

## CLASS CARD

Basic classes	Code in the study plan	ECTS
Selected forms of outdoor recreation (Outdoor)	TR/2/WF/WFP	3

Education profile	
Faculty and field of study	Physical Education
Studies program in which the subject is realized	Tourism and recreation
Professor's name	Przemysław Płoskonka
Level of studies (eg. bachelor, master)	Master
Study year and semester	1 / II
Language	English
Method of realization (stationary/ distance learning)	Stationary
Lectures/classes hours	30 class hours
Form of passing classes	
Type of subject (obligatory/ facultative)	Obligatory
Prerequisites	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.

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

Learning outcome	Subject's learning outcomes
<b>KNOWLEDGE</b>	
K_W05	Knows the legal regulations regarding outdoor activities and analyzes their impact on the possibilities of conducting outdoor activities.
K_W09	Has knowledge about new forms of tourism and recreation, with particular emphasis on outdoor activities.

<b>SKILLS</b>	
K_U05	Can organize events using outdoor activities in a way that considers their educational values, and can integrate a team of participants in outdoor activities for a common undertaking.
K_U11	Can create innovative or modify existing forms of outdoor events, also based on new technologies.
<b>SOCIAL COMPETENCES</b>	
K_K04	Engages in individual and team work within outdoor activities.

## **SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION**

<b>FORM OF CLASSES – CLASSES – subject</b>	<b>Reference to subject-specific learning outcomes</b>
Introduction to Outdoor Activities. Terms and definitions such as outdoor/plein-air, adventure, recreation, outdoor recreation, outdoor education, etc.	K_W09 K_W05
Introduction to the icebreaker game, warm-up, and energizer. Practical implementation	K_U05 K_U11 K_K04
Introduction to the different Outdoor Activities. Practical implementation: Questing, Oriëemterring, Geocaching, Field games, etc.	K_U05 K_U11 K_K04

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

<b>Program content</b>	<b>Teaching methods/forms</b>
<b>Classes 1-30</b>	<b>Practical classes, Self-work in task groups</b>
<b>Teaching resources: multimedia presentation and, class materials</b>	

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

<b>Learning outcomes for classes</b>	<b>Assessment methods</b>
<b>P_W01,02</b>	Solving problem tasks
<b>P_U01,02,03 P_K01</b>	Tasks are performed in groups and individually; observation and evaluation of the practical skills of the student

## **CONDITIONS FOR PASSING CLASSES:**

- To be present min.80%.

- Pass min. three practical tasks to be prepared and performed

### **SAMPLE ASSESSMENT/EXAMINATION TOPICS**

1. practical planning and execution of the quest

2. to pass a recreational orienteering event

### **ENGLISH BIBLIOGRAPHY**

<b>Basic</b>	---
<b>Additional</b>	---

### **SELF STUDY**

<b>Full-time studies</b>		<b>Type of activity</b>
<b>Number of hours to complete the activity</b>	<b>ECTS</b>	
<b>30</b>	<b>1,5</b>	Contact classes
<b>20</b>	<b>1</b>	Students' preparations for the presentations
<b>10</b>	<b>0,5</b>	Self-study as reading text prepared by the teacher

**Number of ECTS points that a student obtains in classes developing practical skills: 1,5**

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<b>Date: 04.2025</b>	