

Subject: Basics of Recreation

I. General information

Organization unit	Faculty of Physical Education Chair of Tourism and recreation Supervisor:
Course name	Basics of Recreation
Subject code	22/1/I/T
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Bachelor
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	None

II. Detailed Information

Course aims and objectives

A1	introduce students to the basic problems of the theory of recreation
A2	educate about the determinants of participation in physical activities and their biological, psychological and social conditions
A3	the latest trends in the development of sport for all

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
K_W02	Students knows the methods of evaluating human psychophysical conditions essential to estimate the abilities to initiate activities connected with tourism and recreation
K_W08	Student understands the idea of tourism and recreation as forms of social and psychosomatic activity
K_W16	understands the role of leisure, physical recreation and active tourism in health promotion and civilization disease prophylaxis
Skills	
K_U18	Student has the ability to prepare a report (written or oral) on projects or research that (s)he has carried out
K_U20	Student has the ability to understand biological, psychological, social, cultural and economic determinants of taking the initiative connected with tourism and recreation
Social Competences	
K_K04	Students cooperates and works in a team, taking various roles
K_K07	Students understands the need for lifetime learning

Syllabus contents

No	Title
Classes/ Practical classes	
1	Problems of definition - theoretical foundations (concepts, theories, etc.)
2	Sport for all
3	Socialization and education for active recreation. The role of school education to recreation.
4	Play and Fun in Human life
5	Outdoor education, adventure education
6	Active leisure and health - use of extreme forms of aerobics in the prevention of lifestyle diseases

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

TYPES OF CLASSES	HOURS
Contact hours - Lectures	15H
Contact hours - Classes	15H
Self study	60H
Total	90H