



## Subject card

|   |  |  |          |                                     |  |            |     |
|---|--|--|----------|-------------------------------------|--|------------|-----|
| Subject name and code                       | Physical Education I, PG_00040162  |  |          |                                     |  |            |     |
| Field of study                              | Mechanical Engineering   |  |          |                                     |  |            |     |
| Date of commencement of studies             | October 2022   | 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                               | 1  | Language of instruction  |          |                                     | Polish   |            |     |
| Semester of study                           | 2  | 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 Diłaj<br>mgr Piotr Marmoń<br>mgr Kazimierz Rozwadowski<br>dr Ryszard Mikołajewski<br>mgr Grzegorz Bussler<br>mgr Krzysztof Kaszuba<br>mgr Marta Parafiniuk |          |                                     |  |            |     |
| 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_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 |
|  | [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   |
| Subject contents   | I. Training motoric abilities II. Teaching general fitness skills III. Teaching and improving technical elements IV. Teaching and improving tactic elements Students on a doctor's leave: I. Rules of organizing sports training II. 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: <a href="http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf">http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf</a> |   |   |
| Assessment methods and criteria                                | 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   | 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 2. Syllabus worked out by the teachers/coaches  |   |
|  | Supplementary literature   | No requirements   |   |
|  | eResources addresses   | Adresy na platformie eNauczanie:  |   |
| Example issues/<br>example questions/<br>tasks being completed | <p>Which training stage goes first when we start practising sport?</p> <p>What is DOMS?</p> <p>Which country held the first football games?</p> <p>Who invented basketball? Where was it?</p> <p>List the markings of skiing routes ranging them from the easiest to the most difficult ones.</p> <p>List the kinds of athletics events.</p>               |   |   |
| Work placement   | Not applicable   |   |   |