



## Subject card

Subject name and code	Physical Education II (Sport), PG_00063975						
Field of study	Technical Physics, Nanotechnology, Technologies for Industry 5.0						
Date of commencement of studies	October 2024	Academic year of realisation of subject	2024/2025				
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	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	Włodzimierz Kubiak mgr Piotr Buliński mgr Krzysztof Kaszuba mgr Karolina Gronau-Karendys mgr Kazimierz Rozwadowski mgr Barbara Gramacka mgr Rafał Kasprów mgr Dariusz Adamczyk mgr Piotr Ilewicz mgr Maria Zaborna mgr Tomasz Wołoszuk dr Małgorzata Wołujewicz-Czerlonko mgr Zofia Bulińska mgr Ewa Augustyn mgr Jakub Pankowski mgr Marta Gołota-Dyjas mgr Piotr Dłaj dr inż. Emilia Miszewska mgr Andrzej Bussler mgr Krzysztof Milusz mgr Grzegorz Bussler mgr Piotr Marmoń mgr Monika Chrościelewska mgr Piotr Czyżewski dr Ryszard Mikołajewski					
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	I. Training motoric abilities II. Teaching general fitness skills III. Teaching and improving technical elements IV. Teaching and improving tactic elements V. Game rules and rudiments of organizing sports competitions VI. Rules of organizing sports training VII. Physiological mechanisms during physical effort Students on doctors leave: I. Game rules and rudiments of organizing sports competitions II. Rules of organizing sports training III. Physiological mechanisms during physical effort IV. Carrying out health improvement plan				
Prerequisites and co-requisites	a) A satisfactory physical condition allowing to participate in physical exercises certified by a medical checkup. 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		
	Active participation in classes	80.0%	75.0%		
	Written exam	50.0%	25.0%		
Recommended reading	Basic literature	1. Praca zbiorowa pod red. Kaszuby K., Rozwadowskiego K. iBulińskiego P., Vademecum wychowania fizyczne dla studentów Politechniki Gdańskiej, Gdańsk, 2010 2. Opracowane przez nauczycieli (trenerów) programy zajęć.			
	Supplementary literature	brak			
	eResources addresses	Adresy na platformie eNauczanie:			

Example issues/ example questions/ tasks being completed	Which training stage goes first when we start practising 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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