



Subject card

Subject name and code	Physical Education I (Sport), PG_00063189						
Field of study	Technical Physics, Nanotechnology, Technologies for Industry 5.0						
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	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 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. 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.</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	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		
	[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	They learn to describe basic physiological mechanisms connected with physical effort. 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).			[SK3] Assessment of ability to organize work [SK2] Assessment of progress of work		

Subject contents	<p>Training motoric abilities Teaching general fitness skills Teaching and improving technical elements Teaching and improving tactic elements</p> <p>Students on a doctors leave:</p> <p>Rules of organizing sports training Physiological mechanisms during physical effort</p>											
Prerequisites and co-requisites	<p>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://csa.pg.edu.pl/documents/10877/fcbcd5df-d6ed-449e-b58e-f712b413148f</p>											
Assessment methods and criteria	<table border="1" data-bbox="450 510 1489 613"> <thead> <tr> <th data-bbox="450 510 794 546">Subject passing criteria</th> <th data-bbox="794 510 1139 546">Passing threshold</th> <th data-bbox="1139 510 1489 546">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td data-bbox="450 546 794 577">Written exam</td> <td data-bbox="794 546 1139 577">50.0%</td> <td data-bbox="1139 546 1489 577">25.0%</td> </tr> <tr> <td data-bbox="450 577 794 613">Active participation in classes</td> <td data-bbox="794 577 1139 613">80.0%</td> <td data-bbox="1139 577 1489 613">75.0%</td> </tr> </tbody> </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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Recommended reading	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>Which training stage goes first when we start practice 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.</p>											
Work placement	Not applicable											

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