

## Subject: Selected forms of outdoor recreation (Outdoor)

### GENERAL INFORMATION

<b>Organization unit</b>	Faculty of Physical Education Chair: Tourism and Recreation
<b>Course name</b>	Selected forms of outdoor recreation (Outdoor)
<b>Subject code</b>	TR/2/WF/WFP
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	Obligatory
<b>Level of studies (eg. bachelor, master)</b>	Master
<b>Study year</b>	I
<b>Semester</b>	I
<b>ECTS points</b>	3
<b>Professor</b>	Dr Przemysław Płoskonka
<b>Studies program in which the subject is realized</b>	Tourism and Recreation
<b>Method of realization (stationary/ distance learning)</b>	Stationary
<b>Prerequisites</b>	Basic physical fitness

### DETAILED INFORMATION

#### Course aims and objectives

<ul style="list-style-type: none"> <li>- Familiarize students with the assumptions of outdoor classes (outdoor adventure recreation)</li> <li>- Preparation for independent and/or team planning, programming, and implementation of selected outdoor activities.</li> </ul>
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#### Main topics

No	Topic
<b>Lectures/classes</b>	
1.	Introduction to Outdoor Activities. Terms and definitions such as outdoor/plein-air, adventure, recreation, outdoor recreation, outdoor education, etc.
2.	Introduction to the icebreaker game, warm-up, and energizer. Practical implementation
3.	Introduction to the different Outdoor Activities. Practical implementation: Questing, Orienteering, Geocaching, Field games, etc.



**Conditions for Passing Classes:**

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| <ul style="list-style-type: none"><li>- To be present min.75%.</li><li>- Pass min. three practical tasks to be prepared and performed</li></ul> |
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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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