

CLASS CARD**Selected issues of recreation or tourism theory**

Basic classes	Code in the study plan	ECTS
Selected issues of recreation or tourism theory	25/1/II/T	3

Education profile	practical
Faculty and field of study	Physical Education/ Tourism and Recreation
Studies program in which the subject is realized	Tourism and Recreation
Professor's name	Barbara Pędraszewska
Level of studies (eg. bachelor, master)	master
Study year and semester	1 year I semester
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	15/15
Form of passing classes	Zo1
Type of subject (obligatory/ facultative)	obligatory
Prerequisites	None

DETAILED INFORMATION**Course aims and objectives**

A1	Familiarization with the current state of knowledge about selected developments in physical recreation.
A2	Familiarization with the challenges in the area of health and activity, acquaintance with the latest recommendations.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
K_W02	P_W01 Knows the social conditions in the context of the development of physical recreation.

K_W03	P_W02 Knows different ways of managing leisure time and knows how to create innovative tools to promote recreational activities.
K_W08	P_W03 Understands the impact of civilization changes on lifestyles of different populations.
SKILLS	
K_U07	P_U01 Has the ability to analyze and select information from a variety of sources and to draw conclusions and formulate his/her own judgments.
K_U11	P_U02 Is able to create innovative or modify educational tools in the area of health and activity.
SOCIAL COMPETENCES	
K_K01	P_K01 Represents an attitude that promotes health and physical activity.
K_K03	P_K02 Proceeds ethically in his/her actions.
K_K04	P_K03 Engages in individual and team work. Undertakes complex tasks and wants to develop in the field in which he/she specializes.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
1-2	Practical familiarization of students with the principles and methods of work ensuring occupational safety and health when performing activities in the course with and/or without technical devices, equipment. Introduction to the problems of classes; Alternative methods of learning.	P_W01, P_W02, P_U02
3-4	History of physical recreation.	P_W01
5-6	Media and pro-health attitudes.	P_W01, P_W02, P_W03
7-8	Challenges of the 21st century - overweight and obesity.	P_W01, P_W02, P_W03

9-10	Challenges of the 21st century - aging population.	P_W01, P_W02, P_W03
11-12	Quality and lifestyle of modern man.	P_W01, P_W02, P_W03
13-14	About boredom...	P_W01, P_W02, P_W03
15	Passing the lectures.	P_W01, P_W02, P_W03
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
1-2	Practical familiarization of students with the principles and methods of work ensuring occupational safety and health when performing activities in the course with and/or without technical devices, equipment. Organizational activities; introduction to the issues of the class; historical conditions.	P_W01, P_W02, P_W03
3-4	History of physical recreation.	P_W01, P_W03, P_U01, P_K01, P_K02, P_K03
5-6	The role and importance of the media in shaping pro-health attitudes.	P_W01, P_W03, P_U01, P_K01, P_K02, P_K03
7-8	Contemporary threats in the area of health and activity - challenges of the 21st century.	P_W01, P_W02, P_W03, P_U01, P_K01, P_K02, P_K03
9-10	Contemporary threats in the area of health and activity - challenges of the 21st century.	P_W01, P_W02, P_W03, P_U01, P_K01, P_K02, P_K03
11-12	The image of one's own body.	P_W01, P_W03, P_U01, P_K01, P_K02, P_K03
13-14	Quality and lifestyle of modern man; Alternative tools for promoting knowledge and pro-health behavior - credit of exercises.	P_W02, P_U02, P_U01, P_K01, P_K02, P_K03
15	Passing of exercises.	P_W02, P_U02, P_K01, P_K02, P_K03

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Lecture 1 - 15	auditorium
Classes 1 – 2	auditorium
Classes 3 – 12	teamwork
Classes 13 – 15	teamwork
Teaching resources: computer, multimedia projector, thematic presentations, workshop materials	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_U01, P_U02, P_K01, P_K02, P_K03	Team assignment
P_W01, P_W02, P_W03, P_U01, P_U02, P_K01, P_K02, P_K03	Final test on lecture content, team assignment

CONDITIONS FOR PASSING CLASSES:

1. Development of a selected issue and discuss / present it in class.
2. Credit for tasks performed in class (team assignments).
3. Attendance at exercises (1 unexcused absence, the others made up with another group or with the instructor at consultations).
4. Positive evaluation of exercises (final evaluation).
5. Obtaining a minimum of 60% of the pass mark from the content of the lectures.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. Indicate the latest WHO recommendations for daily physical activity.
2. Indicate the social consequences associated with the increase in the percentage of people over 60 years of age.

ENGLISH BIBLIOGRAPHY

Basic	<ol style="list-style-type: none">1. Tribe, J. <i>The Economics of Recreation, Leisure and Tourism</i>. Routledge, London, 2015.2. Lohmann, G., Panosso Netto, A. <i>Tourism Theory: Concepts, Models and Systems</i>. CABI, Wallingford, 2017.
Additional	<ol style="list-style-type: none">1. Instructor's own materials, made available in the activity team.

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
		Classes requiring direct participation of academic teachers (total)
15/15	0,5/0,5	Lecture/ classes
		Other forms of activities/education to achieve the assumed learning outcomes (total)
20	0,67	Students' preparations of the presentations
25	0,83	Self study as preparation to the written exam
15	0,5	Self study as reading text prepared by the teacher
90	3	Total hours / ECTS

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

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