

SYLLABUS FOR 2023/2024 ENROLLMENT

GENERAL INFORMATION

1. Name of the course

Introduction to recreation

2. Name of the faculty

Department of Tourism and Recreation

3. Level of education

First-cycle studies

4. Number of ECTS credits

3

5. Number of hours per semester

semester	lecture	classes	lab./flc	prj./pc	self-study	internship
I	15	15				

6. Language of instruction: English

7. Lecturer

Michał Bergier – PhD

DETAILED INFORMATION

8. Access requirements

1. No

9. Objectives of the course

C1 Introduction to the issues of recreation and free time

C2 Acquiring knowledge about the importance of recreation in the life of modern man

C3 Understanding the factors determining participation in recreation

C4 Raising awareness of the value of recreation for health

C5 Upbringing and training for recreation

10. Field-specific learning outcomes in terms of knowledge, skills and social competences

A student who successfully passed the course:

reference to field-specific learning outcomes

KNOWLEDGE

EU01	He/she knows and understands to an advanced level various phenomena of social sciences, humanities, exact sciences, natural sciences and physical culture and the practical application of this knowledge in professional activity related to the major	K_W01
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EU02	The student knows and understands conceptual categories and terminology in social sciences, humanities, sciences, natural sciences and physical culture as well as the practical application of this knowledge in professional activity related to the major	K_W02
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SKILLS

EU03	Can identify human individual needs in tourism and recreation in various aspects: related to health, natural, economic, cultural and social phenomena connected with them	K_U01
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EU04	Can use a foreign language in accordance with the requirements of the European System for the Description of Language Education defined for the B2 level	K_U08
EU05	Can critically analyse the means of functioning and evaluate existing technical solutions, in particular others facilities, systems, processes and services	K_U12
EU06	Can argue in a substantive way using the views of other authors and formulate conclusions	K_U13
SOCIAL COMPETENCES		
EU07	Is ready to develop a level of physical fitness necessary for learning and performance of professional tasks	K_K03
11. Programme content		
Form of the activity – Lecture		
1) Basic concepts and classifications: recreation, free time, "sport for all" 2) Outline of the history of recreation 3) The essence of recreation, its functions and importance in the life of modern man 4) Forms, methods and meaning of recreation 5) Physical recreation as a form of participation in physical culture 6) The process of recreation 7) Recreation as shaping a healthy lifestyle 8) Upbringing and training for recreation 9) Physical activity in health promotion and prevention of civilization diseases 10) The level of physical activity (minimum and optimum) 11) Recreational activity in ontogenesis 12) Henryk Jordan - a pioneer of modern physical recreation		
Form of the activity – Classes		
1) Recreation and free time - basic concepts related to recreation - features of recreational activities - factors determining the amount of free time - factors influencing behavior 2) Place of recreation in physical culture - basic concepts related to physical culture - differences between recreation and sport 3) Education for recreation - basic concepts - the process of education for recreation - the effects of the education process for recreation - persons and institutions responsible for education for recreation 4) Physical recreation as part of a healthy lifestyle - the concept of health and healthy lifestyle - physical activity and health 5) Factors determining participation in recreation		
12. Didactic tools/methods		
1. Discussion		
2. Multimedia presentations		
3. Problem solving		
13. Methods of assessment		
1. Active participation in classes		
2. Attendance		
3. Colloquium		
4. <u>Graded assignment</u>		
14. Student workload		

Form of activity	number of hours
1. Classes with direct participation of the teacher and consultations	40
2. Student workload	35
sum	75
Total number of ECTS credits	3
15. Literature	
Basic literature:	
1. Napierała M., Muszkieta R., Wstęp do teorii rekreacji, Wydawnictwo Uniwersytetu Kazimierza Wielkiego, Bydgoszcz 2011.	
2. Toczek-Werner S. (red.), Podstawy rekreacji i turystyki, Wyd. 3, Akademia Wychowania Fizycznego we Wrocławiu, Wrocław 2002	
3. Winiarski R. (red. nauk.), Rekreacja i czas wolny : studia humanistyczne, Wydawnictwa Akademickie Oficyna Wydawnicza Łośgraf - Wiesław Łoś, Warszawa 2011	
Supplementary literature:	
1. Kęska A. (red. nauk.), Biologiczne podstawy rekreacji ruchowej : podręcznik dla instruktorów, Towarzystwo Krzewienia Kultury Fizycznej, Warszawa 2008	
2. Kozdroń E. (red.), Podstawy teorii i metodyki rekreacji ruchowej : podręcznik dla instruktora rekreacji ruchowej - część ogólna, Towarzystwo Krzewienia Kultury Fizycznej, Warszawa 2008	
3. Nawrocka W., Humanistyczne podstawy rekreacji ruchowej, Wyd. 2 rozrzesz. i popr, "Presspol", 1985 Warszawa	
16. Forms of assessment - details	
<p>Conditions for obtaining course credit: classes end with a written exam and a credit with a grade. Percentage breakdown of the assessed effects in terms of knowledge, skills, competences: K - 70%, S - 20%, C - 10% Written or oral examination of the lectures: - 5 problem / descriptive questions. - The condition for obtaining a positive evaluation is obtaining 60% positive answers. - Scoring - each question is assessed on a scale from 0 to 2 points. You can get a maximum of 10 points, a minimum of 6 points. • 0 –5 (2.0) • 6 (3.0) • 7 (3.5) • 8 (4.0) • 9 (4.5) • 10 (5.0) The condition for passing the exercises is - obtaining positive marks from two tests (written or oral) - 5 open / descriptive questions. The condition for obtaining a positive evaluation is obtaining 60% positive answers. The presence and involvement of students during the exercises also influence the assessment of the exercises. The final grade for the exercises is the arithmetic mean of all obtained grades and the observation of the student's involvement and work throughout the semester.</p>	
17. Other useful details concerning the course	
1. Direct information about the issues of classes and a program content is provided by the teacher during classes and during office hours	
2. Classes will be held at John Paul II University in Biała Podlaska or online	
3. Classes will be held in accordance with the current schedule	
4. Office hours will be held in accordance with the applicable schedule	