

Subject: Swimming**I. General information**

Organization unit	Faculty of Tourism and Recreation Chair: Tourism and Recreation Supervisor:
Course name	Swimming
Subject code	55/1/I/T 55/2/I/T
Teaching language	English
Type of subject (obligatory/ facultative)	Facultative
Level of studies (eg. bachelor, master)	Bachelor
Study year	1
Semester	1-2
ECTS points	2
Teacher	
Studies program in which the subject is realized	Tourism and recreation
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Basic swimming skills

II. Detailed Information**Course aims and objectives**

A1	improve the recreational swimming skills of the chosen styles
A2	organisation of selected forms of recreational activities in water
A3	active care for the level of own swimming ability and promoting pro-health attitudes

Learning outcomes

Learning	Subject's learning outcomes
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outcome	
Knowledge	
K_W16	understands the role of leisure, physical recreation and active tourism in health promotion and civilization disease prophylaxis
Skills	
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	The graduate 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	Learning and improvement of recreational swimming techniques incl. backstroke, breaststroke, freestyle stroke
SC	Selected elements of disciplines based on basic swimming skills incl. waterpolo, diving, water rescue elements, snorkeling

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

TYPES OF CLASSES	HOURS
Contact hours	15+15
Self study	15+15
Total = 60	