

CLASS CARD**THEORY AND METHODOLOGY OF RECREATION**

Basic classes	Code in the study plan	ECTS
Theory and Methodology of Recreation	24/2/I/T	2

Education profile	practical
Faculty and field of study	Physical Education/ Tourism and Recreation
Studies program in which the subject is realized	Tourism and Recreation
Professor's name	Barbara Pędraszewska
Level of studies (eg. bachelor, master)	bachelor
Study year and semester	2 year, III semester
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	15/15
Form of passing classes	E1
Type of subject (obligatory/ facultative)	obligatory
Prerequisites	None

DETAILED INFORMATION**Course aims and objectives**

A1	Introduce students with bases of knowledge about methods of working in recreational areas with some targets groups.
A2	Connect with health promotions in social, biological, psychological areas.
A3	Information about new trends of health promotion and methods of working in recreation programme. Enlargement of the control over one's health (the identification of own wholesome problems).
A4	Information about new trends, forms, methods using by animator of recreation.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	

K_W01	P_W01 Has an expanded knowledge of physical recreation and human physiological processes.
K_W05	P_W02 Has knowledge of civilization diseases.
K_W07	P_W03 Has knowledge of human ontogeny and understands the importance of motor recreation in this context.
SKILLS	
K_U01	P_U01 Can effectively work on methods of recreation and prepare people for active leisure activities.
SOCIAL COMPETENCES	
K_K01	P_K01 Understands the need for lifelong movement.
K_K04	P_K02 Understands the need to work as part of a team.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
1 - 2	Human motoricity in ontogeny.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
3-4	Genesis and modern trends in the methodology of motor recreation. Principles of teaching and educational methods.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
5-6	Classification of forms in motor recreation.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
7-8	Measures of positive health. Methods of assessing physical fitness. The concept of "H-RF".	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
9-10	Stimulators of participation in physical recreation including: fatigue - rest; energy balance.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
11-12	Target and specialized groups - recommendations. Indications and contraindications in undertaking recreational activities. Sports of a lifetime.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
13-14	People with disabilities in physical recreation programs.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
15	Activity strategies and promotion of physical activity programs.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
1 - 2	Practical familiarization of students with the principles and methods of work ensuring occupational safety and health when performing activities in the course with and/or without technical devices, equipment.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>

3-4	Familiarization with the problems and requirements of the subject, ways to promote physical recreation / working in teams. General principles of construction, that is, the structure and recording of the activity unit (course, warp, scenario).	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
5-6	General principles of warm-up construction. Creation of warm-up scenarios based on sets of exercises involving all parts of the body and large muscle groups. Measures used in different warm-up models.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
7-8	Planning exercise loads, duration and frequency of activities. Selection of forms in terms of intensity of physical activity. Objective and subjective measurements of activity intensity.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
9-10	Non-specific measures used in physical recreation Methods of teaching and conducting activities in physical recreation.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
11-12	Development and conduct of board games on the theme of leisure time and physical recreation in a broad sense.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
13-14	Presentation of group works. Development and presentation of films promoting various forms of physical recreation.	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>
15	Submission of individual programs of physical recreation developed for a selected targeted or specialized group	<i>P_W01, P_W02, P_W03, P_U01, P_K01, P_K02</i>

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Lecture 1 – 15	Auditorium
Classes 1 - 15	Discussion, practical activities, case study, project methods.
Teaching resources: <i>computer, multimedia projector, thematic presentations</i>	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_W01, P_W02, P_W03, P_U01	Exam
P_U01, P_K01, P_K02	Partial credits of individual tasks (warm-up, board game, promotional video), Individual work - development of a project of RR program for a selected group- documentation of the project.

CONDITIONS FOR PASSING CLASSES:

1. Class attendance.
2. There is an opportunity to make up the class or to pass the class by answering the topic/credit work.
3. Submission of group projects and credit work on time.
4. Developing an individual physical recreation program for a selected targeted or specialized group and submitting it on time.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. What is the process of recreation - characterize and describe.
2. List the specialized groups in recreation and describe the methodology of conducting activities due to their specifics.
3. What is the importance of leisure in physical recreation programs?

ENGLISH BIBLIOGRAPHY

Basic	<ol style="list-style-type: none">1. Powis, B., Brighton, J., Howe, P. D. <i>Researching Disability Sport: Theory, Method, Practice</i>. Routledge, London, 2023.2. Yumuk, E. D., Güngörmüş, H. A. <i>Adventure Recreation: Theories and Approaches</i>. Özgür Publications, Alanya, 2023.3. Marriott, K., Tower, J., McDonald, K. <i>Community Leisure and Recreation Planning</i>. Taylor & Francis, London, 2020.
Additional	<ol style="list-style-type: none">1. Mull, R. F. <i>Recreational Sport Management</i>. Human Kinetics, Champaign, 2014.2. McLean, D. D. <i>Recreation and Leisure in Modern Society</i>. Jones & Bartlett Learning, Burlington, 2014.

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
		Classes requiring direct participation of academic teachers (total)
15/15	0,5/0,5	Lecture/ classes
		Other forms of activities/education to achieve the assumed learning outcomes (total)

12	0,4	Students' preparations of the presentations
10	0,34	Self study as preparation to the written exam
8	0,26	Self study as reading text prepared by the teacher
60	2	Total hours / ECTS

Number of ECTS points that a student obtains in classes developing practical skills: 1

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