



Subject card

Subject name and code		Physical Education I, PG_00040162						
Field of study		Mechanical Engineering						
Date of commencement of studies		October 2026	Academic year of realisation of subject			2026/2027		
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						
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		
		[K6_U91] has mobility skills allowing her/him to lead healthy lifestyle choosing activities depending on age and occupation, and also is able to promote attitudes conducive to physical activity	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).			[SU1] Assessment of task fulfilment		
		[K6_K91] analyses level of own physical fitness and is able to prepare training plan enabling her/him to improve her/his mobility and also achieve relaxation of the mind	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.			[SK2] Assessment of progress of work [SK1] Assessment of group work skills		
		[K6_W91] has basic knowledge of physical culture, anatomy and physiology, and recognizes physical activity as a component of culture in its broad sense (sport and recreation)	They learn to describe basic physiological mechanisms connected with physical effort.			[SW1] Assessment of factual knowledge		

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 Students on a doctor's leave: I. Rules of organizing sports training II. Physiological mechanisms during physical effort		
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 doctor's 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
	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	
	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		

Document generated electronically. Does not require a seal or signature.