

## Subject card

| Field of study  Nanotechnology, Architecture, Architecture, Power Engineering, Power Engineering  Date of commencement of studies  Cotober 2023  Academic year of realisation of subject  Education level  first-cycle studies  Mode of study  Full-time studies  Mode of delivery  Year of study  1 Language of instruction  Polish  Semester of study  Learning profile  general academic profile  Conducting unit  Name and surname of lecturer (lecturers)  Subject supervisor  Teachers  Mary Kazimierz Rozwadowski  mgr Kazimierz Rozwadowski  mgr Karolina Gronau-Karendys  mgr Barbara Gramacka  mgr Ewa Kasprów  mgr Andrzej Bussler  mgr Maria Zaboma  dr Ryszard Mikolajewski  mgr Grzegorz Bussler  mgr Miroslaw Szołucha  mgr Piotr Buliński                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Field of study    |  |  |  |
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| studies realisation of subject  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 Centre -> Prorektor ds. studenckich  Name and surname of lecturer (lecturers)  Subject supervisor mgr Kazimierz Rozwadowski mgr Krzysztof Milusz mgr Piotr Dilaj mgr Piotr Dilaj mgr Piotr Marmoń mgr Jakub Pankowski mgr Karolina Gronau-Karendys mgr Barbara Gramacka mgr Ewa Kasprów mgr Andrzej Bussier mgr Dariusz Adamczyk mgr Maria Zaborna dr Ryszard Mikolajewski mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                   |  |  |  |
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| Year of study  1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Education level   |  |  |  |
| Semester of study  Learning profile  general academic profile  Conducting unit  Name and surname of lecturer (lecturers)  Subject supervisor  Teachers  Mary Krzysztof Milusz  mgr Kazimierz Rozwadowski  mgr Krzysztof Milusz  mgr Piotr Dilaj  mgr Piotr Marmoń  mgr Jakub Pankowski  mgr Karolina Gronau-Karendys  mgr Barbara Gramacka  mgr Ewa Kasprów  mgr Andrzej Bussler  mgr Dariusz Adamczyk  mgr Maria Zaborna  dr Ryszard Mikolajewski  mgr Grzegorz Bussler  mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Mode of study     |  |  |  |
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| Teachers  mgr Kazimierz Rozwadowski mgr Krzysztof Milusz mgr Piotr Diłaj mgr Piotr Marmoń mgr Jakub Pankowski mgr Karolina Gronau-Karendys mgr Barbara Gramacka mgr Ewa Kasprów mgr Andrzej Bussler mgr Dariusz Adamczyk mgr Maria Zaborna dr Ryszard Mikołajewski mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Conducting unit   |  |  |  |
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| mgr Piotr Diłaj mgr Piotr Marmoń mgr Jakub Pankowski mgr Karolina Gronau-Karendys mgr Barbara Gramacka mgr Ewa Kasprów mgr Andrzej Bussler mgr Dariusz Adamczyk mgr Maria Zaborna dr Ryszard Mikołajewski mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                   |  |  |  |
| mgr Piotr Marmoń mgr Jakub Pankowski mgr Karolina Gronau-Karendys mgr Barbara Gramacka mgr Ewa Kasprów mgr Andrzej Bussler mgr Dariusz Adamczyk mgr Maria Zaborna dr Ryszard Mikołajewski mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                   |  |  |  |
| mgr Jakub Pankowski mgr Karolina Gronau-Karendys mgr Barbara Gramacka mgr Ewa Kasprów mgr Andrzej Bussler mgr Dariusz Adamczyk mgr Maria Zaborna dr Ryszard Mikołajewski mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                   |  |  |  |
| mgr Karolina Gronau-Karendys mgr Barbara Gramacka mgr Ewa Kasprów mgr Andrzej Bussler mgr Dariusz Adamczyk mgr Maria Zaborna dr Ryszard Mikołajewski mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                   |  |  |  |
| mgr Barbara Gramacka mgr Ewa Kasprów mgr Andrzej Bussler mgr Dariusz Adamczyk mgr Maria Zaborna dr Ryszard Mikołajewski mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                   |  |  |  |
| mgr Ewa Kasprów mgr Andrzej Bussler mgr Dariusz Adamczyk mgr Maria Zaborna dr Ryszard Mikołajewski mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                   |  |  |  |
| mgr Andrzej Bussler mgr Dariusz Adamczyk mgr Maria Zaborna dr Ryszard Mikołajewski mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                   |  |  |  |
| mgr Dariusz Adamczyk mgr Maria Zaborna dr Ryszard Mikołajewski mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                   |  |  |  |
| mgr Maria Zaborna dr Ryszard Mikołajewski mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                   |  |  |  |
| dr Ryszard Mikołajewski mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                   |  |  |  |
| mgr Grzegorz Bussler mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |  |  |  |
| mgr Mirosław Szołucha                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                   |  |  |  |
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| Landard Tutorial Laboratory Decises Consists Consists Consists                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                   |  |  |  |
| Lesson types and methods<br>of instructionLesson typeLectureTutorialLaboratoryProjectSeminarSUM0.030.00.00.00.030                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                   |  |  |  |
| hours of day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | or moti dotion    |  |  |  |
| 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   Sum |                   |  |  |  |
| Number of study hours 0.0 0.0 30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                   |  |  |  |
| Subject objectives                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                   |  |  |  |
| 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                   |  |  |  |

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| RKK_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   RK6_K91] is ware 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   Training notice 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 III. Physiological mechanisms during physical effort.  Prerequisites                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Learning outcomes   | Course outcome                                                                                                                                           | Subject outcome                  | Method of verification        |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|-------------------------------|--|
| Importance of sports competition conducted in the spirit of fair play using the knowledge of the rules and technical special physical exercises certified by a medical check-up. b) in case of students unable to participate in physical exercises certified by a medical check-up. b) in case of students unable to participate in physical exercises certified by a medical check-up. b) in case of students unable 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                                                                                                                                                                     |                     | importance of physical activity and its impact on the proper functioning of the body and plans pro-health activities, taking into account anatomical and |                                  |                               |  |
| IV. Teaching and improving tactic elements Students on a doctor's leave: I. Rules of organizing sports training II. Physiological mechanisms during physical effort and co-requisites  a) A satisfactory physical condition allowing to participate in physical exercises certified by a medical checkup. 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  Subject passing criteria  Actitive participation in classes  80.0%  Written exam  1. A joint publication edited by Krzysztof Kaszuba, Plotr 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  Example issues/ example questions/ tasks being completed  What is DOMS?  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. |                     | importance of sports competition<br>conducted in the spirit of fair play,<br>using the knowledge of the rules<br>and technical and tactical aspects      |                                  |                               |  |
| and co-requisites  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  Example issues/example questions/ tasks being completed  Discovery of Skiling routes ranging them from the easiest to the most difficult ones.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Subject contents    | IV. Teaching and improving tactic elements Students on a doctor's leave: I. Rules of organizing sports                                                   |                                  |                               |  |
| Actitive 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?  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.                                                                                                                                                                                                                                                                                                                                                                                                                               |                     | up. b) In case of students unable to participate in classes a doctor's leave as requested: http://                                                       |                                  |                               |  |
| Recommended reading  Basic literature  Supplementary literature  Recommended of Gdańsk University of Technology.", Gdańsk, 2010 2. Syllabus worked out by the teachers/coaches  Supplementary literature  Recommended reading  Which training stage goes first when we start practising sport?  Example issues/ example questions/ tasks being completed  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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                     | Subject passing criteria                                                                                                                                 | Passing threshold                | Percentage of the final grade |  |
| 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  Resources addresses  Adresy na platformie eNauczanie:  Which training stage goes first when we start practising sport?  What is DOMS?  What is DOMS?  Who invented basketball? Where was it?  List the markings of skiing routes ranging them from the easiest to the most difficult ones.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                     | Acitive participation in classes                                                                                                                         | 80.0%                            | 75.0%                         |  |
| 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                     | Written exam                                                                                                                                             | 50.0%                            | 25.0%                         |  |
| eResources addresses  Adresy na platformie eNauczanie:  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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Recommended reading | Kazimierz Rozwadowski, entitled "Vademecum of physical education for the students of Gdańsk University of Technology.", Gdańsk, 2010 2.                  |                                  |                               |  |
| 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                     | Supplementary literature                                                                                                                                 | No requirements                  |                               |  |
| example questions/ tasks being completed  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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                     | eResources addresses                                                                                                                                     | Adresy na platformie eNauczanie: |                               |  |
| 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                     | Which training stage goes first when we start practising sport?                                                                                          |                                  |                               |  |
| Who invented basketball? Where was it?  List the markings of skiing routes ranging them from the easiest to the most difficult ones.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                     | What is DOMS?                                                                                                                                            |                                  |                               |  |
| List the markings of skiing routes ranging them from the easiest to the most difficult ones.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                     | Which country held the first football games?                                                                                                             |                                  |                               |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                     | Who invented basketball? Where was it?                                                                                                                   |                                  |                               |  |
| List the kinds of athletics events.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                     | 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Work placement      | Not applicable                                                                                                                                           |                                  |                               |  |

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