

CLASS CARD**INTERPERSONAL RELATIONSHIPS**

Profesional classes	Code in the study plan	ECTS
Interpersonal relationships	TR/1/RR/RIN	2

Education profile	practical
Faculty and field of study	Faculty of Physical Education
Studies program in which the subject is realized	Tourism and recreation
Professor's name	Joanna Kalecińska Ph. D.
Level of studies (eg. bachelor, master)	bachelor
Study year and semester	2/3
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	15+15
Form of passing classes	Projects, final test
Type of subject (obligatory/ facultative)	obligatory
Prerequisites	none

DETAILED INFORMATION**Course aims and objectives**

A1:	The knowledge: to familiarize students with the basic issues of communication theory and relationship building. The student distinguishes the elements of the communication process, knows various models, patterns and styles of communication, understands the problems associated with the proper sending and receiving of a message (categorization, perception), reads the meaning of non-verbal messages.
A2:	Skills: develop the ability to build relationships and communicate in different spaces of human individual functioning, as well as to consciously use certain models and patterns in educational work with diverse social groups in tourism and recreation. The student is able to anticipate the possibility of communication and reality barriers and is able to counteract them.
A3:	Social competence: to develop habits of lifelong learning, a systematic and orderly approach to assigned tasks, to formulate and make judgments on topics related to the ways of building relationships and communication, the use of elements of communication in the modern world.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
K_W06	<p>P_W01 Knows basic concepts related to relationships and interpersonal communication</p> <p>P_W02 Understands the functioning of mechanisms related to relationships and interpersonal communication</p> <p>P_W03 Understands principles of verbal and non-verbal communication</p>
SKILLS	
K_U08 K_U09	<p>P_U01 Has the ability to prepare a report (written or oral) of a completed project or study.</p> <p>P_U02 Is able to express his/her own opinion on important social, professional and worldview issues.</p>
SOCIAL COMPETENCES	
K_K03	<p>P_K01 Interacts and works in a group, taking on various roles within it.</p> <p>P_K02 Communicates with people, including under stress.</p>

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
	<p>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. Basic concepts of communication and interpersonal relations. Active listening. Empathy the basis for building positive relationships. Assertiveness in communication. Diagram of the communication process. Channels of transmission of the message. Barriers to communication. Conflicts. Constructive conflict resolution. Taking group roles and characteristics of an effectively functioning team. Types of interpersonal communication. Communication and relationships in a multicultural world. Verbal communication. Direct communication. Elements of non-verbal communication. Gestures in interpersonal communication. Styles of communication.</p>	P_W01, P_W02, P_W03, P_U01, P_U02, P_K01, P_K02,

	Constructive conflict resolution. Techniques of communication and negotiation. Written credit	
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
	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. Application of verbal and non-verbal communication techniques. Relational and communication workshops. Identifying personality types. Applying ways to deal with difficult work situations. Managing one's own potential. Presentation and self-presentation. Group work (team building) as a form of interpersonal communication and relationship building. Presentation of reports - credit work.	P_W01, P_W02, P_W03, P_U01, P_U02, P_K01, P_K02,

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Lectures/classes	Presentations, case study, practical and field classes, projects, quizzes,
Teaching resources: computer, projector, tourist applications	

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, P_U02, P_K01, P_K02,	Ongoing assessment resulting from the specifics of the subject, final projects: presentation on a given topic, team final work
P_W01, P_W02, P_W03,	Certificate test

CONDITIONS FOR PASSING CLASSES:

- Active participation in classes, verified through task evaluations.
- Positive grades for individual and group projects.
- Minimum 60% score on the final test.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. identify the body language behavior of women and men (read body language). -

2. When preparing a speech and then presenting it, you should use the “5W” and “3P” principles. Explain what you mean by this?
3. basic spatial determinants in body language. Explain what you mean by this and what is your opinion on it?

ENGLISH BIBLIOGRAPHY

Basic	https://blog.haiilo.com/blog/interpersonal-communication-definition-importance-and-must-have-skills/
Additional	https://www.europarc.org/communication-skills/pdf/About%20Interpersonal%20Skills.pdf

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
15	0,5	lecture
15	0,5	classes
15	0,5	presentations
15	0,5	Reading materials, preparing to test

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

Author of the class card:	Name, surname and email
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