

Subject card

Subject name and code	Physical education I - classes, PG_00131459						
Field of study	Marine Hydrography						
Date of commencement of studies	October 2025		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	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		2.0		0.0	32
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] 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	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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