



Subject card

Subject name and code	Physical Education I (Sport), PG_00069309						
Field of study	Chemical Technology, Chemistry, Cosmetic technologies						
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						
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	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	The student understands the basic physiological mechanisms related to physical activity and is able to appreciate the importance of regular physical activity for maintaining health, fitness, and quality of life in society.			[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	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/fbcd5df-d6ed-449e-b58e-f712b413148f		
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	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	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.		
Practical activities within the subject	Not applicable		

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