



Subject card

Subject name and code	Sports I, PG_00049243						
Field of study	Spatial Development						
Date of commencement of studies	October 2024		Academic year of realisation of subject		2026/2027		
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	3		Language of instruction		Polish		
Semester of study	5		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 Rafał Kasprów				
	Teachers		mgr Piotr Buliński mgr Zofia Bulińska dr inż. Marcin Styborski mgr Jacek Nowicki dr Ryszard Mikołajewski mgr Krzysztof Milusz mgr Andrzej Bussler dr Alicja Pęczak mgr Grzegorz Bussler mgr Martyna Kinda mgr Kazimierz Rozwadowski mgr Monika Chrościelewska mgr Maria Zaborna mgr Piotr Dilałaj mgr Marta Gołota-Dyjas mgr Barbara Gramacka mgr Rafał Kasprów mgr Karolina Gronau-Karendys mgr Dariusz Adamczyk mgr Piotr Marmoiń mgr Ewa Augustyn mgr Krzysztof Kaszuba				
Lesson types	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	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.																			
Learning outcomes	<table><tr><th>Course outcome</th><th>Subject outcome</th><th>Method of verification</th></tr><tr><td>[K6_W91] has basic knowledge of physical culture, anatomy and physiology, and recognizes physical activity as a component of culture in its broad sense (sport and recreation)</td><td>They learn to describe basic physiological mechanisms connected with physical effort.</td><td>[SW1] Assessment of factual knowledge</td></tr><tr><td>[K6_K91] analyses level of own physical fitness and is able to prepare training plan enabling her/him to improve her/his mobility and also achieve relaxation of the mind</td><td>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>[SK1] Assessment of group work skills [SK2] Assessment of progress of work</td></tr><tr><td>[K6_U91] has mobility skills allowing her/him to lead healthy lifestyle choosing activities depending on age and occupation, and also is able to promote attitudes conducive to physical activity</td><td>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. 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). They learn to swim 50m in a chosen style. They organize, carry out and referee sports competitions. 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).</td><td>[SU1] Assessment of task fulfilment</td></tr></table>					Course outcome	Subject outcome	Method of verification	[K6_W91] has basic knowledge of physical culture, anatomy and physiology, and recognizes physical activity as a component of culture in its broad sense (sport and recreation)	They learn to describe basic physiological mechanisms connected with physical effort.	[SW1] Assessment of factual knowledge	[K6_K91] analyses level of own physical fitness and is able to prepare training plan enabling her/him to improve her/his mobility and also achieve relaxation of the mind	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 [SK2] Assessment of progress of work	[K6_U91] has mobility skills allowing her/him to lead healthy lifestyle choosing activities depending on age and occupation, and also is able to promote attitudes conducive to physical activity	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. 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). They learn to swim 50m in a chosen style. They organize, carry out and referee sports competitions. 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).	[SU1] Assessment of task fulfilment			
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Subject contents	Course content – exercises I. Training motoric abilities II. Teaching general fitness skills III. Teaching and improving technical elements IV. Teaching and improving tactic elements Students on a doctors 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 doctors leave as requested: http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf																			
Assessment methods and criteria	<table><tr><th>Subject passing criteria</th><th>Passing threshold</th><th>Percentage of the final grade</th></tr><tr><td>Active participation in classes</td><td>80.0%</td><td>75.0%</td></tr><tr><td>Written exam</td><td>50.0%</td><td>25.0%</td></tr></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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<p>Example issues/ example questions/ tasks being completed</p>	<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>
<p>Practical activities within the subject</p>	<p>Not applicable</p>

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