
Course title: PSYCHOLOGY OF WORK AND REST

ECTS credit allocation (and other scores): 2.0 ECTS

Semester: autumn

Level of study: ISCED-7 - second-cycle programmes (EQF-7)

Branch of science: Agricultural sciences

Language: English

Number of hours per semester: 45

Course coordinator/ Department and e-mail: dr Jarosław Klimczak

Type of classes: classes and lectures

Substantive content

CLASSES: Recreation and tourism as a way to counteract stress (the concept and characteristics of emotions, problematic aspects of stress); tiredness of work and rest; psychophysical effects of a recreational and tourist physical activity; attitudes and their shaping towards recreation and tourism, chosen issues of social psychology of recreation and tourism; psychophysical determinants of leisure time for children, teenagers and elderly people; barriers and obstacles in taking up recreational and tourist activity.

LECTURES: Psychology in recreation and tourism (the concept and fields of psychology as a science); perception and sense of direction as behavioral expressions (processes that provide sense of direction, thought processes, learning physical activities); the concept of personality; psychological differences of individuals in comparison with work and rest; needs and their satisfying in work and rest (work and satisfying needs, the meaning of rest in reaching human's mental balance); motivational processes and recreational and tourist activity.

Learning purpose: Familiarizing students with theoretical issues of work psychology and rest in a range that lets understand and solve problems appearing in recreation and tourism. Gaining new skills and habits in coping with stress and emotions that let overcome barriers and obstacles taking up recreational and touristic activity.

On completion of the study programme the graduate will gain:

Knowledge: The student acquires a wider knowledge about the issue of psychological rules and standards associated with recreational and touristic behaviours; understands and analyses psychological determinants of work and leisure time activities.

Skills: The student has the right skills to identify factors that determine the process of satisfying human and social groups' leisure time needs; understands the necessity of self-education in the field of recreation and tourism.

Social Competencies: The student is conscious of the fact that there is a need to plan an activity in work and rest properly as well as to optimise this process in order to improve its efficiency.

Basic literature: 1) Gracz J., Sankowski T.: *Psychology in recreation and tourism*. AWF, Poznań 2001; 2) Winiarski R., Zdebski J.: *Psychology of tourism*. WAiP, Warsaw 2008; 3) Wojciszke B., *A human among men, the outline of social psychology*. Scholar, Warsaw, 2004.

Supplementary literature: Needs to be completed.

The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 1.28

Student's independent work: 0.72