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| **Module card** | | |
| I. GENERAL INFORMATION | | |
| **WITELON COLLEGIUM STATE UNIVERSITY**  **DEPARTMENT OF HEALTH AND PHYSICAL CULTURE SCIENCES** | | |
| **Field** | **Physiotherapy** | |
| **Module title** | **Basics of recreation** | |
| **Language of lecture** | **English** | |
| **ECTS points** | **2** | |
| **Preliminary conditions:** | Basic information on physical activity and sports | |
| II. Education aims | | |
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| 1. Understanding the essence of recreation and its importance in the modern world 2. Getting familiar with the more important socio-economic and environmental problems occurring in recreation and with the possibilities of solving them 3. Developing the ability to distinguish and classify phenomena and processes occurring in the area of recreation | | |
| III. Education outcomes | | |
| |  | | --- | | 1. Student defines the basic concepts of leisure, explains its essence. Student characterizes leisure as a phenomenon, process and set of human behaviour. | | 1. Student identifies the current state and development prospects for physical leisure and characterizes factors stimulating and limiting the development of leisure. | | 1. Student independently selects methods and forms of leisure for the group and indicates the leisure-related goals. | | 1. Student works in a group, carries out independent and group-related, leisure tasks. | | | |
| IV. EDUCATIONAL METHODS | | |
| **Assesment method: test of knowledge** | | |
| **Student workload: 50 hours** | | |
| V. MODULE TYPE AND CONTENTS | | |
| Lectures:   1. Introduction to the subject matter. Presentation of the literature on the subject. Basic concepts related to recreation 2. Characteristics of recreation as an environmental and socio-economic phenomenon, as a leisure process and as a set of human behaviour 3. Importance of physical activity as the basis of recreation 4. Functions of recreation and their variability throughout the human life cycle. 5. The state and prospects for the development of recreation - factors stimulating and limiting development 6. Methods and means used in recreation 7. Types and characteristics of the main content of physical recreation 8. Recreational sport as a modern form of recreation | | |
| VII. ECTS POINT BALANCE SHEET - STUDENT'S WORKLOAD | | |
| **Category** | | **Student’s workload** |
| ***Contact hours*** | | **22** |
| Participation in lectures | | 20 |
| Participation in classes, workshops | |  |
| Exam | | 2 |
| ***Independent student’s work*** | | **28** |
| Preparation for the lecture | | 8 |
| Preparation for the classes, workshops | |  |
| Preparation for the test | |  |
| Preparation for the exam | | 20 |
| Preparing the project | |  |
| Preparing multimedia presentation | |  |
| ***Total numer of hours*** | | **50** |
| ***ECTS points*** | | **2** |
| VIII. Recommended literature | | |
| 1. Castillo, J. (2019). 25 Most Popular Recreational Activities For First Time Participants. [online] List25. Available at: <https://list25.com/25-most-popular-recreational-activities-for-first-time-participants/> 2. Sawicki Z. (2018). Conditions for participation in sports-recreational activity of youth from Alpine regions of Germany, Austria and Switzerland. WSH, Wroclaw, 3. Recreational Sports | Encyclopedia.Com". Encyclopedia.Com, 2019, https://www.encyclopedia.com/sports/sports-fitness-recreation-and-leisure-magazines/recreational-sports. | | |
| Author of a module: PhD. Zygmunt Sawicki | | |