

Subject: Theory and Methodology of Recreation

GENERAL INFORMATION

Organization unit	Faculty of Physical Education Chair of: Tourism and Recreation Chairman: prof. P. Tomaszewski
Course name	Theory and Methodology of Recreation
Subject code	24/2/I/T
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	bachelor
Study year	2
Semester	III
ECTS points	2
Professor	dr Barbara Pędraszewska
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

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.

Main topics

No	Topic
Lectures/classes	
1.	Human motoricity in ontogeny.
2.	Genesis and modern trends in the methodology of motor recreation. Principles of teaching and educational methods.
3.	Classification of forms in motor recreation.
4.	Measures of positive health. Methods of assessing physical fitness. The concept of "H-RF".
5.	Stimulators of participation in physical recreation including: fatigue - rest; energy balance.
6.	Target and specialized groups - recommendations. Indications and contraindications in undertaking recreational activities. Sports of a lifetime.
7.	People with disabilities in physical recreation programs.
8.	Activity strategies and promotion of physical activity programs.
9.	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.
10.	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).
11.	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.
12.	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.
13.	Non-specific measures used in physical recreation Methods of teaching and conducting activities in physical recreation.



14.	Development and conduct of board games on the theme of leisure time and physical recreation in a broad sense.
15.	Presentation of group works. Development and presentation of films promoting various forms of physical recreation.
16.	Submission of individual programs of physical recreation developed for a selected targeted or specialized group

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.

1 ECTS point = 30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	12
3. Self study as preparation to the written exam	10
4. Self study as reading text prepared by the teacher	8
Total = 60 hours - ECTS points 2	

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