

CLASS CARD

TRIP TO THE SPA

Basic classes	Code in the study plan	ECTS
Trip to the SPA	59B/4/I/Tr	3

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	III year V semester
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	15/15
Form of passing classes	Zo1
Type of subject (obligatory/ facultative)	facultative
Prerequisites	none

DETAILED INFORMATION

Course aims and objectives

A1	Familiarize students with types of health tourism and types of SPA&Wellness facilities.
A2	To prepare students to select the appropriate offer and equipment for selected groups of clients.
A3	To prepare students to popularize SPA&Wellness services in recreational facilities as an element of a pro-health lifestyle.
A4	To familiarize students with the methodology of work in SPA&Wellness centers.
A5	To prepare students to work in SPA&Wellness centers by familiarizing them with the principles that characterize work in such a place.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
K_W01	P_W01 Has advanced knowledge of the assessment of clients' psycho-physical state and their ability to undertake various forms of wellness and recreational activities, taking into account potential health limitations.

	Understands the importance of rest, recuperation and relaxation in human life and knows the impact of wellness techniques on clients' mental and physical health.
K_W07	P_W02 Has advanced knowledge of the behavior and leisure preferences of various social groups, especially in the context of spa and wellness services. Knows and understands the peculiarities of different types of spa and wellness clients and their expectations and needs for relaxation and health services.
SKILLS	
K_U01	P_U01 Be able to independently organize and plan wellness events and recreational activities for groups with diverse needs, taking into account the health status, fitness level, age and interests of participants. Knows how to act as a caregiver in a spa space, ensuring a comfortable and safe stay for clients, as well as serving clients at positions requiring direct contact with clients, such as the reception desk and information desk.
K_U08	P_U02 Be able to identify and analyze current social and environmental issues related to the development of the wellness industry, such as the impact of health tourism on local communities and the environment. Is able to formulate opinions and express opinions on economic issues related to the spa and wellness industry, such as the impact of seasonality on the profitability of services. Knows how to conduct an analysis of market trends in wellness and recreation tourism, identifying key economic and environmental issues.
SOCIAL COMPETENCES	
K_K01	P_K01 Understands the importance of and cares about maintaining one's physical condition and mental health, consciously managing stress and recovery to ensure quality wellness services. Demonstrates an attitude that promotes a healthy lifestyle among colleagues and clients, exemplifying professionalism and commitment to a holistic approach to health and personal development.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
1-3	Health tourism: history, characteristics, division, types, conditions, locations. Definition, characteristics of the wellness issue. - wellness concepts. - Wellness “8” dimensions of 21st century society.	<i>P_W01, W02; P_U01, U02; P_K01</i>
4-5	Human health and changes at the turn of the decades. - Health problems at the turn of the decades. - factors affecting the quality of health. - Areas of life as factors influencing the extension of youth.	<i>P_W01, W02; P_U01, U02; P_K01</i>

6-7	Lifestyle of society as a requirement to seek new forms of leisure. - Lack of time and the search for leisure activities. - environment and mood. - exercises to improve the quality of rest.	<i>P_W01, W02; P_U01, U02; P_K01</i>
8-9	Fatigue and stress as a factor in increasing health risks. - fatigue, characteristics of the issue. - forms of fatigue. - methods of relaxation and improvement of well-being.	<i>P_W01; P_U01, U02; P_K01</i>
10-11	Multidimensional wellness as a trend of new generations. - Promotion of traditional, healthy, natural foods as a symbol of a pro-healthy lifestyle. - The landscape as a backdrop for life. - the trend of new forms of relaxation of body and spirit.	<i>P_W01, W02; P_U01, U02; P_K01</i>
12-13	The place of wellness in life, as a project of the concept of new generations. - global trend. - Marketing of services in the area of wellness and spa - prospects for further development.	<i>P_W01, W02; P_U01, U02; P_K01</i>
14-15	Repetition of the material from the lectures.	<i>P_W01, W02; P_U01, U02; P_K01</i>
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
1-2	Introduction to the class. Division into teams/thematic groups to be carried out for the series of exercises. Explanation of the principles of implementation exercises.	<i>P_W01, W02; P_U01, U02; P_K01</i>
3-4	Spa and wellness services in facilities recreational facilities: offer, equipment, new trends.	<i>P_W01, W02; P_U02; P_K01</i>
5-6	Hotels and spa facilities - selected case study.	<i>P_W01, W02; P_U02; P_K01</i>
7-8	Analysis of spa and wellness offerings for selected customer groups.	<i>P_W01, W02; P_U01; P_K01</i>
9-10	Discussing the stay of 7-day guests in a facility with a spa and wellness offer.	<i>P_W01, W02; P_U01; P_K01</i>
11-12	Spa and wellness in practice.	<i>P_W01, W02; P_U01; P_K01</i>
13-14	Latest trends in wellness - field activity.	<i>P_W01, W02; P_U02; P_K01</i>
15	Summary of exercises, repetition.	<i>P_W01, W02; P_U01, U02; P_K01</i>

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Lecture 1-15	<i>auditorium, problem lecture, discussion</i>
Classes 1-4, 15	<i>panel discussion</i>
Classes 5-10	<i>case study</i>
Classes 11-14	<i>practical activities, demonstration</i>
Teaching resources: <i>computer, multimedia projector, practical classes</i>	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_W01, W02	preparation for classes, final oral assessment
P_U01, U02; P_K01	preparation for classes, participation in discussions, student activity, presentation

CONDITIONS FOR PASSING CLASSES:

Assessment for passing grades consists of:

- realization of tasks at exercises (analysis in the wellness offer of selected recreational facilities, discussion of case studies, problem exercises, presentation of projects prepared by students); Active participation in the discussion raises the student's grade by 0.5 grade.
- The pass mark for the lecture part of the course is in the form of an oral answer. The student is asked three questions. Answer: 0- 40%- 2.0; 40%-60%- 3.0; 60%- 80%- 4.0; 80%-100%- 5.0.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. Explain the terms spa and wellness.
2. Propose an offer of wellness services of a recreational facility in the mountains for a family with children.
3. Determinants of a healthy lifestyle. Discuss two of them.

ENGLISH BIBLIOGRAPHY

Basic	<ol style="list-style-type: none"> 1. Smith, M. <i>Health, Tourism and Hospitality: Spas, Wellness and Medical Travel</i>. Routledge, London, 2021 2. Schreiber, M., Bansal, A. <i>Medical, Dental, and Wellness Tourism: A Post-Pandemic Perspective</i>. CRC Press, Boca Raton, 2023
Additional	<ol style="list-style-type: none"> 1. Erfurt-Cooper, P., Cooper, M. <i>Health and Wellness Tourism: Spas and Hot Springs</i>. Channel View Publications, Bristol, 2009.

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)
20	0,67	Students' preparations of the presentations
25	0,83	Self study as preparation to the written exam
15	0,5	Self study as reading text prepared by the teacher
90	3	Total hours / ECTS

Number of ECTS points that a student obtains in classes developing practical skills: 1,2

Author of the class card:	Barbara Pędraszewska, barbara.pedraszewska@awf.edu.pl
Date:	April 28, 2025