

Subject card

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|---|--|---|---|------------|--|---------|-----|
| Subject name and code | Physical education II, PG_00131481 | | | | | | |
| Field of study | Marine Hydrography | | | | | | |
| Date of commencement of studies | October 2024 | Academic year of realisation of subject | | | 2025/2026 | | |
| 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 | 2 | Language of instruction | | | Polish | | |
| Semester of study | 3 | 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"> Increasing the level of basic motor skills of students - speed, endurance, strength. Increasing the level of sports coordination, flexibility and tactical skills. Improving and consolidating health habits and the need to observe "Fair Play" in sports competition and beyond. | | | | | | |
| 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. | | | | |

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

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