

**Subject card**

Subject name and code	Physical education I - classes, PG_00131459						
Field of study	Marine Hydrography						
Date of commencement of studies	October 2024	Academic year of realisation of subject			2024/2025		
Education level	Bachelor's 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	practical	Assessment form			credit		
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		dr inż. Piotr Bekier				
	Teachers		dr inż. Piotr Bekier				
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	2.0	0.0	32		
Subject objectives	<ul style="list-style-type: none"> <li>Increasing the level of basic motor skills of students - speed, endurance, strength.</li> <li>Increasing the level of sports coordination, flexibility and tactical skills.</li> <li>Improving and consolidating health habits and the need to observe "Fair Play" in sports competition and beyond.</li> </ul>						
Learning outcomes	Course outcome	Subject outcome			Method of verification		
	[HML3-U19] plan and implement independent learning and improvement of his/her professional competences	Assess the level of their knowledge and skills; understands the need for continuous health training and personal development, performs self-assessment of their own competences. Independently acquire knowledge and develop their skills using all sources and modern technologies. Responsibly plan an individual direction of physical and health development.			[SU6] demonstration of practical skills		
Subject contents	Introductory classes, organization of classes, safety conditions. Field athletics - long-distance running at selected distances. Field athletics - sprinting. Field athletics - cross-country running. Swimming - breaststroke. Swimming - freestyle. Swimming - backstroke. Gymnastics - shaping and freestyle exercises, exercise routines. Team sports games volleyball, basketball. Volleyball - perfecting training. Volleyball - proper game. Basketball - perfecting training. Basketball - proper game. Self-defense falls, dodges, combat stances, movement in combat, punches, kicks, defenses. Self-defense punches, kicks. Self-defense elements of advanced defenses.						
Prerequisites and co-requisites							
Assessment methods and criteria	Subject passing criteria		Passing threshold		Percentage of the final grade		
	test		51.0%		100.0%		
Recommended reading	Basic literature		1. BOMPA T.: Teoria planowania treningu. Warszawa 1990.				

	Supplementary literature	<ol style="list-style-type: none"> <li>1. BUCHHOLZ M.: Piłka siatkowa. Gdańsk 1989.</li> <li>2. CZABAŃSKI B.: Nauczanie techniki pływania. Wrocław 1977.</li> <li>3. KACZYŃSKI A.: Atlas gimnastycznych ćwiczeń siłowych. Wrocław 2001.</li> <li>4. NEUMANN H.: Trening koszykówki. 1990.</li> <li>5. SOZAŃSKI H., WITCZAK T.: Trening szybkości. Warszawa 1981.</li> </ol>
	eResources addresses	
Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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