



## Subject: Outdoor Physical Activity

### GENERAL INFORMATION

<b>Organization unit</b>	Faculty of Physical Education, Chair of Tourism and Recreation Chairman: Prof. P. Tomaszewski
<b>Course name</b>	Outdoor Physical Activity
<b>Subject code</b>	TiRII-26
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	Obligatory
<b>Level of studies (eg. bachelor, master)</b>	Master
<b>Study year</b>	1
<b>Semester</b>	2
<b>ECTS points</b>	1
<b>Professor</b>	Przemysław Płoskonka, Phd
<b>Studies program in which the subject is realized</b>	Tourism and recreation
<b>Method of realization (stationary/ distance learning)</b>	Stationary
<b>Prerequisites</b>	Basic physical fitness

### DETAILED INFORMATION

#### Course aims and objectives

Familiarize students with the assumptions of outdoor classes (outdoor adventure recreation) Preparation for independent and/or team planning, programming, and implementation of selected outdoor activities.

#### Main topics

No	Topic
<b>Lectures/classes</b>	
1.	Introduction to Outdoor Activities. Terms and definitions such as outdoor/plein-air, adventure, recreation, outdoor recreation, outdoor



	education, etc.
2.	Introduction to the icebreaker game, warm-up, and energizer. Practical implementation
3.	Introduction to the different Outdoor Activities. Practical implementation: Questing, Orienteering, Geocaching, Field games, etc.

**CONDITIONS FOR PASSING CLASSES:**

1.	Attendance and active participation in classes.
2.	Completion of tasks carried out during the classes.

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

TYPES OF CLASSES	HOURS
1. Contact classes	30
<b>Total = 30 hours- ECTS points: 1</b>	

<b>Author of the class card:</b>	<b>Name, surname and email</b>
<b>Date:</b> 20.04.2025	Przemysław Płoskonka przemyslaw.ploskonka@awf.edu.pl