



Subject card

Subject name and code	Physical Education II, PG_00039306								
Field of study	Transport and Logistics, Design and Construction of Yachts, Naval Architecture and Offshore Structures								
Date of commencement of studies	October 2024		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	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								
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	<p>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.</p>								
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		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.		[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		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] Assessment of group work skills				

Subject contents	<p>Course content – exercises            Training motoric abilities            Teaching general fitness skills            Teaching and improving technical elements            Teaching and improving tactic elements</p> <p>Students on a doctors leave:</p> <p>Rules of organizing sports training            Physiological mechanisms during physical effort</p>									
Prerequisites and co-requisites	<p>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: <a href="http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f">http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f</a></p>									
Assessment methods and criteria	<table border="1" data-bbox="446 525 1487 642"> <thead> <tr> <th data-bbox="446 525 806 563">Subject passing criteria</th><th data-bbox="806 525 1152 563">Passing threshold</th><th data-bbox="1152 525 1487 563">Percentage of the final grade</th></tr> </thead> <tbody> <tr> <td data-bbox="446 563 806 601">Written exam</td><td data-bbox="806 563 1152 601">50.0%</td><td data-bbox="1152 563 1487 601">25.0%</td></tr> <tr> <td data-bbox="446 601 806 642">Acitive participation in classes</td><td data-bbox="806 601 1152 642">80.0%</td><td data-bbox="1152 601 1487 642">75.0%</td></tr> </tbody> </table>	Subject passing criteria	Passing threshold	Percentage of the final grade	Written exam	50.0%	25.0%	Acitive participation in classes	80.0%	75.0%
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Example issues/ example questions/ tasks being completed	<p>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.</p>									
Practical activites within the subject	Not applicable									

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