



Subject card

Subject name and code	Sports II , PG_00049252						
Field of study	Spatial Development						
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	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 Zofia Bulińska mgr Grzegorz Bussler mgr Monika Chróścielewska mgr Piotr Buliński mgr Piotr Dłaj dr Alicja Pęczak-Graczyk dr Małgorzata Wołujewicz-Czerlonko mgr Tomasz Wołoszuk mgr Dariusz Adamczyk mgr Kazimierz Rozwadowski mgr Maria Zaborna mgr Andrzej Bussler mgr Ewa Augustyn mgr Piotr Marmoń mgr Martyna Kinda mgr Krzysztof Milusz dr Ryszard Mikołajewski mgr Barbara Gramacka mgr Marta Gołota-Dyjas mgr Piotr Ilewicz mgr Karolina Gronau-Karendys mgr Rafał Kasprów mgr Krzysztof Kaszuba					
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.</p> <p>Developing a correct body posture and building up physical fitness.</p> <p>Getting to know basic information about sports disciplines.</p> <p>Using the acquired knowledge in order to choose the proper physical activity.</p>				
Learning outcomes	Course outcome	Subject outcome	Method of verification		
Subject contents	<p>Course content – exercises</p> <p>I. Training motoric abilities II. Teaching general fitness skills III. Teaching and improving technical elements IV. Teaching and improving tactic elements Students on a doctor's leave: I. Rules of organizing sports training II. 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 doctor's leave as requested: http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf</p>				
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	<p>Which training stage goes first when we start practising sport?</p> <p>What is DOMS?</p> <p>Which country held the first football games?</p> <p>Who invented basketball? Where was it?</p> <p>List the markings of skiing routes ranging them from the easiest to the most difficult ones.</p> <p>List the kinds of athletics events.</p>				
Practical activities within the subject	Not applicable				

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