



Subject card

Subject name and code	Sport I, PG_00044774						
Field of study	Architecture, Architecture, Power Engineering, 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 Grzegorz Bussler mgr Karolina Gronau-Karendys mgr Barbara Gramacka mgr Piotr Buliński mgr Piotr Dłaj mgr Mirosław Szolucha mgr Krzysztof Kaszuba mgr Piotr Marmoń mgr Krzysztof Milusz mgr Kazimierz Rozwadowski dr Ryszard Mikołajewski mgr Rafał Kasprów mgr Maria Zaborna mgr Ewa Kasprów mgr Jakub Pankowski 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_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	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	[SK1] Assessment of group work skills
	[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	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	[SK5] Assessment of ability to solve problems that arise in practice
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	Subject passing criteria	Passing threshold	Percentage of the final grade
	Written exam	50.0%	25.0%
	Active participation in classes	80.0%	75.0%
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		