

## Subject card

Subject name and code	Physical Training I, PG_00064263									
Field of study	Informatics									
Date of commencement of studies			Academic year of realisation of subject			2023/	2023/2024			
Education level	first-cycle studies	cle studies Subject group								
Mode of study	Full-time studies		Mode of de	elivery		at the university				
Year of study	1		Language	of instruction	า	Polish				
Semester of study	2		ECTS cred	its		0.0				
Learning profile	general academic pro	ofile	Assessmer	nt form		assessment				
Conducting unit	Academic Sports Centre -> Prorektor ds. studenckich									
Name and surname of lecturer (lecturers)	Subject supervisor mgr Kazimierz Rozwadowski									
	Teachers		mgr Krzysztof Kaszuba							
			mgr Jakub Pankowski							
			mgr Karolina Gronau-Karendys							
				mgr Maria Zaborna						
			mgr Mirosław Szołucha							
			mgr Dariusz Adamczyk							
			dr Ryszard Mikołajewski							
			mgr Piotr Buliński							
			Włodzimierz Kubiak							
			mgr Piotr Marmoń							
			dr inż. Emilia Miszewska							
			mgr Krzysztof Milusz							
			mgr Grzegorz Bussler							
			mgr Kazimierz Rozwadowski							
			mgr Barbara Gramacka							
			mgr Andrzej Bussler							
Lesson types and methods	Lesson type	Lecture	Tutorial	Laboratory	Projec	t	Seminar	SUM		
of instruction	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			n didactic			Self-study		SUM		
	Number of study hours	30		0.0		0.0		30		

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Developing a correct body posture and building up physical fitness.  Getting to know basic information about sports discipliness.  Using the acquired knowledge in order to choose the proper physical activity.  Learning outcomes    Course outcome	Subject objectives	Approving of healthy style of life by means of physical activity							
Course outcome   Subject outcome   Method of verification	Subject objectives	Approving of healthy style of life by means of physical activity.							
Course outcome   Subject outcome   Method of verification									
Learning outcomes    Course outcome   Subject ou		Developing a correct body posture and building up physical fitness.							
Learning outcomes    Course outcome   Subject ou			· · ·						
Learning outcomes    Course outcome   Subject outcome   Subject outcome   IKE, K91] is aware of the importance of sports competition conducted in the spirit of fair play conducted in the spirit of the s		Getting to know basic information about sports disciplines.							
Learning outcomes    Course outcome   Subject outcome   Subject outcome   IKE, K91] is aware of the importance of sports competition conducted in the spirit of fair play conducted in the spirit of the s		· · ·							
Rich (K91) is aware of the importance of sports competition conducted in the spirit of fair play, using the knowledge of the uple and technical and tactical aspects of selected sports disciplines and technical and tactical aspects of selected sports disciplines and technical and tactical aspects of selected sports disciplines and technical and tactical aspects of selected sports disciplines and technical and tactical aspects of selected sports disciplines and technical and tactical aspects of selected sports disciplines and technical and tactical aspects of selected sports disciplines and the selected sports disciplines and technical and proper selected sports and the selected sports disciplines and the selected sports disciplined sports and the selected sports disciplined selected sports and the		Using the acquired knowledge in order to choose the proper physical activity.							
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Importance of sports competition conducted in the spirit of fair play, using the knowledge of the rules and technical and factical aspects of selected sports disciplines and technical and factical aspects of selected sports disciplines and technical and factical aspects of selected sports disciplines and technical selected of selected sports disciplines and technical selected of their motoric condition, which gives them a chance of physical effort for their basic physical effort.    R6_KS2  recognizes the importance of physical activity and importance of physical activity and physical problems of the body and plans pro-health activities, taking into account anatomical and physiological machanisms and physiological mechanisms connected with physical effort.    R6_KS2  recognizes the importance of hysical relaxation. They learn to approach the importance of physical and physiological conditions and physiological mechanisms and physiological mechanisms on their motoric condition, which gives them a chance of physical effort.    Subject contents	Learning outcomes		,						
Subject contents   L.Training motoric abilities   L.Training				work					
and technical and factical aspects of selected sports disciplines   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.									
appreciate the importance of undertaking physical effort for their health. They learn to describe basic physiological mechanisms connected with physical effort.  [K6_K92] recognizes the importance of physical activity and list impact on the proper functioning of the body and plans pro-health activities, taking in one to me proper functioning of the body and plans pro-health activities, taking in one physical effort.  Subject contents  1. Training motoric abilities II. Teaching general firems sailly all the motoric condition, which account anatomical and physiological conditions  II. Training motoric abilities II. Teaching general firems skills III. Teaching and improving tactic elements Students on a doctor's leave: I. Rules of organizing sports training II. Physiological mechanisms connected with physical effort.  Prerequisites  a) A satisfactory physical condition allowing to participate in classes adoctor's leave: I. Rules of organizing sports training II. Physiological mechanisms during physical effort  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.go.god.ph/images/stories/warunk/%20calaccenia.pd/  Assessment methods and criteria  Subject passing criteria  Acitive participation in classes  30.0%  75.0%  Written exam  50.0%  75.0%  Written exam  1. A piorit publication edited by Kryzsoff Kaszuba, Piot Bulinski and Kryzenia Roszobowski, entitled "Vester Roszobowski" ent		and technical and tactical aspects	gives them a chance of physical						
Undertaking physical effort for their health. They learn to describe basic physiological mechanisms connected with physical effort.		of selected sports disciplines							
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functioning of the body and plans prohealth activities, taking into account anatomical and physiological conditions   prohealth activities, taking into account anatomical and physiological methods and physiological conditions   physiological methods are provided in the protection of undertaking physical effort for their health. They learn to describe basic physiological mechanisms connected with physical effort.    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									
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Basic physiological mechanisms connected with physical effort.			undertaking physical effort for their						
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IV. Teaching and improving tactic elements Students on a doctor's leave: I. Rules of organizing sports training II. Physiological mechanisms during physical effort and correquisites  a) A satisfactory physical condition allowing to participate in physical exercises certified by a medical checkup. 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  Subject passing criteria  Subject passing criteria  Passing threshold  Percentage of the final grade Actitive participation in classes  80.0%  T5.0%  Written exam  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  Example issues/ example questions/ tasks being completed  What is DOMS?  Which training stage goes first when we start practising sport?  Who invented basketball? Where was it?  List the markings of skiing routes ranging them from the easiest to the most difficult ones.			' '						
and co-requisites  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  Example issues/example questions/ tasks being completed  Which country held the first football games?  Which country held the first football games?  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  Percentage of the final grade Passing threshold Passing thres	Subject contents	IV. Teaching and improving tactic elements Students on a doctor's leave: I. Rules of organizing sports							
Actitive 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  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.		up. b) In case of students unable to participate in classes a doctor's leave as requested: http://							
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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  eResources addresses  Adresy na platformie eNauczanie:  Which training stage goes first when we start practising sport?  What is DOMS?  What is DOMS?  Who invented basketball? Where was it?  List the markings of skiing routes ranging them from the easiest to the most difficult ones.	and criteria	Acitive participation in classes							
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List the markings of skiing routes ranging them from the easiest to the most difficult ones.		Which country held the first football games?							
		Who invented basketball? Where was it?							
List the kinds of athletics events.		List the markings of skiing routes ranging them from the easiest to the most difficult ones.							
Work placement Not applicable		List the kinds of athletics events.							

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