



## Subject card

Subject name and code	Sport, E:37587C0						
Field of study	Naval Architecture and Offshore Structures						
Date of commencement of studies	October 2023	Academic year of realisation of subject					
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	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 Piotr Buliński Włodzimierz Kubiak mgr Maria Zaborna mgr Karolina Gronau-Karendys mgr Barbara Gramacka mgr Kazimierz Rozwadowski mgr Jakub Pankowski dr Ryszard Mikołajewski mgr Dariusz Adamczyk				
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		
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 a doctor's 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 check-up. b) In case of students unable to participate in classes a doctor's 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/ 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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