the easiest to the most difficult ones.</div> <div>• List the kinds of athletics events.</div> | | |
| Work placement | Not applicable | | |