

Subject: Outdoor animation

I. General information

Organization unit	Faculty of Physical education Chair: Tourism and Recreation Supervisor:
Course name	Outdoor animation
Subject code	27/2/I/T
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Bachelor
Study year	II
Semester	4
ECTS points	3
Teacher	Przemysław Płoskonka
Studies program in which the subject is realized	Tourism and recreation
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Basic physical fitness

II. Detailed Information

Course aims and objectives

A1	Equipping participants with basic knowledge of movement games and their proper selection
A2	Learning to conduct and organize recreational and sports activities/movement games for children and adults in various conditions
A3	Using games and plays to develop physical fitness

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
K_W08	understands the idea of tourism and recreation as forms of social and psychosomatic activity
K_W15	knows and understands the meaning of physical recreation characteristic for various social groups in various periods of their lives
Skills	
K_U01	is able to organise tourist and recreational projects adjusted to participants' specified conditions, interests and needs
K_U04	is able to conduct classes in chosen tourist and recreational forms, as well as to operate basic equipment used in tourism and recreation
Social Competences	
K_K01	takes care of the fitness level essential for studying and performing tasks related to his or her career

Syllabus contents

No	Title
Classes/ Practical classes	
SC	Methodology of running games and motor activities
SC	Development and implementation of selected games and movement games

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

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	40
Total = 70	