



Subject card

Subject name and code	SPORTS 1, PG_00058421						
Field of study	Economics						
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 Krzysztof Kaszuba mgr Kazimierz Rozwadowski mgr Rafał Kasprów mgr Maria Zaborna mgr Barbara Gramacka mgr Ewa Kasprów mgr Marta Parafiniuk mgr Piotr Buliński mgr Dariusz Adamczyk dr Ryszard Mikołajewski				
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_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		They learn to describe basic physiological mechanisms connected with physical effort. 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).		[SK3] Assessment of ability to organize work [SK2] Assessment of progress of work		
	[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		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	<p>Training motoric abilities Teaching general fitness skills Teaching and improving technical elements Teaching and improving tactic elements</p> <p>Students on a doctors leave:</p> <p>Rules of organizing sports training Physiological mechanisms during physical effort</p>											
Prerequisites and co-requisites	<p>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 doctors leave as requested: http://csa.pg.edu.pl/documents/10877/fcbcd5df-d6ed-449e-b58e-f712b413148f</p>											
Assessment methods and criteria	<table border="1" data-bbox="451 508 1477 613"> <thead> <tr> <th data-bbox="451 508 794 544">Subject passing criteria</th> <th data-bbox="794 508 1139 544">Passing threshold</th> <th data-bbox="1139 508 1477 544">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td data-bbox="451 544 794 580">Active participation in classes</td> <td data-bbox="794 544 1139 580">80.0%</td> <td data-bbox="1139 544 1477 580">75.0%</td> </tr> <tr> <td data-bbox="451 580 794 613">Written exam</td> <td data-bbox="794 580 1139 613">50.0%</td> <td data-bbox="1139 580 1477 613">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%
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Written exam	50.0%	25.0%										
Recommended reading	<p>Basic literature</p> <p>Supplementary literature</p> <p>eResources addresses</p>	<p>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</p> <p>Syllabus worked out by the teachers/coaches</p>										
Example issues/ example questions/ tasks being completed	<p>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. List the kinds of athletics events.</p>											
Work placement	Not applicable											