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Course title: FUNDAMENTALS OF RECREATION AND LEISURE ORGANISATION

ECTS credit allocation (and other scores): 5.5 ECTS

Semester: autumn

Level of study: ISCED-6 - first-cycle programmes (EQF-6)

Branch of science: Social sciences

Language: English

Number of hours per semester: 60

Course coordinator/ Department and e-mail: dr hab. Jarosław Jaszczur-Nowicki, prof. UWM

Type of classes: classes and lectures

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#### Substantive content

**CLASSES:** Basic legal acts in the field of recreation. Recreation activities of various social groups. Programming recreational activities. Methodical assumptions and determinants as well as dosage of exercises. Recreational events - organization rules. Methods, forms and means of recreation as well as didactic and educational principles. Pathological behavior children and youth in their free time. Prevention of improper spending of free time. Graduate tourism and recreation as a leisure time animator.

**LECTURES:** Basic concepts of recreation. An outline of the history of recreation. Recreation organization sectors in Poland and selected other countries. Biological basics of recreation. Psychology of recreation. Professional work and recreation. Barriers restricting recreational activities in society. Factors in development of modern recreation. Environmental and education facilities for recreation.

**Learning purpose:** To convey knowledge of the importance of leisure time and recreation in the life of modern man.

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On completion of the study programme the graduate will gain:

**Knowledge:** uses his terminology related to leisure, recreation and activity

**Skills:** uses theoretical knowledge in the field of recreation and related disciplines for analysis and interpretation current situation on the recreational services market.

**Social Competencies:** can be creative in running recreational animation alone and in a team

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**Basic literature:** Biernat E., Kozdroń E., *Rekreacja i turystyka szkolna w procesie edukacji.*, wyd. WSEwS, 2008, t. 1, s. 198; 2) Toczek - Werner S., *Podstawy rekreacji i turystyki.*, wyd. AWF, 2008, t. 1, s. 172; 3) Winiarski R., *Rekreacja i czas wolny.*, wyd. Łośgraf, 2011, t. 1, s. 308; 4) Tauber P.D., Siwiński W., *Pedagogika czasu wolnego.*, wyd. WSHiG, 2002, t. 1, s. 273;

**Supplementary literature:** 1) Łobożewicz T., Wolańska T., *Rekreacja i turystyka w rodzinie.*, wyd. PTNKF, 1994, t. 1, s. 127; 2) Siwiński W., Pluta B., *Teoria i metodyka rekreacji.*, wyd. AWF, 2010, t. 1, s. 374

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The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 2.56

Student's independent work: 2.94