



Subject: CURRENT CHALLENGES IN TOURISM, HEALTH AND PHYSICAL ACTIVITY

GENERAL INFORMATION

Organization unit	Faculty of: Physical Education Chair of: Tourism and Recreation Chairman:
Course name	CURRENT CHALLENGES IN TOURISM, HEALTH AND PHYSICAL ACTIVITY
Subject code	TiRII-06
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	Master
Study year	1
Semester	1
ECTS points	
Professor	Maria Lipko-owalska
Studies program in which the subject is realized	
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Knowledge about health promotion, property nutrition and physical activity

DETAILED INFORMATION

Course aims and objectives

A1 The class aims to convey information on the fundamentals of health behaviour
A2 During the classes, students learn to shape the right health attitudes based on their conscious choices, knowledge and skills.
A3 Students acquire the skills necessary to perform health education and promote a healthy lifestyle as part of their future professional careers.

Main topics

No	Topic
	Lectures/classes
1.	Determinants of health and lifestyle



2.	Lifestyle diseases
3.	Physical activity in public health
4.	Programming physical activity
5.	Stress reduction and recovery techniques
6.	Mindfulness / stretching
7.	Health conclusions
8.	Importance of physical activity in prevention
9.	Public health issues
10.	WHO recommendations

CONDITIONS FOR PASSING CLASSES:

Attendance, do the project, presenting a presentation, passing the test

1 ECTS point = 25-30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	4
3. Self study as preparation to the written exam	4
4. Self study as reading text prepared by the teacher	4
Total = 100 hours- ECTS points	

Author of the class card:	Name, surname and email
Date: 20.04.2026	Maria Lipko-Kowalska