



**Subject: Selected issues of recreation or tourism theory**

## GENERAL INFORMATION

<b>Organization unit</b>	Faculty of Physical Education Chair of: Tourism and Recreation Chairman: prof. P. Tomaszewski
<b>Course name</b>	Selected issues of recreation or tourism theory
<b>Subject code</b>	25/1/II/T
<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>	I
<b>ECTS points</b>	3
<b>Professor</b>	Barbara Pędraszewska
<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>	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.

### Main topics

No	Topic
Lectures/classes	
1.	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.
2.	History of physical recreation.
3.	Media and pro-health attitudes.
4.	Challenges of the 21st century - overweight and obesity.
5.	Challenges of the 21st century - aging population.
6.	Quality and lifestyle of modern man.
7.	About boredom...
8.	The role and importance of the media in shaping pro-health attitudes.
9.	Contemporary threats in the area of health and activity - challenges of the 21st century.
10.	The image of one's own body.
11.	Quality and lifestyle of modern man; Alternative tools for promoting knowledge and pro-health behavior - credit of exercises.

#### 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.

**1 ECTS point = 30 hours students work (contact + self study)**

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	20
3. Self study as preparation to the written exam	25
4. Self study as reading text prepared by the teacher	15
<b>Total = 90 hours- ECTS points 3</b>	



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