

Subject: Selected issues of recreation or tourism theory

I. General information

Organization unit	Faculty of Tourism and Recreation Chair: Supervisor:
Course name	Selected issues of recreation or tourism theory
Subject code	25/1/II/T
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	master
Study year	1
Semester	1
ECTS points	3
Teacher	
Studies program in which the subject is realized	Tourism and Recreation
Method of realization (stationary/ distance learning)	stationary
Prerequisites	no

I. Detailed Information

Course aims and objectives

A1	knowledge of the phenomena of leisure and recreation in historical, social, economic, political context, and understanding of the conditions for their development;
A2	getting acquainted with modern forms of physical recreation
A3	ability to formulate and present judgments on issues related to leisure and recreation; understanding of the need to and ability to communicate in a multicultural environment in the context of leisure, recreation and tourism studies.

A4	using knowledge of human psychosomatic development in the context of his recreational and health needs
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Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
K_W02	has the knowledge about the influence of cultural, social and industrial conditions on the size, areas and forms of tourism as well as recreational activity
K_W03	uses the ways and methods of leisure time management for changes in the sphere of human physical and social activity, changes in the consumption model and value system
K_W04	understands the causes and mechanisms of the creation of burdens and psychosomatic disorders; analyzes the possibilities of using physical activity for limiting or eliminating them
K_W05	uses the knowledge of legal regulations; knows legal regulations in the field of tourist and recreational activity and analyzes their impact on business opportunities and protection of the interests of people participating in organized forms of that activity
K_W07	has the knowledge about space management and the development of areas valuable for tourism and recreation due to natural
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
K_U07	has the ability to critically analyse and select information from various sources, to draw conclusions and to judge
K_U09	Taking the selected physical parameters into account, he or she can forecast the impact of activities and treatment forms of a particular kind and intensity on the human body, at various stages of its development.
K_U10	has specialized skills in the selected area of activity related to tourism or recreation, as well as skills in the management and implementation of recreational activities, particularly requiring the cooperation of a team of specialists or higher than basic methodological and technical skills with particular emphasis on OSH rules
K_U11	can create innovative, or modify the already existing forms of, events or tourist services, also based on new technology and communication possibilities

Social Competences	
K_K01	The graduate's approach promotes health and physical activity, especially in terms of active rest.
K_K02	He or she recognizes the need to improve knowledge and skills related to active tourism; observes new trends related to recreational behaviour; promotes the development of tourism and recreation
K_K03	acts ethically bearing in mind the risk of violating the common good or personal rights of other people.
K_K04	gets involved in individual and team work; undertakes complex professional tasks in the field he or she specialises in
K_K06	understands the need for lifetime learning, can inspire and organise the learning process of others
K_K07	actively participates in the promotion of entrepreneurship, as well as the preservation the cultural heritage of the region, the country and the world.

Syllabus contents

No	Title
Classes/ Practical classes	
1	Theory of recreation and tourism
2	Recreation in a healthy lifestyle
3	Modern forms of physical recreation

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

TYPES OF CLASSES	HOURS
Contact hours	22,5
Self study	55
Total = 77,5 hours= 3 ECTS	