



Subject card

Subject name and code	Physical Training, PG_00047565						
Field of study	Wychowanie fizyczne II						
Date of commencement of studies	October 2024		Academic year of realisation of subject		2025/2026		
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		dr Ryszard Mikołajewski mgr Monika Chrościelewska Włodzimierz Kubiak mgr Rafał Kasprów mgr Kazimierz Rozwadowski mgr Karolina Gronau-Karendys mgr Barbara Gramacka mgr Grzegorz Bussler mgr Zofia Bulińska mgr Piotr Buliński mgr Maria Zaborna mgr Jakub Pankowski mgr Piotr Czyżewski mgr Piotr Marmóń				
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		

Subject contents	Course content – exercises 1. Training motoric abilities 2. Teaching general fitness skills 3. Teaching and improving technical elements 4. Teaching and improving tactic elements Students on a doctor's leave: 1. Rules of organizing sports training 2. 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 doctor's 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
	Active participation in classes	80.0%	75.0%
	Written exam	50.0%	25.0%
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	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 activities within the subject	Not applicable		

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