



Subject card

Subject name and code	Physical Training I, PG_00064263						
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					
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 Center -> Vice-Rector for Student Experience						
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 Szolucha 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 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	<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>											
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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 Students on a doctor's leave: I. Rules of organizing sports training II. 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 doctor's leave as requested: http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf</p>											
Assessment methods and criteria	<table border="1"> <thead> <tr> <th data-bbox="451 1144 794 1178">Subject passing criteria</th> <th data-bbox="794 1144 1137 1178">Passing threshold</th> <th data-bbox="1137 1144 1477 1178">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td data-bbox="451 1178 794 1211">Active participation in classes</td> <td data-bbox="794 1178 1137 1211">80.0%</td> <td data-bbox="1137 1178 1477 1211">75.0%</td> </tr> <tr> <td data-bbox="451 1211 794 1245">Written exam</td> <td data-bbox="794 1211 1137 1245">50.0%</td> <td data-bbox="1137 1211 1477 1245">25.0%</td> </tr> </tbody> </table>			Subject passing criteria	Passing threshold	Percentage of the final grade	Active participation in classes	80.0%	75.0%	Written exam	50.0%	25.0%
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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											

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