GDAŃSK UNIVERSITY OF TECHNOLOGY

Subject card

Subject name and code	, PG_00064568		
Field of study	Wychowanie fizyczne I		
Date of commencement of studies	October 2025	Academic year of realisation of subject	2025/2026
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	1	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 dr inż. Marcin Styborski mgr Tomasz Wołoszuk mgr Martyna Kinda mgr Krzysztof Kaszuba mgr Maria Zaborna mgr Rafał Kasprów mgr Dariusz Adamczyk mgr Ewa Augustyn dr Małgorzata Wołujewicz-Czerlonko mgr Piotr Ilewicz mgr Piotr Buliński mgr Karolina Gronau-Karendys dr Ryszard Mikołajewski mgr Kazimierz Rozwadowski mgr Andrzej Bussler mgr Grzegorz Bussler mgr Barbara Gramacka mgr Monika Chróścielewska mgr Marta Gołota-Dyjas dr Alicja Pęczak-Graczyk mgr Piotr Diłaj mgr Krzysztof Milusz mgr Piotr Marmoń	

Lesson types	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_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 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.	[SK1] Ocena umiejętności pracy w grupie
[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	They learn to describe basic physiological mechanisms connected with physical effort. They learn to appreciate the importance of undertaking physical effort for their health. 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). They learn to swim 25 m in a chosen style.	[SK2] Ocena postępów pracy [SK3] Ocena umiejętności organizacji pracy

Subject contents

Course content – exercises
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-f712b413148f

Assessment methods and criteria

Subject passing criteria	Passing threshold	Percentage of the final grade
Acitive 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 Syllabus worked out by the teachers/coaches.
Supplementary literature	lack
eResources addresses	

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.

Practical activites within the subject

Not applicable

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