

Gdynia Maritime University
Department of Physical Education and Sport

Regulations for the Physical Education Module

Section 1

Conditions for Passing the Module

1. Physical education at Gdynia Maritime University is a compulsory module and concludes with a graded pass at the end of each semester. The grade is awarded during the final class in a given semester.
2. The conditions for passing the module with a satisfactory grade are:
 - 1) For “maritime” degree programmes:
 - a) 100 % class attendance;
 - b) active participation in classes;
 - c) passing the tests required in the given semester during swimming pool classes with a minimum grade of satisfactory.
 - 2) For “land-based” degree programmes:
 - a) 100 % class attendance;
 - b) Active participation in classes.
3. Receiving a grade higher than satisfactory is possible on all degree programmes and specialisations only after fulfilling the conditions set out in paragraph 2 (1) (2), and passing the tests applicable to the given semester with “good” or “very good” grades.
4. Students holding a medical exemption from swimming pool classes are required to participate in corrective and general fitness classes in the sports hall. The conditions for passing the module with a satisfactory grade in this case are:
 - 1) 100 % class attendance;
 - 2) active participation in classes;
 - 3) passing one part of the theoretical test – Part A: Swimming.
5. Lecturers conducting classes are required to inform students during the first class of each semester of the implementation of their own course syllabuses and associated grading systems.
6. Detailed information regarding fitness tests is available on the Department of Physical Education and Sport website and on the information noticeboards.
7. The list of tests applicable in a given semester for “maritime” degree programmes in tabular form is set out in Annex 1 to the Regulations.

Section 2

Absence

1. A student who has missed physical education classes for health reasons is required to submit a medical certificate to the lecturer conducting the class within 7 days of the date of absence. An absence justified in this manner is not required to be made up by the student.
2. A student who has missed physical education classes in connection with performing tasks assigned by the University authorities is required to submit an exemption from the Rector, the Dean, or the year tutor to the lecturer conducting the class within 7 days of the date of absence. A maximum of two teaching hours in each semester may be excused in this manner. An absence excused in this manner does not require the student to make up the class.
3. A student who has missed physical education classes through their own fault is required to make up the missed classes at the earliest possible date. A maximum of three teaching hours may be made up

in each semester. Making up missed classes amounting to four or more teaching hours shall result in the award of an unsatisfactory grade at the end of the semester and the requirement to repeat the entire module in the following academic year. All missed hours must be made up no later than the date of the group's last scheduled class in the given semester, during which the final grade is awarded (semester pass).

4. Making up scheduled swimming classes may take place only at the swimming pool. When making up classes, students are not permitted to attend two consecutive lessons.
5. A student who has excused absences for more than 50% of the teaching hours delivered in a given semester shall not be admitted to the fitness tests. In such a case, assessment is conducted theoretically in oral or written form (multiple-choice test or open-ended questions; two test components: Part A – Swimming and Part B – Exercise Physiology and Sports Theory).
6. A student may be exempted from physical education classes without the requirement to make them up upon presenting a certificate confirming the completion of sea training.
7. Students actively practising sports (national squad, Ekstraklasa, 1st league, 2nd league) and representing the University in sports competitions may, by decision of the Head of the Department of Physical Education and Sport, be exempted from attending compulsory physical education classes. The module is then credited to the student with a “very good” grade.

Section 3

Long-Term Medical Certificates

1. Any medical certificate covering eight or more weeks of a given semester (or more than 50% of the entire semester for semesters shorter than 15 weeks) shall be deemed a long-term medical exemption.
2. The student is required to submit the long-term medical certificate to the Department of Physical Education and Sport office and report their long-term absence in person to the lecturer conducting the class within 7 days of receiving it (no later than on the day of the group's last scheduled class in the given semester during which the final grade is awarded).
3. Following the conclusion of classes in a given semester, long-term medical certificates will not be accepted.
4. Students holding a long-term medical certificate are required to pass the module theoretically in oral or written form (multiple-choice test or open-ended questions; two test components: Part A – Swimming and Part B – Exercise Physiology and Sports Theory) within the deadline and under the conditions set by the management of the Department of Physical Education and Sport.

Section 4

Sports Clubs

1. Participation in sports club sessions is voluntary.
2. Representing the Maritime University in inter-university competitions is rewarded in the form of an increase in the physical education grade in proportion to the contribution made.
3. Students actively participating in sports club sessions may, by decision of the coach, be exempted from compulsory teaching classes.

Section 5

Individual Programme of Study (IPS)

A student following an IPS has the right to attend classes at times convenient to them, upon submitting a certificate from the Student Services Office. Passing tests takes place with the instructor of the group to which the student has been assigned by the Student Services Office.

Section 6

Transfer of Grades

1. A student wishing to transfer a grade in physical education (from a previous academic year, after a Dean's leave of absence, or upon transferring from another university) is required to inform the lecturer conducting classes with their assigned group within the first three weeks of the given semester.
2. A grade may be transferred only during the semester to which the grade applies. A student who applies to transfer a grade after the deadline specified in paragraph 1 shall receive an unsatisfactory grade.

Section 7

Appeals Panel

1. A student who disputes the awarded semester grade has the right to submit an application to the Head of the Centre for Sports and Recreation to convene an Appeals Panel.
2. The Appeals Panel comprises the lecturer who awarded the grade, the Head of the Centre for Sports and Recreation or their deputy, and, at the request of the student, a representative from their faculty (e.g., year tutor, Dean).

Section 8

Consultations

1. A student has the right to make use of consultations provided by Centre for Sport and Recreation lecturers.
2. During consultations, the student may obtain information regarding:
 - 1) the teaching process,
 - 2) class attendance records,
 - 3) grades obtained in individual tests.

Swimming tests as part of physical education at Gdynia Maritime University.

	Faculty of Navigation, Faculty of Electrical Engineering, Faculty of Mechanical Engineering, Faculty of Management and Quality Science, Faculty of Computer Science	
	Men	Women
Sem. I	1. 50 m breaststroke leg kick with kickboard. 2. 100 m breaststroke. 3. 50 m backstroke. 4. Dive start.	1. 50 m breaststroke leg kick with kickboard. 2. 50 m breaststroke. 3. 25 m backstroke. 4. Dive start.
Sem. II	1. 50 m breaststroke leg kick without kickboard. 2. 200 m breaststroke. 3. 50 m freestyle 4. Breaststroke turn. 5. Freestyle turn.	1. 50 m breaststroke leg kick without kickboard. 2. 100 m breaststroke. 3. 25 m freestyle 4. Breaststroke turn. 5. Freestyle turn.
Sem. III	1. 100 m freestyle. 2. 25 m butterfly. 3. 150 m individual medley (50 m backstroke+ 50 m breaststroke + 50 m freestyle)	1. 50 m freestyle 2. 25 m butterfly/ 3. 75 m individual medley (25 m backstroke + 25 m breaststroke + 25 m freestyle)
Sem. IV	1. Towing using two methods (on the side and on the back). 2. Lifesaving jump 3. 100 m individual medley (25 m butterfly + 25 m backstroke + 25 m breaststroke + 25 m freestyle)	4. Towing using two methods (on the side and on the back). 1. Lifesaving jump 2. 100 m individual medley (25 m butterfly + 25 m backstroke + 25 m breaststroke + 25 m freestyle)