



## Subject card

Subject name and code	Physical Training, PG_00047565						
Field of study	Environmental Engineering, Power Engineering, Materials Engineering, Informatics, Electronics and Telecommunications, Engineering Management, Mechanical and Medical Engineering, Mechatronics, Mechanical Engineering, Power Engineering, Management and Production Engineering, Power Engineering						
Date of commencement of studies	October 2023		Academic year of realisation of subject		2024/2025		
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 Kazimierz Rozwadowski				
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	<p>Approving of healthy style of life by means of physical activity.</p> <p>Developing a correct body posture and building up physical fitness.</p> <p>Getting to know basic information about sports disciplines.</p> <p>Using the acquired knowledge in order to choose the proper physical activity.</p>						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
Subject contents	<p>1. Training motoric abilities</p> <p>2. Teaching general fitness skills</p> <p>3. Teaching and improving technical elements</p> <p>4. Teaching and improving tactic elements</p> <p>Students on a doctor's leave:</p> <p>1. Rules of organizing sports training</p> <p>2. 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.</p> <p>b) In case of students unable to participate in classes a doctor's leave as requested: <a href="http://csa.pg.edu.pl/documents/10877/fbcd5df-d6ed-449e-b58e-f712b413148f">http://csa.pg.edu.pl/documents/10877/fbcd5df-d6ed-449e-b58e-f712b413148f</a></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	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	lack	
	eResources addresses	Adresy na platformie eNauczanie:	
Example issues/ example questions/ tasks being completed	<ul style="list-style-type: none"><li>• Which training stage goes first when we start practice sport?</li><li>• What is DOMS?</li><li>• Which country held the first football games?</li><li>• Who invented basketball? Where was it?</li><li>• List the markings of skiing routes ranging them from the easiest to the most difficult ones.</li><li>• List the kinds of athletics events.</li></ul>		
Work placement	Not applicable		