

**CLASS CARD****CURRENT CHALLENGES IN TOURISM, HEALTH AND PHYSICAL ACTIVITY**

Basic classes	Code in the study plan	ECTS
<b>CURRENT CHALLENGES IN TOURISM, HEALTH AND PHYSICAL ACTIVITY</b>	TiRII-06	

<b>Education profile</b>	<b>Practical</b>
<b>Faculty and field of study</b>	<b>Faculty of Physical Education Chair: Tourism and Recreation</b>
<b>Studies program in which the subject is realized</b>	
<b>Professor's name</b>	<b>Maria Lipko-Kowalska</b>
<b>Level of studies (eg. bachelor, master)</b>	Bachelor
<b>Study year and semester</b>	<b>1/2</b>
<b>Language</b>	<b>English</b>
<b>Method of realization (stationary/ distance learning)</b>	<b>stationary</b>
<b>Lectures/classes hours</b>	<b>15/15</b>
<b>Form of passing classes</b>	<b>Test/PROJECT</b>
<b>Type of subject (obligatory/ facultative)</b>	<b>obligatory</b>
<b>Prerequisites</b>	<b>Knowledge about physical activity, healthy aspect of life, proper nutrition</b>

**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 aspects and fitness as part of their future professional careers.

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

Learning outcome	Subject's learning outcomes
<b>KNOWLEDGE</b>	
K_W03	<ul style="list-style-type: none"> <li>• has the knowledge about health and lifestyle</li> <li>• has knowledge about physical activity in public health</li> <li>• Has knowledge about prevention transmitted diseases</li> </ul>

SKILLS	
K_U05	Is able to plan recreational activities with proper attention given to their educational values - create events to promote health.
K_U10	Has specialized skills in the selected area of activity related to recreation – proper nutrition, fitness
SOCIAL COMPETENCES	
K_K01	Student is able to promotes health and physical activity, especially in terms of active rest.
K_K04	Student is able to determine health arena in different stage of life

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

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
L1-2	Determinants of health and lifestyle	A1, 2
L3-4	Lifestyle diseases	A 1,2
L5-6	Physical activity in public health	A1,2
L7-8	Programming physical activity	A1,2
L9-10	Stress reduction and recovery techniques	A1,2
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
C1-6	<input type="checkbox"/> Factors influencing health <input type="checkbox"/> Lifestyle of modern society <input type="checkbox"/> Public health issues	A3
C7-10	<input type="checkbox"/> Prevention about: obesity, diabetes, heart diseases <input type="checkbox"/> Causes and consequences	A3
C11-12	<input type="checkbox"/> WHO recommendations <input type="checkbox"/> Importance of physical activity in prevention	A3
C13-14	<input type="checkbox"/> Lifestyle questionnaires <input type="checkbox"/> Analysis of results <input type="checkbox"/> Health conclusions	A3
C15-18	<input type="checkbox"/> Relaxation training (e.g., breathing techniques) <input type="checkbox"/> Mindfulness / stretching	A3
C19-20	<b>Final test Marks</b>	A1

## PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
lecture	auditorium
classes	Auditorium, project, practical forms, discussion.
Teaching resources: computer, multimedia projector, thematic presentations, recreational and sports equipment, office supplies	

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

Learning outcomes for classes	Assessment methods
A1,A2	Final test
A3	Class work, project, project documentation, continuous assessment/ongoing

## CONDITIONS FOR PASSING CLASSES:

attendance, passing the project, presenting a presentation, recording a film, making a poster, preparing a lap-book, passing the test

## SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. Describe a basic essential nutrient
2. Indicate the recommendations regarding the minimum physical activity for adults according to WHO.

## ENGLISH BIBLIOGRAPHY

Basic	"Nutrition: Science and Applications" – Lori A. Smolin, Mary B. Grosvenor (2020) "Modern Nutrition in Health and Disease" – A. Catherine Ross, et al. (11th Edition, 2014) "Clinical Nutrition" – Mary Ann Walsh (2012)
Additional	National Institutes of Health (NIH) – Office of Dietary Supplements <a href="https://ods.od.nih.gov">https://ods.od.nih.gov</a> World Health Organization (WHO) – Nutrition <a href="https://www.who.int/health-topics/nutrition">https://www.who.int/health-topics/nutrition</a> "Dietary fats and cardiovascular disease: A presidential advisory from the American Heart Association" – American Heart Association (2017)

**SELF STUDY**

Full-time studies			30h Type of activity	
Full-time studies		Type of activity	Half-time studies	
Number of hours	ECTS points		Number of hours	ECTS points
13	0,5	Contact hours – lectures		
2		e-learning		
13	0,5	Contact hours – practicals		
2		e-learning		
4	0,2	Work in the reading room		
8	0,5	Work on the internet		
15	0,3	Working with literature		
15	0,5	Preparation of term papers, projects, reports		
8	0,5	Preparation for exam/assessment		
15	<b>3</b>	<b>Total</b>		

**Number of ECTS points that a student obtains in classes developing practical skills: 3**

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