



Subject card

Subject name and code	, PG_00064567						
Field of study	Architecture						
Date of commencement of studies	October 2024	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	1	Language of instruction			Polish		
Semester of study	1	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 Dariusz Adamczyk mgr Grzegorz Bussler mgr Kazimierz Rozwadowski mgr Maria Zaborna dr Ryszard Mikołajewski dr inż. Emilia Miszewska mgr Piotr Czyżewski mgr Piotr Ilewicz mgr Zofia Bulińska					
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	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	Course outcome	Subject outcome			Method of verification		
	[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	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			[SK3] Assessment of ability to organize work		
	[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	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			[SK1] Assessment of group work skills		

Subject contents	<p>Training motoric abilities Teaching general fitness skills Teaching and improving technical elements Teaching and improving tactic elements</p> <p>Students on a doctors leave:</p> <p>Rules of organizing sports training 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 doctors leave as requested: http://csa.pg.edu.pl/documents/10877/fcbcd5df-d6ed-449e-b58e-f712b413148f</p>											
Assessment methods and criteria	<table border="1" data-bbox="451 508 1477 613"> <thead> <tr> <th data-bbox="451 508 794 544">Subject passing criteria</th> <th data-bbox="794 508 1139 544">Passing threshold</th> <th data-bbox="1139 508 1477 544">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td data-bbox="451 544 794 577">Written exam</td> <td data-bbox="794 544 1139 577">50.0%</td> <td data-bbox="1139 544 1477 577">25.0%</td> </tr> <tr> <td data-bbox="451 577 794 613">Active participation in classes</td> <td data-bbox="794 577 1139 613">80.0%</td> <td data-bbox="1139 577 1477 613">75.0%</td> </tr> </tbody> </table>			Subject passing criteria	Passing threshold	Percentage of the final grade	Written exam	50.0%	25.0%	Active participation in classes	80.0%	75.0%
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Written exam	50.0%	25.0%										
Active participation in classes	80.0%	75.0%										
Recommended reading	<p>Basic literature</p> <p>Supplementary literature</p> <p>eResources addresses</p>	<p>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 Syllabus worked out by the teachers/coaches.</p> <p>lack</p> <p>Adresy na platformie eNauczanie:</p>										
Example issues/ example questions/ tasks being completed	<p>Which training stage goes first when we start practice sport? 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. List the kinds of athletics events.</p>											
Work placement	Not applicable											

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