University of Gdańsk

Subject card

Subject name and code	Physical Education II - classes, PG_00201112		
Field of study	Marine Hydrography		
Date of commencement of studies	October 2026	Academic year of realisation of subject	2027/2028
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		

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

Basic literature	1. BOMPA T.: Teoria planowania treningu. Warszawa 1990.
Supplementary literature	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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