



Subject card

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|---|--|--|-------------------------------------|------------|-------------------|---------|-----|
| Subject name and code | SPORT I, PG_00052751 | | | | | | |
| Field of study | Architecture, Architecture | | | | | | |
| Date of commencement of studies | October 2021 | Academic year of realisation of subject | | | 2021/2022 | | |
| Education level | first-cycle studies | Subject group | | | | | |
| Mode of study | Full-time studies | Mode of delivery | | | at the university | | |
| Year of study | 1 | Language of instruction | | | Polish | | |
| Semester of study | 1 | ECTS credits | | | 0.0 | | |
| Learning profile | general academic profile | Assessment form | | | assessment | | |
| Conducting unit | Academic Sports Center -> Vice-Rector for Student Experience | | | | | | |
| 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_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 | | | | | | |

| Subject contents | <ol style="list-style-type: none"> 1. Training motoric abilities 2. Teaching general fitness skills 3. Teaching and improving technical elements 4. Teaching and improving tactic elements <p>Students on a doctor's leave:</p> <ol style="list-style-type: none"> 1. Rules of organizing sports training 2. Physiological mechanisms during physical effort | | | | | | | | | | | |
|--|---|--|--|--------------------------|-------------------|-------------------------------|---------------------------------|-------|-------|--------------|-------|-------|
| 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 doctor's leave as requested: http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f</p> | | | | | | | | | | | |
| Assessment methods and criteria | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;">Subject passing criteria</th> <th style="width: 30%;">Passing threshold</th> <th style="width: 30%;">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td>Active participation in classes</td> <td>80.0%</td> <td>75.0%</td> </tr> <tr> <td>Written exam</td> <td>50.0%</td> <td>25.0%</td> </tr> </tbody> </table> | | | Subject passing criteria | Passing threshold | Percentage of the final grade | Active participation in classes | 80.0% | 75.0% | Written exam | 50.0% | 25.0% |
| Subject passing criteria | Passing threshold | Percentage of the final grade | | | | | | | | | | |
| Active 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 | <p>Sample issues:</p> <ul style="list-style-type: none"> • 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. <p>List the kinds of athletics events.</p> | | | | | | | | | | | |
| Work placement | Not applicable | | | | | | | | | | | |

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