

## International University of Logistics and Transport in Wrocław

<b>Leading</b>								
<b>Item</b>	<b>Physical education</b>							
<b>Module</b>	0	<b>ECTS points</b>	0	<b>Reference number of the study program</b>	L/2024/SPS/S/P - L/2024/SPS/N/P			
<b>Direction</b>	<b>Specialty</b>			<b>Academic year</b>				
LOGISTICS	Trade and distribution logistics							
<b>Term</b>	VI		<b>Year of study</b>			III		
<b>Form of studies</b>	<b>Stationary</b>				<b>Part-time</b>			
<b>Form of classes</b>	Lecture	Exercises	Laboratories	Design	Lecture	Exercises	Laboratories	Design
<b>Number of hours</b>		60						
<b>TOGETHER</b>	60							
<b>Objective of the course</b>	The aim of the PHYSICAL EDUCATION course is the comprehensive development of physical fitness, shaping health-promoting attitudes and active participation in various forms of movement and physical exercises, adapted to the abilities and interests of students.							
<b>Minimum knowledge required from the student before starting classes</b>								
Not applicable								
<b>Recommended literature to study before starting classes</b>								
<b>SUBJECT-SPECIFIC LEARNING OUTCOMES (SLE)</b>								
	<b>CODE</b>	<b>FORM</b>			<b>KEU CODE</b>	<b>CODE</b>	<b>EVALUATION METHODS FORM</b>	
<b>SKILLS</b>	U01	Is able to cooperate and participate in physical activity in a group, taking on various roles and supporting other participants in carrying out physical tasks.			K1_U10_L_P	MO18	Passing the fieldwork report	
<b>SOCIAL COMPETENCES</b>	K01	Is ready to prioritize and organize their own physical activity and work collaboratively in a team to complete class tasks.			K1_K01_L_P	MO18	Passing the fieldwork report	
<b>Subject content</b>	Exercises	Development of general physical fitness and body condition, Development of endurance, strength and motor coordination, Active participation in various forms of exercise adapted to the abilities and interests of students, Promotion of a healthy lifestyle and the habit of regular physical activity, Improvement of cooperation skills and teamwork in conditions of physical activity.						
<b>Teaching methods</b>	<b>CODE</b>	<b>FORM</b>						
	MD18	Field activities						
<b>Compulsory literature</b>	1	Sainchuk M., 2026: Goals and Values in Physical Education, A Focus on the Affective Domain, Routledge, London.						
	2	Stolz A.S., 2014: The Philosophy of Physical Education, A New Perspective, Routledge, London.						
<b>Conditions for passing the course</b>								
The subject is credited on the basis of participation in classes organized by the University or through documented/confirmed student participation in systematic physical activity during the semester, carried out in any form consistent with the course objectives, taking into account the development of physical fitness, condition and the ability to cooperate and be responsible in team activities.								