



Subject card

Subject name and code	Physical Training, PG_00047565						
Field of study	Power Engineering, Materials Engineering, Informatics, Electronics and Telecommunications, Materials Engineering, Power Engineering						
Date of commencement of studies	October 2022		Academic year of realisation of subject		2023/2024		
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 Andrzej Bussler				
			mgr Rafał Kasprów				
			mgr Dariusz Adamczyk				
			dr inż. Emilia Miszewska				
			mgr Krzysztof Milusz				
			mgr Kazimierz Rozwadowski				
			dr Ryszard Mikołajewski				
			mgr Maria Zaborna				
			mgr Piotr Buliński				
			mgr Karolina Gronau-Karendys				
			mgr Barbara Gramacka				
			mgr Jakub Pankowski				
			mgr Grzegorz Bussler				
			mgr Piotr Marmoń				
			mgr Mirosław Szolucha				
dr Małgorzata Wołujewicz-Czerlonko							
mgr Ewa Kasprów							
mgr Piotr Dłaj							
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
Subject contents	<div>1. Training motoric abilities</div> <div>2. Teaching general fitness skills</div> <div>3. Teaching and improving technical elements</div> <div>4. Teaching and improving tactic elements</div>		
	<div>Students on a doctor's leave:</div> <div>1. Rules of organizing sports training</div> <div>2. Physiological mechanisms during physical effort</div>		
Prerequisites and co-requisites	<div>a) A satisfactory physical condition allowing to participate in physical exercises certified by a medical check-up.</div> <div>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</div>		
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	<div>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</div> <div>2. Syllabus worked out by the teachers/coaches</div>	
	Supplementary literature	lack	
	eResources addresses	Adresy na platformie eNauczanie:	
Example issues/ example questions/ tasks being completed	<div><div>• Which training stage goes first when we start practice sport?</div><div>• What is DOMS?</div><div>• Which country held the first football games?</div><div>• Who invented basketball? Where was it?</div><div>• List the markings of skiing routes ranging them from the easiest to the most difficult ones.</div><div>• List the kinds of athletics events.</div></div>		
Work placement	Not applicable		