

CLASS CARD

Active and qualified tourism

Basic classes	Code in the study plan	ECTS
Active and qualified tourism	16/1/II/T	3

Education profile	Practical
Faculty and field of study	Faculty of Physical Education
Studies program in which the subject is realized	Tourism and recreation
Professor's name	Katarzyna Dzioban
Level of studies (eg. bachelor, master)	master
Study year and semester	1/sem.1
Language	English
Method of realization (stationary/ distance learning)	Stationary
Lectures/classes hours	15/15
Form of passing classes	Projects, final exam test
Type of subject (obligatory/ facultative)	Obligatory
Prerequisites	---

DETAILED INFORMATION

Course aims and objectives

The aim of the course is to provide students with knowledge regarding the concept of active and qualified tourism and to distinguish it from mass tourism and other forms of travel.

Analyze the socio-economic and environmental impacts of active tourism on local communities and ecosystems.

Identify and classify various forms of active tourism (e.g. mountain tourism, cycling, diving, skiing, kayaking, ecotourism) and understand their specific requirements.

Plan and organize tourism products and services that involve physical activity and/or specialized equipment, taking into account logistical, legal, safety, and customer-related aspects.

Apply the principles of sustainable tourism development, including environmental protection, respect for local cultures, and responsible traveler behavior.

Use marketing tools and communication strategies to promote active tourism offers in both domestic and international markets.

Identify potential risks and apply emergency procedures related to active tourism activities.

Evaluate the qualifications and competencies required for professions related to active tourism (e.g. guides, instructors, leisure animators).

Develop soft skills such as teamwork, leadership, intercultural communication, and conflict resolution in the context of organizing tourism activities.

Critically assess current trends and innovations in the field of active and qualified tourism, including modern technologies, adventure tourism, and wellness-related services.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	

P_W01	Has knowledge of concepts related to tourism and recreation, as well as an understanding of organizational and social conditions related to managing various types of groups.
P_W02	Has knowledge of legal and ethical aspects related to group management, understands the typology of behaviors, and is familiar with methods and tools used when working with different types of tourists.
SKILLS	
P_U01	Is able to effectively organize project work and initiate the division of tasks.
P_U02	Is able to select appropriate methods and tools tailored to specific groups of tourists.
SOCIAL COMPETENCES	
P_K01	Understands the need for lifelong learning and continuous improvement of professional competencies.
P_K02	Is able to cooperate and work effectively in a team, taking on different roles, and ensuring the safety of both the project implementation and the individuals involved.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
W_1-2	Familiarizing students with the principles and methods of work that ensure occupational health and safety during activities involving the use of technical equipment, tools, and/or without them. Understanding the concept of active and qualified tourism, including the origins and conditions influencing the development of active tourism.	P_W01, P_W02
W_3-4	Principles of organizing selected qualified tourism events such as canoeing trips, rallies, hiking camps, and similar activities.	P_W01, P_W02
W_5-6	Principles of organizing tourism events and the determinants of active tourism development within organizations such as tourist clubs, PTTK branches, and other organizers of qualified tourism events.	P_W01, P_W02, P_K01
W_7-8	Safety principles for conducting various forms and events of active and qualified tourism.	P_W01, P_W02

W_9-10	Contemporary trends in active and qualified tourism. New technologies and modern sources of tourism knowledge.	P_U01, P_K01
W_11-12	Region and country as spaces for organizing active tourism events.	P_W01, P_W02
W_13-14	Tourism development and opportunities for practicing qualified tourism in Poland and worldwide. Human resources in tourism.	P_W01, P_W02, P_K02
W_15	Completion	P_W01, P_W02
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
1	Familiarizing the student with the course objectives, learning outcomes, and methods of their verification, the course content, literature, and organizational matters. Contemporary trends and phenomena in active and qualified tourism.	P_W01, P_W02
2-15	<p>Characteristics of opportunities for practicing selected disciplines of active and qualified tourism in Poland. Preparation and presentation of a hiking camp project in a chosen discipline of qualified tourism.</p> <p>Development of a map illustrating the network of trails for active tourists, divided into various disciplines of qualified tourism.</p> <p>Presentation of a selected discipline of active and qualified tourism, considering the possibilities of its implementation in Poland.</p> <p>Adventure tourism: tramping, trekking, survival, and "extreme" forms of tourism.</p>	P_U01, P_K01, P_K02

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
1-15 lecture	Auditory, discussion,

1-15 class	Project tasks, leading parts of classes by students, thematic presentations, discussion, map work.
Educational resources: Computer, thematic presentations, tourist maps, outline maps, materials available online.	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_U01, P_K01, P_K02 P_W01, P_W02	Project presentations, ongoing class preparation, participation and engagement credit, exam test

CONDITIONS FOR PASSING CLASSES:

Completion of in-class workshops/presentation

Active participation during classes

Passing grade in written tests

SAMPLE ASSESSMENT/EXAMINATION TOPICS

Networks of tourist trails in Europe (hiking trails, EuroVelo cycling routes, Council of Europe cultural routes)

ENGLISH BIBLIOGRAPHY

Basic	
Additional	

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the course	ECTS	
15/15	2	Classes requiring direct participation of academic staff (total)
4	0,1	Lectures / classes
		Other forms of classes/education for achieving the assumed learning outcomes (total)
10	0,5	Reading the indicated literature
5	0,1	Gathering materials for the project
5	0,1	Preparation of presentation and description
10	0,5	Study teaching materials
6	0,1	Developing your own fitness/improving your technical skills
15	0,6	Credit/Exam Preparation
100	3	Total hours / number of ECTS credits

Number of ECTS points that a student obtains in classes developing practical skills: 6

Author of the class card:	Name, surname and email dr Katarzyna Dzioban
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