



## Subject card

Subject name and code	, PG_00063424						
Field of study	Architecture						
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	2		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		
	[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		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		[SK3] Assessment of ability to organize work		
	[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		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		[SK1] Assessment of group work skills		
Subject contents	I. Training motoric abilities II. Teaching general fitness skills III. Teaching and improving technical elements IV. Teaching and improving tactic elements V. Game rules and rudiments of organizing sports competitions VI. Rules of organizing sports training VII. Physiological mechanisms during physical effort Students on a doctor's leave: I. Game rules and rudiments of organizing sports competitions II. Rules of organizing sports training III. Physiological mechanisms during physical effort IV. Carrying out health improvement plan						
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 doctor's leave as requested: <a href="http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf">http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf</a>						
Assessment methods and criteria	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	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	<p>Which training stage goes first when we start practising sport?</p> <p>What is DOMS?</p> <p>Which country held the first football games?</p> <p>Who invented basketball? Where was it?</p> <p>List the markings of skiing routes ranging them from the easiest to the most difficult ones.</p> <p>List the kinds of athletics events.</p>	
Work placement	Not applicable	