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Course title: RECREATIONAL FUN AND GAMES

ECTS credit allocation (and other scores): 2.0 ECTS

Semester: autumn

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

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 30

Course coordinator/ Department and e-mail: dr Aneta Omelan

Type of classes: classes

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#### Substantive content

CLASSES: Recreational games and activities - characteristics of selected forms; Practical lessons: ball activities, outdoor activities (questing), jumping activities; masked ball, water games, bowling, recreational activities on the ice rink, recreational activities in the snow

LECTURES: The subject is not implemented in the form of lectures.

Learning purpose: The aim of the course is to provide knowledge and practical tactical and technical skills in the field of recreational games and activities, the ability to organize and conduct recreational animation through games and fun.

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On completion of the study programme the graduate will gain:

Knowledge: student knows various recreational games, knows which games are suitable for different ages

Skills: student knows how to organize recreational games for different groups of people

Social Competencies: student for his physical condition and develops his professional competence

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#### Basic literature:

- Janikowska-Siatka M., Skrętowicz E., Szymańska E., Zabawy i gry ruchowe na lekcjach WF i festynach sportowo-rekreacyjnych, WSiP Warszawa, 2006
- 4) Ostrowski A., Zabawy i rekreacja w wodzie, WSiP Warszawa, 2003 –
- Bondarowicz M., Staniszewski T., Wielka księga zabaw i gier ruchowych. Cz. I: wiosenno-letnie ciepłe dni, BK Wrocław, 2003
- Bondarowicz M., Staniszewski T., Wielka księga zabaw i gier ruchowych. Cz. I: jesienno-zimowe chłodne dni, BK Wrocław, 2003

#### Supplementary literature:

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The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 1.28

Student's independent work: 0.72