

Subject: Theory and Methodology of Recreation

I. General information

Organization unit	Faculty of Physical Education Chair: Tourism and Recreation Supervisor: prof. P. Tomaszewski
Course name	Theory and Methodology of Recreation
Subject code	24/2/I/T
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Bachelor
Study year	2nd
Semester	3th
ECTS points	2
Teacher	Joanna Kalecińska
Studies program in which the subject is realized	Tourism and Recreation
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	None

II. Detailed Information

Course aims and objectives

A1	Introduce students with bases of knowledge about methods of working in recreational areas with some targets groups.
A2	Connect with health promotions in social, biological, psychological areas.
A3	Information about new trends of health promotion and methods of working in recreation programme. Enlargement of the control over one's health (the identification of own wholesome problems).

A4	Information about new trends, forms, methods using by animator of recreation.
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Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
K_W02	Knows the methods of evaluating human psychophysical conditions essential to estimate the abilities to initiate activities connected with recreation.
K_W05	Has the basic knowledge and understanding of civilization factors influencing modern human lifestyle.
K_W07	Knows the fundamentals and forms of social life organization, processes of social changes and forming categories of leisure and its kinds - recreation
K_W15	Knows and understands the meaning of physical recreation characteristic for various social groups in various periods of their lives.
K_W16	Understands the role of leisure, physical recreation in health promotion and civilization disease prophylaxis.
K_W20	Knows and understands the mechanisms of establishing recreational offer for various social groups.
Skills	
K_U01	The graduate is able to organize recreational projects adjusted to participants' specified conditions, interests and needs
K_U02	Is able to organize recreation events adjusted to the needs of participants at all ages, health conditions, knowledge level and financial possibilities
K_U04	Is able to conduct classes in chosen recreational forms, as well as to operate basic equipment used in recreation
K_U07	Is able to formulate objectives, select methods of influence and prepare representatives of various social groups for rational spending of their leisure time
K_U08	Is able to obtain and use the information necessary for conducting recreational activities
K_U18	Has the ability to prepare a report (written or oral) on projects or research that (s)he has carried out in theory and methodology areas.
K_U20	Has the ability to understand biological, psychological, social, determinants of taking the initiative connected with recreation.
Social Competences	
K_K01	The graduate takes care of the fitness level essential for studying and performing tasks related to his or her career.
K_K04	cooperates and works in a team, taking various roles
K_K07	understands the need for lifetime learning
K_K08	takes responsibility for his or her own actions, as well as the behavior of individuals entrusted to his or her care, correctly performs his or her tasks acting particularly as part of complex projects

Syllabus contents

No	Title
Classes/ Practical classes	
1	Definitions, socialization and education for theory and methodology of recreation, health and health promotion.
2	The role of the school and other organization in education for health, other

	environments of education and socialization.
3	Attributes modern health promotion, connection tourism and recreation with culture of rest and physical education, actively rest and health.
4	How to use extreme and aerobic sports to avoid dangerous illnesses.
5	Health promotion as a method of work with people in different age.
6	The National Health Programme. The World Health Organization.
7	Recreation and health promotion in people lifetime, changing reasons and needs about recreation, classification of health promotion forms.
8	Minimum of activity for adults.
9	Health promotion actions.
10	The areas of performances: building the wholesome programmes, public politics, creating the environment of life and work favorable the health, encouraging the society to workings on the thing of the health, unreeling individual skills serving the health, the reorientation of the service of the health.
11	The projects of promotion and the improvement of the health.
12	Rules of preparing recreation programs for different age people.
13	Methodic of recreation activity: teaching and education forms and methods.
14	Many ways of motor activity control for youths and adults. Methodology of activities with children and youths. Methodology of active rest for elderly people.
15	The level of intensiveness during workout.
16	Integration in sport for all.

1 ECTS point = 30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
Contact hours - Lectures	15H
Contact hours - Classes	15H
Self study	30H
Total = 60	