



Subject card

Subject name and code	Physical Education I (Sport), PG_00038060						
Field of study	Architecture, Architecture, Hydrogen Technologies and Electromobility						
Date of commencement of studies	October 2023	Academic year of realisation of subject	2024/2025				
Education level	first-cycle studies	Subject group					
Mode of study	Full-time studies	Mode of delivery	at the university				
Year of study	2	Language of instruction	Polish				
Semester of study	3	ECTS credits	0.0				
Learning profile	general academic profile	Assessment form	assessment				
Conducting unit	Academic Sports Center -> Vice-Rector for Student Experience						
Name and surname of lecturer (lecturers)	Subject supervisor	mgr Kazimierz Rozwadowski					
	Teachers	mgr Piotr Buliński mgr Dariusz Adamczyk mgr Piotr Czyżewski mgr Piotr Ilewicz Włodzimierz Kubiak mgr Kazimierz Rozwadowski dr Ryszard Mikołajewski mgr Zofia Bulińska mgr Piotr Dłaj mgr Grzegorz Bussler mgr Rafał Kasprów mgr Monika Chróścielewska mgr Krzysztof Milusz mgr Maria Zaborna mgr Karolina Gronau-Karendys mgr Piotr Marmoń mgr Jakub Pankowski dr inż. Emilia Miszewska					
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	<table border="1"> <thead> <tr> <th data-bbox="451 394 794 427">Course outcome</th> <th data-bbox="794 394 1137 427">Subject outcome</th> <th data-bbox="1137 394 1477 427">Method of verification</th> </tr> </thead> <tbody> <tr> <td data-bbox="451 427 794 1193">[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 data-bbox="794 427 1137 1193">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. 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Subject contents	<p>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 doctors 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</p>											

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%
	Active 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 eNauczenie:	
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		

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