



## Subject card

Subject name and code	Physical Education, PG_00042876						
Field of study	Civil Engineering						
Date of commencement of studies	October 2023	Academic year of realisation of subject	2023/2024				
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					
	Teachers	mgr Karolina Gronau-Karendys dr Ryszard Mikołajewski mgr Dariusz Adamczyk mgr Piotr Buliński mgr Jakub Pankowski mgr Krzysztof Kaszuba mgr Krzysztof Milusz mgr Mirosław Szolucha mgr Kazimierz Rozwadowski mgr Barbara Gramacka mgr Piotr Dłaj mgr Andrzej Bussler mgr Ewa Kasprów mgr Maria Zaborna					
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	<ol style="list-style-type: none"> <li>1. Training motoric abilities</li> <li>2. Teaching general fitness skills</li> <li>3. Teaching and improving technical elements</li> <li>4. Teaching and improving tactic elements</li> </ol> <p>Students on a doctor's leave:</p> <ol style="list-style-type: none"> <li>1. Rules of organizing sports training</li> <li>2. Physiological mechanisms during physical effort</li> </ol>											
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/fbcbd5df-d6ed-449e-b58e-f712b413148f">http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f</a></p>											
Assessment methods and criteria	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;">Subject passing criteria</th> <th style="width: 30%;">Passing threshold</th> <th style="width: 30%;">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td>Active participation in classes</td> <td>80.0%</td> <td>75.0%</td> </tr> <tr> <td>Written exam</td> <td>50.0%</td> <td>25.0%</td> </tr> </tbody> </table>			Subject passing criteria	Passing threshold	Percentage of the final grade	Active participation in classes	80.0%	75.0%	Written exam	50.0%	25.0%
Subject passing criteria	Passing threshold	Percentage of the final grade										
Active participation in classes	80.0%	75.0%										
Written exam	50.0%	25.0%										
Recommended reading	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 40%;">Basic literature</td> <td colspan="2" data-bbox="802 707 1487 909">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</td> </tr> <tr> <td>Supplementary literature</td> <td colspan="2" data-bbox="802 913 1487 943">Syllabus worked out by the teachers/coaches</td> </tr> <tr> <td>eResources addresses</td> <td colspan="2" data-bbox="802 947 1487 981">Adresy na platformie eNauczanie:</td> </tr> </table>			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	Adresy na platformie eNauczanie:	
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	Adresy na platformie eNauczanie:											
Example issues/ example questions/ tasks being completed	<p>Sample issues:</p> <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> </ul> <p>List the kinds of athletics events.</p>											
Work placement	Not applicable											