

Faculty	WWFiZ	Subject name	Get to know our region (WF/I/st/54)	
Field of study	Physical education	Study year/term	3/6	
Number of hours	30	ECTS points	7	
Subject type*	obligatory	Language	English	
Study level**	full-time	Subject form***	classes	
Preliminary and additional requirements (e.g. previous subjects)	No requirements.			
Subject objective	The aim of this subject is to prepare students to gain knowledge in the field of the theory of tourism and recreation.			
SUBJECT LEARNING OUTCOMES (COURSE LEARNING OUTCOMES) after completing this subject, the student will be able to:				
Knowledge	S_K01. Students will know and understand the importance of tourism and recreation (K_W15/P6U_W/ P6S_WG).			
	S_K02. Students will have knowledge about the Podlasie region (natural and cultural values) (K_W15/P6U_W/ P6S_WG).			
	S_K03. Students will have knowledge about selected types of tourism including active forms of tourism, sports tourism and cultural tourism (K_W15/P6U_W/ P6S_WG).			
Skills	S_S01. Students will be able to plan and organize selected forms of tourism such as trips and camps using the specificity of the region (K_U21/P6U_U/ P6S_UW).			
	S_S02. Students will be able to perform selected dances of the region. They will learn customs and traditions, including the Podlasie folklore (K_U21/P6U_U/ P6S_UW, K_U23/P6U_U/ P6S_UW, K_U24/P6U_U/ P6S_UW).			
Social competences	S_SC01. Students will rationally assess tourist and their own qualifications in terms of organization and participation in selected tourism events (K_K01/P6U_K/ P6S_KR).			
	S_SC02. In planning and programming tourism events, students will use rules and methods to avoid dysfunctions that threaten the social and natural environment (K_K05/P6U_K/ P6S_KO).			
Confirmation of achieved learning outcomes#	Continuous assessment, assessment of the execution of the acquired dance skills, assessment of trip itinerary implementation.			
Type of assessment mark##	Final assessment mark, support assessment mark.			
Content		Subject form (number of hours) ###	Subject learning outcomes	Course learning outcomes
1. An introduction to the classes (learning outcomes, passing criteria, content).		classes (2)	S_K01, S_K02, S_K03	K_W15
2. Podlasie at the crossroads of cultures. Podlasie as a mosaic of cultures, nations and religions. Casual and festive outfits of peasants from the river Bug area.		classes (2)	S_K02, S_K03, S_S01, S_S02, S_SC01, S_SC02	K_W15, K_U21, K_U23, K_U24, K_K01, K_K05,
3. Biała Podlaska - city tour. Culinary traditions of the river Bug area inhabitants.		classes (2)	S_K02, S_K03, S_S01, S_SC01, S_SC02	K_W15, K_U21, K_K01, K_K05
4. Biała Podlaska - city tour. Culinary traditions of the river Bug area inhabitants - part 2.		classes (2)	S_K02, S_K03, S_S01, S_SC01, S_SC02	K_W15, K_U21, K_K01, K_K05
5. Folk culture of the Bug river area. Unique professions: a weaver, lace-maker and others (spinning the flax on a wheel, winding flax on a spool, preparing the warp for the loom, weaving pereboras on looms...).		classes (2)	S_K02, S_K03, S_S01, S_S02, S_SC01, S_SC02	K_W15, K_U21, K_U23, K_U24, K_K01, K_K05,
6. Active forms of tourism in Poland (kayaking, bicycle touring)		classes (2)	S_K01, S_K02, S_K03, S_S01, S_S02, S_SC01, S_SC02	K_W15, K_U21, K_U23, K_U24, K_K01, K_K05,
7. Kayaking through the Krzna and Bug river.		classes (2)	S_K02, S_K03, S_S01, S_SC01, S_SC02	K_W15, K_U21, K_K01, K_K05,
8. Kayaking through the Krzna and Bug river - part 2.		classes (2)	S_K02, S_K03, S_S01, S_SC01, S_SC02	K_W15, K_U21, K_K01, K_K05,
9. Kayaking through the Krzna and Bug river - part 3.		classes (2)	S_K02, S_K03, S_S01, S_SC01, S_SC02	K_W15, K_U21, K_K01, K_K05,
10. Bicycle touring - cycling trips for pleasure and adventure.		classes (2)	S_K02, S_K03, S_S01, S_SC01, S_SC02	K_W15, K_U21, K_K01, K_K05,
11. Bicycle touring - cycling trips for pleasure and adventure - part 2.		classes (2)	S_K02, S_K03, S_S01, S_SC01, S_SC02	K_W15, K_U21, K_K01, K_K05,
12. Bicycle touring - cycling trips for pleasure and adventure - part 3.		classes (2)	S_K02, S_K03, S_S01, S_SC01, S_SC02	K_W15, K_U21, K_K01, K_K05,
13. Dances, plays and games from Podlasie region (polka with the stick, wind polka, polka with the chair, crane, walking polka etc.)		classes (2)	S_K02, S_K03, S_S02, S_SC01, S_SC02	K_W15, K_U21, K_U23, K_U24, K_K01, K_K05,
14. Polish National Dances and regional dances. Dance steps. Dance pattern - example. Traditional culture in education.		classes (2)	S_K02, S_K03, S_S02, S_SC01, S_SC02	K_W15, K_U21, K_U23, K_U24, K_K01, K_K05,
15. Final assessment (performance of practical tasks).		classes (2)	S_K01, S_K02, S_K03, S_S01, S_S02, S_SC01, S_SC02	K_W15, K_U21, K_U23, K_U24, K_K01, K_K05,
Equipment	1. Projector, computer			
	2. CD Player, Folk Music,			
Passing criteria	1. Attendance and active participation in the classes. 2. Preparing a fragment of a tourism lesson and a sightseeing tour.			
Exemplary exam (test) tasks	Regional dances from Podlasie (Crane, Walking Polka, Polka with the stick).			
	Polish National Dances - Polonaise, Cracovienne. Tourism lesson - „The land Woven with Perebora”, „Vanishing Profession” etc.			
Literature	1. Bochenek M. Folk Culture of the Bug River Area. AWF Biała Podlaska. 2008.			
	2. Dąbrowski A., Rowiński R. (ed.) Socio-economic aspects of tourism and recreation. AWF Warszawa. 2007.			
	3. Godlewski G., Bochenek M (ed.) Tourism. Theory-Conditions-Experiences. AWF Biała Podlaska. 2007.			
	4. Pawlina-Maksymiuk B. The Land Woven with Perebora. Vanishing Professions. ATM Agency. 2013.			
	5. Razaq Raj, Kevin Griffin, Nigel D. Morpeth. Cultural Tourism. MBG Books. 2013.			
ECTS points				
Number of hours with teacher (e.g. classes, office hours)		40		
Number of hours without teacher (e.g. homework)		135		
ECTS points in total		175/7		
Teacher (e-mail)		dr Marcin Bochenek (marcin.bochenek@awf-bp.edu.pl)		

*obligatory, optional

**full-time, part-time, e-learning

***lectures, classes, laboratory classes, projects, workshops, classes conducted by students

#-continuous assessment (current preparation for classes), mid-term written test, mid-term oral test, final written test, final oral test, written exam, oral exam, assessment of motor skills, B.A/M.A. thesis, project realisation, attendance

##-final assessment mark, support assessment mark

###-lectures, classes, laboratory classes, projects, workshops, classes conducted by students