



## Subject card

|   |  |  |                                     |            |                   |         |     |
|---|--|--|-------------------------------------|------------|-------------------|---------|-----|
| Subject name and code                       | Physical Education I, PG_00038786  |  |                                     |            |                   |         |     |
| Field of study                              | Transport and Logistics, Design and Construction of Yachts, Naval Architecture and Offshore Structures   |  |                                     |            |                   |         |     |
| Date of commencement of studies             | October 2025   | Academic year of realisation of subject                  |                                     |            | 2026/2027         |         |     |
| 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 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.<br><br>Developing a correct body posture and building up physical fitness.<br><br>Getting to know basic information about sports disciplines.<br><br>Using the acquired knowledge in order to choose the proper physical activity. |  |                                     |            |                   |         |     |

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| Learning outcomes               | Course outcome  | Subject outcome   | Method of verification  |
|                                 | [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 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 50m in a chosen style. They organize, carry out and referee sports competitions. Students on a doctors leave: They carry out health improvement plan. They learn to describe basic physiological mechanisms connected with physical effort. They learn to appreciate the importance of undertaking physical effort for their physical condition. They organize, carry out and referee sports competitions. | [SK3] Assessment of ability to organize work<br>[SK1] Assessment of group work skills |
|                                 | [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 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 50m in a chosen style. They organize, carry out and referee sports competitions. Students on a doctors leave: They carry out health improvement plan. They learn to describe basic physiological mechanisms connected with physical effort. They learn to appreciate the importance of undertaking physical effort for their physical condition. They organize, carry out and referee sports competitions. | [SK2] Assessment of progress of work  |
| Subject contents                | Course content – exercises<br>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: <a href="http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf">http://www.csa.pg.gda.pl/images/stories/warunki%20zaliczenia.pdf</a>   |   |   |
| 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  |   |

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|  | Supplementary literature   | No requirements |
|  | eResources addresses   |                 |
| Example issues/<br>example questions/<br>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<br>the subject                     | Not applicable   |                 |

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