



Subject card

|   |   |  |   |                                     |   |            |     |
|---|---|--|---|-------------------------------------|---|------------|-----|
| Subject name and code                       | , PG_00062711   |  |   |                                     |   |            |     |
| Field of study                              | Recycling and Energy Recovery   |  |   |                                     |   |            |     |
| 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                           | 2   | 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 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                          | <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                           | 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   |  | 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                                  |            |     |
|   | [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<br>[SK1] Assessment of group work skills |            |     |
| 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 doctors leave: I. Rules of organizing sports training II. Physiological mechanisms during physical effort                         |  |   |                                     |   |            |     |

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|--|---|--|-------------------------------|
| 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://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf">http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf</a> |  |                               |
| Assessment methods and criteria                                | 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  | Basic literature  | 1. 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 2. Syllabus worked out by the teachers/coaches |                               |
|  | Supplementary literature  | No requirements  |                               |
|  | eResources addresses  | Adresy na platformie eNauczanie:   |                               |
| Example issues/<br>example questions/<br>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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