

Subject: Outdoor animation

GENERAL INFORMATION

Organization unit	Faculty of Physical Education Chair: Tourism and Recreation
Course name	Outdoor animation
Subject code	TR/1/PK/APL
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Bachelor
Study year	II
Semester	IV
ECTS points	3
Professor	Dr Przemysław Płoskonka
Studies program in which the subject is realized	Tourism and Recreation
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Basic physical fitness

DETAILED INFORMATION

Course aims and objectives

<ul style="list-style-type: none"> - Equipping students with basic knowledge of games, including outdoor games and their proper selection according to needs. - Learning students to conduct and organize recreational and sports activities/movement games for children and adults in various conditions - Using games and plays to develop physical fitness - Development of positive social skills, including group interaction
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Main topics

No	Topic
Lectures/classes	
1.	Introduction to Sports Events and Outdoor Activities. Terms and definitions such as play, game, sport, recreation, leisure time, group, team, leader, etc.



2.	Introduction to the icebreaker game, warm-up, and energizer. Practical implementation
3.	Introduction to the Indoor Games. Practical implementation: Board Game.
4.	Games of the Past - Sports for Today (Traditional games from Europe). Methodology of conducting the play, and the game. Practical implementation games and plays from the student's country.
5.	Introduction to the Outdoor Games. Practical implementation: Questing, Capture the flag, etc.

Conditions for Passing Classes:

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| <ul style="list-style-type: none">- To be present min.75%.- Pass min. three practical tasks to be prepared and performed |
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1 ECTS point = 20 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	20
3. Self study as preparation to the written exam	
4. Self study as reading text prepared by the teacher	10
Total = 60 hours- 3 ECTS points	

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