

## CLASS CARD

## Basic of Recreation - Theory and Animation of Recreation

Basic classes	Code in the study plan	ECTS
Basic of Recreation - Theory and Animation of Recreation		2

Education profile	practical
Faculty and field of study	Faculty of Physical Education
Studies program in which the subject is realized	Tourism and recreation
Professor's name	Barbara Pędraszewska
Level of studies (eg. bachelor, master)	Bachelor
Study year and semester	1/1
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	15/15
Form of passing classes	Projects, team tasks, final exam
Type of subject (obligatory/ facultative)	obligatory
Prerequisites	none

## DETAILED INFORMATION

### Course aims and objectives

A1	Knowledge of leisure and recreation phenomena in their historical, social, economic, and political contexts, and an understanding of the determinants of their development;
A2	knowledge of selected institutions and forms of outdoor/adventure tourism and physical recreation
A3	ability to interpret social, economic and political phenomena in the context of their influence on the development of tourism and recreation,
A4	ability to formulate and present judgments on issues related to leisure and recreation

## LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSE

Learning outcome	Subject's learning outcomes
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<b>KNOWLEDGE</b>
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K_W03	P_W01  Has basic knowledge of forms, types, and trends in recreation, and understands the principles of organizing and promoting recreational activities, including the ability to explain their importance in social, health, and tourism contexts.
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<b>SKILLS</b>
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K_U05  K_U09	P_U01 Can independently obtain and consciously use information necessary for planning, organizing, and evaluating recreational activities, particularly in the field of physical activity, leisure, and tourism  P_U02  Understands the social, cultural, and health-related determinants of recreation and is able to prepare written and oral reports on analyzed recreational activities and programs.
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<b>COMPETENCES</b>
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K_K02  K_U05	P_K01  Applies ethical principles in the planning and implementation of recreational activities; works effectively in a team; demonstrates an entrepreneurial attitude.
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**SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION**

<b>FORM OF CLASSES – LECTURE - subject</b>	<b>Reference to subject-specific learning outcomes</b>
Introduction to recreation – definitions, functions, and role in contemporary society Forms and types of recreation – classification and characteristics Determinants of recreational participation – social, cultural, and health factors Recreation and health – benefits for physical and mental well-being Organization of recreational activities – basic	

principles and stages Safety and ethics in recreation – responsibility and inclusivity Recreation in tourism and leisure spaces – urban and natural environments Current trends in recreation – digitalization, sustainability, and innovation	
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<b>FORM OF CLASSES – CLASSES – subject</b>	<b>Reference to subject-specific learning outcomes</b>
Identification of recreational needs – analysis of target groups Designing recreational activities – basic planning tools and methods Forms of physical and social recreation in practice – case studies Safety in recreational practice – risk identification and prevention	
Ethics and inclusivity in recreation – practical scenarios Planning a recreational program – group work Development of a recreational project – preparation and consultation Student presentations of recreational projects – final assessment	

### **PLANNED METHODS/FORMS/TEACHING MEANS**

<b>Program content</b>	<b>Teaching methods/forms</b>
	Traditional lecture
	Group and individual work, workshops, simulation game, case studies
<b>Teaching resources:</b> computer, multimedia projector, thematic presentations, notes, podcasts	

### **METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT**

<b>Learning outcomes for classes</b>	<b>Assessment methods</b>
K_W03 K_U05 K_U09 K_K02	Assessment of team and individual task performance, assessment of simulation scenario development, attendance observation
	Written exam in the form of a test and presentation

## CONDITIONS FOR PASSING CLASSES:

Assessment of exercises is based on grades obtained from the completion of partial tasks: group project implementation, attendance, and a colloquium.

The written exam covers thematic issues from both lectures and exercises.

Final grade for exercises: based on positive grades from partial tasks.

### SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. What is recreation and what are its main functions in contemporary society?
2. How do social, cultural, and health factors influence participation in recreational activities?
3. What is the relationship between recreation and health, and what benefits does regular participation in recreational activities provide?
4. What are the current trends in recreation, and how do digitalization and sustainability influence its development?

### ENGLISH BIBLIOGRAPHY

<b>Basic</b>	Edginton, C.R. et al. (2018). Leisure Programming: A Service-Centered and Benefits Approach. Sagamore-Venture Publishing. Kelly, J.R. (2012). Leisure. Human Kinetics. Godbey, G. (2008). Leisure in Your Life: An Exploration. Venture Publishing.
<b>Additional</b>	Roberts, K. (2016). Leisure in Contemporary Society. CABI.

### SELF STUDY

Full-time studies		Type of activity
Number of hours to	ECTS	
<b>complete the activity</b>		
<b>10</b>	<b>0,25</b>	<b>Lectures</b>
<b>20</b>	<b>0.75</b>	<b>classes</b>
<b>15</b>	<b>0.5</b>	<b>Self education</b>
<b>20</b>	<b>0,5</b>	<b>Preparing to projects</b>
<b>15</b>	<b>0.5</b>	<b>Preparing to exam</b>

**Number of ECTS points that a student obtains in classes developing practical skills: .....**

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