

Subject: INTERPERSONAL RELATIONSHIPS

GENERAL INFORMATION

Organization unit	Faculty of Physical Education Chair of: Tourism and recreation Chairman: prof. Paweł Tomaszewski
Course name	Interpersonal Relationships
Subject code	TR/1/RR/RIN
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	bachelor
Study year	2
Semester	3
ECTS points	2
Professor	Joanna Kalecińska Ph. D.
Studies program in which the subject is realized	Tourism and recreation
Method of realization (stationary/ distance learning)	stationary
Prerequisites	none

DETAILED INFORMATION

Course aims and objectives

The knowledge: to familiarize students with the basic issues of communication theory and relationship building. The student distinguishes the elements of the communication process, knows various models, patterns and styles of communication, understands the problems associated with the proper sending and receiving of a message (categorization, perception), reads the meaning of non-verbal messages.

Skills: develop the ability to build relationships and communicate in different spaces of human individual functioning, as well as to consciously use certain models and patterns in educational work with diverse social groups in tourism and recreation.

The student is able to anticipate the possibility of communication and reality barriers and is able to counteract them.

Social competence: to develop habits of lifelong learning, a systematic and orderly approach to assigned tasks, to formulate and make judgments on topics related to the ways of building relationships and communication, the use of elements of communication in the modern world.

Main topics



No	Topic
Lectures/classes	
1.	Basic concepts of communication and interpersonal relations.
2.	Active listening. Empathy the basis for building positive relationships.
3.	Types of interpersonal communication. Communication and relationships in a multicultural world.
4.	Elements of non-verbal communication. Gestures in interpersonal communication.
5.	Styles of communication. Constructive conflict resolution.
6.	Group work (team building) as a form of interpersonal communication and relationship building.
7.	Identifying personality types. Applying ways to deal with difficult work situations. Managing one's own potential.
8.	Workshops to improve interpersonal relations, important in professional work.

CONDITIONS FOR PASSING CLASSES:

- Active participation in classes, verified through task evaluations.
- Positive grades for individual and group projects.
- Minimum 60% score on the final test.

1 ECTS point = ...25.... hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	10
3. Self study as preparation to the written exam	5
4. Self study as reading text prepared by the teacher	5
Total = 50 hours- ECTS points ...2.....	

Author of the class card:	Name, surname and email
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