

CLASS CARD**Field Workshop/camp**

Basic classes	Code in the study plan	ECTS
Field Workshop/camp	TiRI-26R/T/Z	3

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	Przemysław Płoskonka
Level of studies (eg. bachelor, master)	Bachelor
Study year and semester	2
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	30
Form of passing classes	Field training / Field exercises
Type of subject (obligatory/ facultative)	Obligatory
Prerequisites	none

DETAILED INFORMATION**Course aims and objectives.**

A1	Introducing students to forms of active tourism and the possibilities of using them in health-promoting and outdoor recreational programs.
A2	Preparing students to plan and adapt outdoor sport and recreational activities to the needs and capabilities of different age and social groups.
A3	Developing skills in organizing and conducting field activities that promote a healthy lifestyle and active leisure time.
A4	Familiarizing students with current trends in physical recreation and community animation, and developing competencies in conducting outdoor activities.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS, AND SOCIAL COMPETENCIES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	

K_W04 K_W07	<p>P_W01: Understands factors affecting the effectiveness and attractiveness of outdoor recreation and the principles of designing appropriate programs.</p> <p>P_W02: Understands how the natural environment supports physical activity and quality of life, recognizes links between active tourism and environmental protection, and knows the role of outdoor recreation in well-being and social integration</p>
SKILLS	
K_U02 K_U07 K_U08	<p>P_U01: Can set objectives, choose suitable outdoor activities for different participants, and design recreation programs aligned with current trends.</p> <p>P_U02: Can assess an area’s natural and cultural recreational potential, use environmental data for planning, and create responsible active tourism programs.</p> <p>P_U03: Can identify risks during outdoor activities, apply basic first aid, adapt activities when needed, and ensure participants’ safety.</p>
COMPETENCES	
K_K01 K_K04 K_K05	<p>P_K01: Maintains a balance between physical activity, mental recovery, and professional duties; actively cares for health and well-being, and can act as an effective group leader.</p> <p>P_K02: Engages actively in group fieldwork, builds cooperative relationships, shares knowledge, and can lead and motivate teams during outdoor activities.</p> <p>P_K03: Takes responsibility for participants’ safety and comfort, supervises activities, responds to emergencies, and ensures the proper conduct of recreational and tourism events.</p>

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
Exercises 1–10; 8 -10 hours	Organizational introduction - presentation of the program and safety rules, division into task teams, assignment of roles Field orientation workshop	K_W04 K_W07 K_U02 K_U07

	<ul style="list-style-type: none"> - map, compass, GPS applications, route planning in forest terrain, and practical exercises. Creating and running field games. Practical classes in designing outdoor games and activities. <p>Forest field game – orienteering hike</p> <ul style="list-style-type: none"> - team tasks (checkpoints), outdoor elements (plant identification, basic outdoor skills), cooperation, and time management <p>Basics of forest tourism and environmental education</p> <ul style="list-style-type: none"> - Leave No Trace principles, forest environment protection 	<p>K_U08 K_K01 K_K04 K_K05</p>
Exercises 11–20; 8 -10 hours	<p>Preparation for the cycling rally</p> <ul style="list-style-type: none"> - safety rules, equipment check, route planning <p>Cycling rally</p> <ul style="list-style-type: none"> - route through forest and urban areas, field tasks (documentation of tourist attractions), analysis of the region’s tourism potential (Warsaw) 	<p>K_W04 K_W07 K_U02 K_U07 K_U08 K_K01 K_K04 K_K05</p>
Exercises 21–30; 8 -10 hours	<p>Kayaking Activities</p> <p>Introduction and safety briefing</p> <ul style="list-style-type: none"> - gathering of participants by the river (e.g., the Wkra), presentation of the kayaking route, water safety rules, discussion of weather conditions and water level, division into kayak crews (2 people per kayak), review of cooperation and maneuvering techniques on a river, distribution of equipment (life jackets, paddles) <p>Kayaking trip</p> <p>Camp summary/bonfire</p> <ul style="list-style-type: none"> - individual and group reflection, conclusions relevant to professional work in tourism 	<p>K_W04 K_W07 K_U02 K_U07 K_U08 K_K01 K_K04 K_K05</p>

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Exercises	Practical classes, group and individual work, workshops
Teaching resources: Practical classes, materials prepared by the instructors for the classes	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
K_W04, K_W07, K_U02, K_U07, K_U08	Attendance monitoring, active participation in practical classes, and completion of individual and team tasks

K_K01, K_K04, K_K05	Observation in real-world conditions
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CONDITIONS FOR PASSING CLASSES:

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

SAMPLE ASSESSMENT/EXAMINATION TOPICS

ENGLISH BIBLIOGRAPHY

Basic	<ol style="list-style-type: none">1. Ewert, A., & Sibthorp, J. (2014). Outdoor Adventure Education: Foundations, Theory, and Research. Human Kinetics.2. Pomfret, G., Doran, A., & Cater, C. (Eds.). (2025). Routledge International Handbook of Adventure Tourism. Routledge.3. Hall, C. M. (Ed.). (2011). Fieldwork in Tourism: Methods, Issues and Reflections. Routledge.
Additional	<ol style="list-style-type: none">1. Roberts, N. S. (Ed.). (2021). Outdoor Adventure Education: Trends and New Directions. MDPI.

SELF STUDY

Full-time studies		Type of activity
Number of hours to	ECTS	
Complete the activity		
30	1,2	Classes
30	1,2	Self-education, including the development of personal physical fitness/improvement of technical skills, and studying teaching materials
15	0,6	Preparation for course completion / passing the course

Number of ECTS points that a student obtains in classes developing practical skills:1,2

Author of the class card:	Name, surname, and email
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