



Subject card

Subject name and code	Physical Training, PG_00047529						
Field of study	Informatics						
Date of commencement of studies	October 2023		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	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 Krzysztof Milusz				
			mgr Kazimierz Rozwadowski				
			mgr Piotr Marmóń				
			mgr Maria Zaborna				
			mgr Dariusz Adamczyk				
			mgr Grzegorz Bussler				
			dr Ryszard Mikołajewski				
			mgr Karolina Gronau-Karendys				
			Włodzimierz Kubiak				
			mgr Mirosław Szolucha				
			mgr Piotr Buliński				
			mgr Jakub Pankowski				
			dr inż. Emilia Miszewska				
			mgr Andrzej Bussler				
mgr Krzysztof Kaszuba							
mgr Barbara Gramacka							
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						
	Address on the e-learning platform: https://enauczanie.pg.edu.pl/moodle/course/view.php?id=11522						
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	<table><tr><th>Course outcome</th><th>Subject outcome</th><th>Method of verification</th></tr><tr><td>[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</td><td>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.</td><td>[SK3] Assessment of ability to organize work</td></tr><tr><td>[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</td><td>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.</td><td>[SK2] Assessment of progress of work [SK1] Assessment of group work skills</td></tr></table>	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	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	[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.	[SK2] Assessment of progress of work [SK1] Assessment of group work skills		
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Subject contents	I. Training motoric abilities II. Teaching general fitness skills III. Teaching and improving technical elements IV. Teaching and improving tactic elements Students on a doctor's 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 doctor's leave as requested: http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf											
Assessment methods and criteria	<table><tr><th>Subject passing criteria</th><th>Passing threshold</th><th>Percentage of the final grade</th></tr><tr><td>Written exam</td><td>50.0%</td><td>25.0%</td></tr><tr><td>Active participation in classes</td><td>80.0%</td><td>75.0%</td></tr></table>	Subject passing criteria	Passing threshold	Percentage of the final grade	Written exam	50.0%	25.0%	Active participation in classes	80.0%	75.0%		
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Example issues/ example questions/ tasks being completed	Which training stage goes first when we start practising sport? What is DOMS? Which country held the first football games? Who invented basketball? Where was it? List the markings of skiing routes ranging them from the easiest to the most difficult ones. List the kinds of athletics events.											
Work placement	Not applicable											