



Subject card

Subject name and code	Physical Education (Sport), PG_00036608						
Field of study	Mathematics						
Date of commencement of studies	October 2024	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	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						
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						
	Adresy na platformie eNauczanie:						
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
	<p>[K6_U91] has mobility skills allowing her/him to lead healthy lifestyle choosing activities depending on age and occupation, and also to create attitudes conducive to physical activity</p>	<p>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 describe basic physiological mechanisms connected with physical effort. They learn to appreciate the importance of undertaking physical effort for their health. They demonstrate chosen technical elements of particular sports disciplines (to choose from: aerobic, judo, basketball, handball, athletics, volleyball, football, swimming, skiing, tennis, table tennis, rowing and sailing). They learn to swim 50m in a chosen style. They organize, carry out and referee sports competitions.</p> <p>Students on a doctor's leave: They carry out health improvement plan. They learn to describe basic physiological mechanisms connected with physical effort. They learn to appreciate the importance of undertaking physical effort for their physical condition. They organize, carry out and referee sports competitions.</p>	<p>[SU1] Assessment of task fulfilment</p>
	<p>[K6_K91] analyses level of own physical fitness and prepares training plan enabling her/him to improve her/his mobility in various aspects, ensuring the possibility of performing tasks relevant to professional activity connected with field of study and also achieving relaxation of the mind</p>	<p>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 describe basic physiological mechanisms connected with physical effort. They learn to appreciate the importance of undertaking physical effort for their health. They demonstrate chosen technical elements of particular sports disciplines (to choose from: aerobic, judo, basketball, handball, athletics, volleyball, football, swimming, skiing, tennis, table tennis, rowing and sailing). They learn to swim 50m in a chosen style. They organize, carry out and referee sports competitions.</p> <p>Students on a doctor's leave: They carry out health improvement plan. They learn to describe basic physiological mechanisms connected with physical effort. They learn to appreciate the importance of undertaking physical effort for their physical condition. They organize, carry out and referee sports competitions.</p>	<p>[SK3] Assessment of ability to organize work</p>

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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									
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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									