



Subject card

Subject name and code	Physical Training, E:40015C0						
Field of study	Materials Engineering						
Date of commencement of studies	October 2024	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	3	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 mgr Zofia Bulińska mgr Grzegorz Bussler mgr Barbara Gramacka mgr Karolina Gronau-Karendys mgr Maria Zaborna dr Ryszard Mikołajewski mgr Piotr Buliński mgr Jakub Pankowski mgr Rafał Kasprów Włodzimierz Kubiak mgr Monika Chrościelewska mgr Piotr Marmoń mgr Piotr Czyżewski					
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	<ol style="list-style-type: none"> 1. Training motoric abilities 2. Teaching general fitness skills 3. Teaching and improving technical elements 4. Teaching and improving tactic elements <p>Students on a doctor's leave:</p> <ol style="list-style-type: none"> 1. Rules of organizing sports training 2. Physiological mechanisms during physical effort 											
Prerequisites and co-requisites	<p>a) A satisfactory physical condition allowing to participate in physical exercises certified by a medical check-up.</p> <p>b) In case of students unable to participate in classes a doctor's leave as requested: http://csa.pg.edu.pl/documents/10877/fbc5d5df-d6ed-449e-b58e-f712b413148f</p>											
Assessment methods and criteria	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;">Subject passing criteria</th> <th style="width: 30%;">Passing threshold</th> <th style="width: 30%;">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td>Active participation in classes</td> <td>80.0%</td> <td>75.0%</td> </tr> <tr> <td>Written exam</td> <td>50.0%</td> <td>25.0%</td> </tr> </tbody> </table>			Subject passing criteria	Passing threshold	Percentage of the final grade	Active participation in classes	80.0%	75.0%	Written exam	50.0%	25.0%
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Example issues/ example questions/ tasks being completed	<ul style="list-style-type: none"> • 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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