

GDAŃSK UNIVERSITY

Subject card

Physical Education, PG_00043986								
Civil Engineering								
October 2023		Academic year of realisation of subject			2023/2024			
first-cycle studies		Subject group						
Full-time studies		Mode of de	at the university					
1		Language	<u>า</u>	Polish				
2		ECTS cred	<u> </u>			0.0		
general academic profile		Assessme	nent form			assessment		
Academic Sports Centre -> Prorektor ds. studenckich								
Subject supervisor		mgr Kazimierz Rozwadowski						
Teachers		mgr Krzysztof Milusz						
		mgr Dariusz Adamczyk						
		mgr Kazimierz Rozwadowski						
		mgr Piotr Buliński						
		mgr Piotr Marmoń						
		mgr Karolina Gronau-Karendys						
		Włodzimierz Kubiak						
		mgr Maria Zaborna						
Lesson type	Lecture	Tutorial	Laboratory	Project		Seminar	SUM	
Number of study	0.0	30.0	0.0	0.0		0.0	30	
Learning activity	Participation in didactic classes included in study		Participation in consultation hours		Self-study		SUM	
Number of study hours	30		0.0		0.0		30	
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.								
	Civil Engineering October 2023 first-cycle studies Full-time studies 1 2 general academic pr Academic Sports Ce Subject supervisor Teachers Leachers Lesson type Number of study hours E-learning hours inc Learning activity Number of study hours Approving of healthy Developing a correct Getting to know basi	Civil Engineering October 2023 first-cycle studies Full-time studies 1 2 general academic profile Academic Sports Center -> Prorekte Subject supervisor Teachers Lesson type Lecture Number of study hours E-learning hours included: 0.0 Learning activity Participation i classes includ plan Number of study hours Developing a correct body posture a Getting to know basic information al	Civil Engineering Academic realisation October 2023 Academic realisation first-cycle studies Subject graphic studies Mode of definition Full-time studies Mode of definition Assessme Full-time studies Mode of definition Assessme Academic Sports Centre -> Prorektor ds. studenck Subject supervisor mgr Kazimien Academic Sports Centre -> Prorektor ds. studenck Subject supervisor mgr Kazimien Teachers mgr Kazimien mgr Piotr Bul mgr Piotr Bul mgr Piotr Bul mgr Piotr Dia mgr Piotr Dia mgr Piotr Dia mgr Andrzej mgr Andrzej mgr Miroslaw mgr Maria Za mgr Maria Za Lesson type Lecture Tutorial Number of study 0.0 30.0 hours 20 Sasses included in study Number of study 30 Approving of healthy style of life by means of phys Developing a correct body posture and building up Getting to know basic information about sports disa	Civil Engineering Academic year of realisation of subject first-cycle studies Subject group Full-time studies Mode of delivery 1 Language of instruction 2 ECTS credits general academic profile Assessment form Academic Sports Centre -> Prorektor ds. studenckich Subject supervisor mgr Kazimierz Rozwadowsk Teachers mgr Kazimierz Rozwadowsk mgr Dariusz Adamczyk mgr Piotr Buliński mgr Piotr Buliński mgr Piotr Marmoń dr Ryszard Mikolajewski mgr Andrzej Bussler mgr Andrzej Bussler mgr Mirosław Szołucha mgr Karolina Gronau-Karen Włodzimierz Kubiak Wiodzimierz Kubiak mgr Marozaborna Lesson type Lecture Tutorial Lesson type Lecture Tutorial Learning nours included: 0.0 30.0 0.0 Learning hours included: 0.0 classes included in study plan Participation i classes included in study plan Number of study hours 30 0.0 0.0 Approving of healthy style of life by means of physical activity. 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Learning outcomes	Course outcome	Subject outcome	Method of verification			
	[K6_K91] is aware of the importance of sports competition conducted in the spirit of fair play, using the knowledge of the rules and technical and tactical aspects of selected sports disciplines	Students analyse levels of their fitness and plan trainings enabling them to improve various aspects of their motoric condition, which gives them a chance of physical relaxation. They learn to appreciate the importance of undertaking physical effort for their health. They learn to describe basic physiological mechanisms connected with physical effort.	[SK1] Assessment of group work skills [SK2] Assessment of progress of work			
	[K6_K92] recognizes the importance of physical activity and its impact on the proper functioning of the body and plans pro-health activities, taking into account anatomical and physiological conditions	Students analyse levels of their fitness and plan trainings enabling them to improve various aspects of their motoric condition, which gives them a chance of physical relaxation. They learn to appreciate the importance of undertaking physical effort for their health. They learn to describe basic physiological mechanisms connected with physical effort.	[SK3] Assessment of ability to organize work			
Subject contents	 Training motoric abilities II. Teaching general fitness skills III. Teaching and improving technical elements IV. Teaching and improving tactic elements Students on a doctors leave: I. Rules of organizing sports training II. Physiological mechanisms during physical effort 					
Prerequisites and co-requisites	a) A satisfactory physical condition allowing to participate in physical exercises certified by a medical check- up. b) In case of students unable to participate in classes a doctors leave as requested: http:// www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf					
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade			
	Written exam	50.0%	25.0%			
	Acitive 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	No requirements				
	eResources addresses	Adresy na platformie eNauczanie:				
Example issues/ example questions/ tasks being completed	es/ Which training stage goes first when we start practising sport? tions/					
	List the kinds of athletics events.	nts.				
Work placement	Not applicable					