



Subject card

Subject name and code	Physical Education I (Sport), K:13001C11						
Field of study	Economic Analytics						
Date of commencement of studies	October 2025		Academic year of realisation of subject				
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	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 Tomasz Wołoszuk mgr Piotr Buliński mgr Zofia Bulińska mgr Ewa Augustyn mgr Dariusz Adamczyk mgr Piotr Dłaj mgr Monika Chróścielewska mgr Grzegorz Bussler mgr Andrzej Bussler dr inż. Marcin Styborski mgr Maria Zaborna mgr Marta Gołota-Dyjas dr Małgorzata Wołujewicz-Czerlonko mgr Piotr Ilewicz mgr Barbara Gramacka mgr Piotr Marmoń mgr Martyna Kinda mgr Krzysztof Kaszuba mgr Rafał Kasprów mgr Kazimierz Rozwadowski mgr Krzysztof Milusz dr Ryszard Mikołajewski mgr Karolina Gronau-Karendys				
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 I. Training motoric abilities II. Teaching general fitness skills III. Teaching and improving technical elements IV. Teaching and improving tactic elements V. Game rules and rudiments of organizing sports competitions VI. Rules of organizing sports training VII. Physiological mechanisms during physical effort Students on a doctors leave: I. Game rules and rudiments of organizing sports competitions II. Rules of organizing sports training III. Physiological mechanisms during physical effort IV. Carrying out health improvement plan				
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://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf				
Assessment methods and criteria	Subject passing criteria		Passing threshold		Percentage of the final grade
	Written exam		50.0%		25.0%
	Active participation in classes		80.0%		75.0%
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		No requirements		
	eResources addresses				
Example issues/ example questions/ tasks being completed	Which training stage goes first when we start practising 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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