



## Subject card

Subject name and code	Physical Education II, PG_00039306						
Field of study	Transport and Logistics, Design and Construction of Yachts, Naval Architecture and Offshore Structures						
Date of commencement of studies	October 2023	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	2	Language of instruction	Polish				
Semester of study	4	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 Barbara Gramacka mgr Piotr Ilewicz mgr Maria Zaborna mgr Marta Gołota-Dyjas dr Małgorzata Wołujewicz-Czerlonko mgr Grzegorz Bussler dr inż. Emilia Miszewska mgr Monika Chróścielewska Włodzimierz Kubiak mgr Piotr Czyżewski mgr Krzysztof Kaszuba mgr Piotr Dłaj mgr Rafał Kasprów mgr Andrzej Bussler mgr Krzysztof Milusz mgr Piotr Buliński mgr Kazimierz Rozwadowski mgr Tomasz Wołoszuk mgr Karolina Gronau-Karendys mgr Dariusz Adamczyk mgr Jakub Pankowski mgr Ewa Augustyn dr Ryszard Mikołajewski mgr Piotr Marmoń 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_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.	[SK2] Assessment of progress of work [SK3] Assessment of ability to organize work		
Subject contents	Training motoric abilities Teaching general fitness skills Teaching and improving technical elements Teaching and improving tactic elements  Students on a doctors leave:  Rules of organizing sports training 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: <a href="http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f">http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f</a>				
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade		
	Active participation in classes	80.0%	75.0%		
	Written exam	50.0%	25.0%		
Recommended reading	Basic literature	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.			
	Supplementary literature	lack			
	eResources addresses	Adresy na platformie eNauczanie:			
Example issues/example questions/tasks being completed	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.				
Work placement	Not applicable				

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