



## 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 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 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: <a href="https://enauczanie.pg.edu.pl/moodle/course/view.php?id=11522">https://enauczanie.pg.edu.pl/moodle/course/view.php?id=11522</a>						
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="451 427 794 696">[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 696">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.</td> <td data-bbox="1137 427 1477 696">[SK2] Assessment of progress of work [SK1] Assessment of group work skills</td> </tr> <tr> <td data-bbox="451 696 794 965">[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</td> <td data-bbox="794 696 1137 965">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.</td> <td data-bbox="1137 696 1477 965">[SK3] Assessment of ability to organize work</td> </tr> </tbody> </table>			Course outcome	Subject outcome	Method of verification	[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	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.	[SK2] Assessment of progress of work [SK1] Assessment of group work skills	[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.	[SK3] Assessment of ability to organize work
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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: <a href="http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf">http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf</a>											
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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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