

Subject: Selected forms of outdoor recreation

I. General information

Organization unit	Faculty of Tourism and Recreation Chair: Tourism and Recreation Supervisor:
Course name	Selected forms of outdoor recreation
Subject code	30/1/II/T
Teaching language	English
Type of subject (obligatory/ facultative)	Facultative
Level of studies (eg. bachelor, master)	Master
Study year	1
Semester	1
ECTS points	2
Teacher	
Studies program in which the subject is realized	Tourism and recreation
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Basic knowledge about outdoor recreation and physical fitness

II. Detailed Information

Course aims and objectives

A1	Familiarize students with the assumptions of outdoor classes (outdoor adventure recreation)
A2	Preparation for independent and / or team planning, programming and implementation of selected outdoor (outdoor) ventures

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
K_W09	has the knowledge about new forms of tourism and recreation
Skills	
K_U05	is able to organise tourist events and plan recreational activities with proper attention given to their educational values; can integrate teams of participants in a tourist event or recreational activity for a common project, respecting social or cultural differences
Social Competences	
K_K04	gets involved in individual and team work; undertakes complex professional tasks in the field he or she specialises in

Syllabus contents

No	Title
Classes/ Practical classes	
SC	The essence and assumptions of outdoor activities. The role and objectives of outdoor training. Types of games and outdoor events. Discussion of contemporary concepts of learning through experience and education through adventure.
SC	Rules of organization of selected outdoor recreation forms including team building events/picnic, field game, urban games, questing. Planning and implementation of the selected game.

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

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	30
Total = 60	