



Subject card

Subject name and code	Physical Education II, PG_00039306						
Field of study	Power Engineering, Electronics and Telecommunications, Mechanical and Medical Engineering, Mechatronics, Ocean Engineering, Mechanical Engineering, Transport and Logistics, Power Engineering, Management and Production Engineering, Design and Construction of Yachts, Power Engineering						
Date of commencement of studies	October 2021		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	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 Piotr Marmóń mgr Marta Parafiniuk dr Małgorzata Wołujewicz-Czerlonko dr Ryszard Mikołajewski mgr Mirosław Szolucha mgr Barbara Gramacka mgr Jakub Pankowski mgr Kazimierz Rozwadowski mgr Dariusz Adamczyk mgr Piotr Buliński mgr Krzysztof Milusz mgr Karolina Gronau-Karendys mgr Grzegorz Bussler mgr Rafał Kasprów mgr Ewa Kasprów mgr Piotr Dłaj mgr Maria Zaborna mgr Krzysztof Kaszuba				
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.											
	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	<table><tr><th>Course outcome</th><th>Subject outcome</th><th>Method of verification</th></tr><tr><td>[K6_K92] recognizes the importance of physical activity and its impact on the proper functioning of the body and plans pro-health activities, taking into account anatomical and physiological conditions</td><td></td><td></td></tr><tr><td>[K6_K91] is aware of the importance of sports competition conducted in the spirit of fair play, using the knowledge of the rules and technical and tactical aspects of selected sports disciplines</td><td></td><td></td></tr></table>	Course outcome	Subject outcome	Method of verification	[K6_K92] recognizes the importance of physical activity and its impact on the proper functioning of the body and plans pro-health activities, taking into account anatomical and physiological conditions			[K6_K91] is aware of the importance of sports competition conducted in the spirit of fair play, using the knowledge of the rules and technical and tactical aspects of selected sports disciplines				
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Subject contents	I. Training motoric abilities II. Teaching general fitness skills III. Teaching and improving technical elements IV. Teaching and improving tactic elements V. Game rules and rudiments of organizing sports competitions VI. Rules of organizing sports training VII. Physiological mechanisms during physical effort Students on a doctor's leave: I. Game rules and rudiments of organizing sports competitions II. Rules of organizing sports training III. Physiological mechanisms during physical effort IV. Carrying out health improvement plan											
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://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf											
Assessment methods and criteria	<table><tr><th>Subject passing criteria</th><th>Passing threshold</th><th>Percentage of the final grade</th></tr><tr><td>Written exam</td><td>50.0%</td><td>25.0%</td></tr><tr><td>Active participation in classes</td><td>80.0%</td><td>75.0%</td></tr></table>	Subject passing criteria	Passing threshold	Percentage of the final grade	Written exam	50.0%	25.0%	Active participation in classes	80.0%	75.0%		
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Example issues/ example questions/ tasks being completed	Which training stage goes first when we start practising 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											