University of Gdańsk

Subject card

Subject name and code	Physical education and rehabilitation, PG_00079444		
Field of study	Medical Biology		
Date of commencement of studies	October 2023	Academic year of realisation of subject	2025/2026
Education level	Bachelor's studies	Subject group	
Mode of study	full-time studies	Mode of delivery	at the university
Year of study	3	Language of instruction	Polish
Semester of study	6	ECTS credits	0.0
Learning profile	academic	Assessment form	credit
Conducting unit	Biuro CWFiS -> Physical Education and Sports Centre -> Vice-Rector for Student Affairs -> Rector		
Name and surname of lecturer (lecturers)	Subject supervisor	mgr Hanna Wesołowska-Szprada	
	Teachers	mgr Ewa Kozak	

Lesson types

Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
Number of study hours	0.0	0.0	30.0	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

- shaping the need for constant physical activity as part of a pro-healthy lifestyle,

- popularization of various forms of physical activity: sports, tourism and recreation, rehabilitation

,- formation of general physical fitness and movement skills and habits in the field of selected disciplines,

- supporting harmonious psychophysical development

Learning outcomes

Course outcome	Subject outcome	Method of verification

<table>
<tr><td>Subject contents</td><td>Volleyball: Volleyball stances Ways of moving around the court Reflecting the ball with both upper hands and setting up Reflecting the ball with both lower hands, receiving the play and defending in the field Play Attack Block The game proper

Basketball: Moving a player without the ball Goating Passing and catching Throwing to the basket Playing the game proper

Badminton: Exercises and games with a racket, with a shuttlecock, with a racket and a shuttlecock Holding the racket: all-round grip, forhand grip, backhand grip Ready stance Stroke techniques Simplified game

Unihockey: Games and games in floorball Basic techniques in floorball Playing with the goalkeeper The game properIndoor soccer: Moving on the field without the ball. Fundamentals of special soccer technique: striking, receiving, driving, dribbling. Play proper

Elements of motor rehabilitation: Breathing exercises Muscle strengthening exercises Elongation exercises Isometric exercises Equilibrium exercises Correct posture exercises Rehabilitation bicycle exercises Relaxation exercisesTranslated with DeepL.com (free version)</td></tr>
<tr><td>Prerequisites and co-requisites</td><td></td></tr>
<tr><td>Assessment methods and criteria</td><td><table>
<tr><th>Subject passing criteria</th><th>Passing threshold</th><th>Percentage of the final grade</th></tr>
<tr><td>Credit is based on attendance and active participation in class</td><td>100.0%</td><td>100.0%</td></tr>
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<tr><td>Recommended reading</td><td><table>
<tr><td>Basic literature</td><td></td></tr>
<tr><td>Supplementary literature</td><td></td></tr>
<tr><td>eResources addresses</td><td></td></tr>
</table></td></tr>
<tr><td>Example issues/ example questions/ tasks being completed</td><td></td></tr>
<tr><td>Work placement</td><td>Not applicable</td></tr>
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