

Subject: Trip to the SPA

GENERAL INFORMATION

Organization unit	Faculty of Physical Education Chair of: Tourism and Recreation Chairman: prof. P. Tomaszewski
Course name	Trip to the SPA
Subject code	59B/4/I/Tr
Teaching language	English
Type of subject (obligatory/ facultative)	facultative
Level of studies (eg. bachelor, master)	bachelor
Study year	3
Semester	V
ECTS points	3
Professor	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	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.

Main topics

No	Topic
Lectures/classes	

1.	Health tourism: history, characteristics, division, types, conditions, locations. Definition, characteristics of the wellness issue. - wellness concepts. - Wellness “8” dimensions of 21st century society.
2.	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.
3.	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.
4.	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.
5.	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.
6.	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.
7.	Repetition of the material from the lectures.
8.	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.
9.	Spa and wellness services in facilities recreational facilities: offer, equipment, new trends.
10.	Hotels and spa facilities - selected case study.
11.	Analysis of spa and wellness offerings for selected customer groups.
12.	Discussing the stay of 7-day guests in a facility with a spa and wellness offer.
13.	Spa and wellness in practice.
14.	Latest trends in wellness - field activity.
15.	Summary of exercises, repetition.

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.

1 ECTS point = 30 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	25
4. Self study as reading text prepared by the teacher	15
Total = 90 hours- ECTS points 3	

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