

Subject: Interpersonal Communication

I. General information

Organization unit	Faculty of Physical Education Chair: Tourism and Recreation Supervisor: prof. P. Tomaszewski
Course name	Interpersonal Communication
Subject code	30/3/I/Th
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	The student distinguishes the elements of the communication process, knows various models, patterns and styles of communication, understands problems related to the proper transmission and reception of a message (categorization, perception), reads the meaning of non-verbal messages.
A2	The student is able to predict the possibility of communication barriers and is able to counteract them.

A3	Developing habits of lifelong learning, systematic and orderly approach to assigned tasks, formulating and delivering judgments on topics related to the methods of communication, the use of communication elements in the modern world.
A4	Familiarizing students with the basic issues of communication theory.

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
KW_18	knows methods and tools, including data acquisition, appropriate for interpersonal communication in tourism and recreation and useful for describing structures and social institutions and the processes taking place within them as well as between them
Skills	
KU_18	has the ability to prepare a report (written or oral) on projects or research that (s)he has carried out in personal communication areas
KU_19	is able to express his or her own opinion on significant social, career related and worldview matters
Social Competences	
KK_03	the graduate thinks and acts resourcefully
KK_04	cooperates and works in a team, taking various roles
KK_05	communicates with people, also in stressful situations
KK_07	understands the need for lifetime learning in interpersonal communications areas

Syllabus contents

No	Title
Classes/ Practical classes	
1	Basic concepts of communication.
2	Empathy is the basis for building positive relationships.
3	Assertiveness in communication.
4	Diagram of the communication process.
5	Communication channels.
6	Types of interpersonal communication.
7	Verbal communication.
8	Direct communication.
9	Phone calls. Electronic and traditional mail.
10	Elements of non-verbal communication.
11	Gestures in interpersonal communication.
12	Communication styles.
13	Communication barriers.
14	Conflicts. Constructive conflict resolution.
15	Communication and negotiation techniques.

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	