University of Gdańsk

Subject card

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|---|---|---|---|
| Subject name and code | Physical Education I - classes, PG_00201098 | | |
| Field of study | Marine Hydrography | | |
| Date of commencement of studies | October 2026 | Academic year of realisation of subject | 2026/2027 |
| 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 | mgr Arkadiusz Komorowski | |
| | 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**

- 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] is able to plan and implement independent learning and improvement of his/her professional competences | is able to assess their skill level; understands the need for ongoing health training and personal development; evaluates their own competencies; is able to responsibly plan their individual path 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**

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| Basic literature | 1. BOMPA T.: Teoria planowania treningu. Warszawa 1990. |
| Supplementary literature | 1. BUCHHOLZ M.: Piłka siatkowa. Gdańsk 1989.<br>2. CZABAŃSKI B.: Nauczanie techniki pływania. Wrocław 1977.<br>3. KACZYŃSKI A.: Atlas gimnastycznych ćwiczeń siłowych. Wrocław 2001.<br>4. NEUMANN H.: Trening koszykówki. 1990.<br>5. SOZAŃSKI H., WITCZAK T.: Trening szybkości. Warszawa 1981. |

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|---|---|---|
| | eResources addresses | |
| Example issues/ example questions/ tasks being completed | | |
| Work placement | Not applicable | |

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