



Subject card

Subject name and code		Sports 1, PG_00070471						
Field of study								
Date of commencement of studies		October 2025	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		1	Language of instruction			Polish		
Semester of study		2	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				
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_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		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 appreciate the importance of undertaking physical effort for their health. They learn to describe basic physiological mechanisms connected with physical effort.		[SK1] Assessment of group work skills		
		[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		They learn to describe basic physiological mechanisms connected with physical effort. 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).		[SK2] Assessment of progress of work [SK3] Assessment of ability to organize work		

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: http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f</p>											
Assessment methods and criteria	<table border="1" data-bbox="451 539 1477 636"> <thead> <tr> <th data-bbox="451 539 794 573">Subject passing criteria</th> <th data-bbox="794 539 1137 573">Passing threshold</th> <th data-bbox="1137 539 1477 573">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td data-bbox="451 573 794 607">Written exam</td> <td data-bbox="794 573 1137 607">50.0%</td> <td data-bbox="1137 573 1477 607">25.0%</td> </tr> <tr> <td data-bbox="451 607 794 636">Active participation in classes</td> <td data-bbox="794 607 1137 636">80.0%</td> <td data-bbox="1137 607 1477 636">75.0%</td> </tr> </tbody> </table>			Subject passing criteria	Passing threshold	Percentage of the final grade	Written exam	50.0%	25.0%	Active participation in classes	80.0%	75.0%
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Active participation in classes	80.0%	75.0%										
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										
	Supplementary literature	Syllabus worked out by the teachers/coaches										
	eResources addresses											
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 activities within the subject	Not applicable											

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