



Subject card

Subject name and code	Physical Education II, PG_00055133						
Field of study	Power Engineering						
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	4	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.          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.</p>						
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	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 25 m in a chosen style.			[SK3] Assessment of ability to organize work [SK2] Assessment of progress of work		
	[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 organize, carry out and referee sports competitions. Students on a doctors leave: They carry out health improvement plan.			[SK1] Assessment of group work skills		

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: <a href="http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f">http://csa.pg.edu.pl/documents/10877/fbcbd5df-d6ed-449e-b58e-f712b413148f</a></p>											
Assessment methods and criteria	<table border="1" data-bbox="448 535 1477 636"> <thead> <tr> <th data-bbox="448 535 794 568">Subject passing criteria</th> <th data-bbox="794 535 1141 568">Passing threshold</th> <th data-bbox="1141 535 1477 568">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td data-bbox="448 568 794 602">Written exam</td> <td data-bbox="794 568 1141 602">50.0%</td> <td data-bbox="1141 568 1477 602">25.0%</td> </tr> <tr> <td data-bbox="448 602 794 636">Active participation in classes</td> <td data-bbox="794 602 1141 636">80.0%</td> <td data-bbox="1141 602 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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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 Syllabus worked out by the teachers/coaches.										
	Supplementary literature	lack										
	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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