GDAŃSK UNIVERSITY OF TECHNOLOGY

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 mgr Piotr Marmoń mgr Kazimierz Rozwadowski dr Ryszard Mikołajewski mgr Grzegorz Bussler mgr Krzysztof Kaszuba 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. 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_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

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: http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf

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	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/ 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