



## Subject card

|   |  |   |   |                                     |  |                                       |     |
|---|--|---|---|-------------------------------------|--|---------------------------------------|-----|
| Subject name and code   | , PG_00064568  |   |   |                                     |  |                                       |     |
| 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 Centre -> Prorektor ds. studenckich  |   |   |                                     |  |                                       |     |
| Name and surname of lecturer (lecturers)  | Subject supervisor   |   | mgr Kazimierz Rozwadowski   |                                     |  |                                       |     |
|   | Teachers   |   | mgr Kazimierz Rozwadowski   |                                     |  |                                       |     |
| 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.<br>Developing a correct body posture and building up physical fitness.<br>Getting to know basic information about sports disciplines.<br>Using the acquired knowledge in order to choose the proper physical activity. |   |   |                                     |  |                                       |     |
| Learning outcomes   | 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 describe basic physiological mechanisms connected with physical effort. They organize, carry out and referee sports competitions. Students on a doctors leave: They carry out health improvement plan. |                                     |  | [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 |  | 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 25 m in a chosen style. |   |                                     | [SK3] Assessment of ability to organize work<br>[SK2] Assessment of progress of work |                                       |     |

| Subject contents   | <p>Training motoric abilities<br/>Teaching general fitness skills<br/>Teaching and improving technical elements<br/>Teaching and improving tactic elements</p> <p>Students on a doctors leave:</p> <p>Rules of organizing sports training<br/>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.<br/>b) In case of students unable to participate in classes a doctors leave as requested: <a href="http://csa.pg.edu.pl/documents/10877/fcbcd5df-d6ed-449e-b58e-f712b413148f">http://csa.pg.edu.pl/documents/10877/fcbcd5df-d6ed-449e-b58e-f712b413148f</a></p>  |  |  |                          |                   |                               |              |       |       |                                 |       |       |
| Assessment methods and criteria                                | <table border="1" data-bbox="450 510 1479 613"> <thead> <tr> <th data-bbox="450 510 794 546">Subject passing criteria</th> <th data-bbox="794 510 1139 546">Passing threshold</th> <th data-bbox="1139 510 1479 546">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td data-bbox="450 546 794 577">Written exam</td> <td data-bbox="794 546 1139 577">50.0%</td> <td data-bbox="1139 546 1479 577">25.0%</td> </tr> <tr> <td data-bbox="450 577 794 613">Active participation in classes</td> <td data-bbox="794 577 1139 613">80.0%</td> <td data-bbox="1139 577 1479 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% |
| Subject passing criteria                                       | Passing threshold   | Percentage of the final grade  |  |                          |                   |                               |              |       |       |                                 |       |       |
| 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<br/>Syllabus worked out by the teachers/coaches.</p> <p>lack</p> <p>Adresy na platformie eNauczanie:</p> |  |                          |                   |                               |              |       |       |                                 |       |       |
| Example issues/<br>example questions/<br>tasks being completed | <p>Which training stage goes first when we start practice sport?<br/>What is DOMS?<br/>Which country held the first football games?<br/>Who invented basketball? Where was it?<br/>List the markings of skiing routes ranging them from the easiest to the most difficult ones.<br/>List the kinds of athletics events.</p>   |  |  |                          |                   |                               |              |       |       |                                 |       |       |
| Work placement   | Not applicable  |  |  |                          |                   |                               |              |       |       |                                 |       |       |