

CLASS CARD

| Basic classes | Code in the study plan | ECTS |
|-------------------|------------------------|------|
| Outdoor animation | TR/1/PK/APL | 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) | Bachelor |
| 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 | Zol |
| Type of subject (obligatory/ facultative) | Obligatory |
| Prerequisites | Basic physical fitness |

DETAILED INFORMATION

Course aims and objectives

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| Equipping students with basic knowledge of games, including outdoor games and their proper selection according to needs. |
| Learning students to conduct and organize recreational and sports activities/movement games for children and adults in various conditions |
| Using games and plays to develop physical fitness |
| Development of positive social skills, including group interaction |

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

| Learning outcome | Subject's learning outcomes |
|------------------|---|
| KNOWLEDGE | |
| K_W02 | Knows the basic concepts of movement games and activities |
| K_W08 | Understands the concept of recreation as a form of social activity |
| K_W15 | Knows how to construct a proper scenario for a recreational and sports event. |

| SKILLS | |
|---------------------------|--|
| K_U01 | Can effectively organize and carry out a movement game and play. |
| K_U04 | Able to use movement games in shaping physical fitness |
| K_U07 | Can construct a scenario and implement a recreational and sports event |
| SOCIAL COMPETENCES | |
| K_K06 | With his attitude, he inspires participants in recreational activities to undertake independent recreational activities. |
| K_K09 | Demonstrates concern for the safety of those participating in recreational activities. |

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

| FORM OF CLASSES – CLASSES – subject | Reference to subject-specific learning outcomes |
|--|--|
| Introduction to Sports Events and Outdoor Activities. Terms and definitions include play, game, sport, recreation, leisure time, group, team, leader, etc. | K_W02, K_W08, K_W15 |
| Introduction to the icebreaker game, warm-up, and energizer. Practical implementation | K_U01, K_U04, K_U07, K_K06, K_K09 |
| Introduction to the Indoor Games. Practical implementation: Board Game. | K_U01, K_U04, K_U07, K_K06, K_K09 |
| Games of the Past—Sports for Today (Traditional games from Europe). The methodology of conducting the play and the game. Practical implementation of games and plays from the student's country. | K_U01, K_U04, K_U07, K_K06, K_K09 |
| Introduction to the Outdoor Games. Practical implementation: Questing, Capture the flag, etc. | K_U01, K_U04, K_U07, K_K06, K_K09 |

PLANNED METHODS/FORMS/TEACHING MEANS

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

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

| Learning outcomes for classes | Assessment methods |
|--------------------------------------|---------------------------|
|--------------------------------------|---------------------------|

| | |
|-----------------------------------|---|
| K_W02, K_W08, K_W15 | Solving problem tasks |
| K_U01, K_U04, K_U07, K_K06, K_K09 | 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 board game
2. conducting selected traditional games

ENGLISH BIBLIOGRAPHY

| | |
|------------|-----|
| Basic | --- |
| Additional | --- |

SELF STUDY

| Full-time studies | | Type of activity |
|--|------|--|
| Number of hours to complete the activity | ECTS | |
| 30 | 1,5 | Contact classes |
| 20 | 1 | Students' preparations for the presentations |
| 10 | 0,5 | 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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