



Subject card

Subject name and code	Sport, PG_00066787						
Field of study	Management						
Date of commencement of studies	October 2023		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	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 Zofia Bulińska mgr Piotr Marmoń mgr Piotr Buliński mgr Krzysztof Milusz mgr Andrzej Bussler dr inż. Emilia Miszewska mgr Karolina Gronau-Karendys mgr Ewa Augustyn mgr Tomasz Wołoszuk dr Ryszard Mikołajewski mgr Jakub Pankowski mgr Kazimierz Rozwadowski mgr Piotr Dłaj mgr Rafał Kasprów mgr Marta Gołota-Dyjas mgr Piotr Ilewicz mgr Dariusz Adamczyk mgr Barbara Gramacka mgr Maria Zaborna dr Małgorzata Wołujewicz-Czerlonko mgr Grzegorz Bussler mgr Monika Chrościelewska Włodzimierz Kubiak mgr Piotr Czyżewski mgr Krzysztof Kaszuba				
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	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.	[SK3] Assessment of ability to organize work [SK2] Assessment of progress of 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	They learn to describe basic physiological mechanisms connected with physical effort. 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).	[SK1] Assessment of group work skills		
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: http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148				
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			
	Supplementary literature	Syllabus worked out by the teachers/coaches			
	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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