

1. **Subject:** Introduction to Recreation
2. **Type of course:** class contact
3. **Completion form:** credit with mark
4. **Winter semester**
5. **The number of classes:** 20 hours
6. **Syllabus:** Basic concepts of recreation. The history of leisure. Forms of recreation. Leisure throughout the Life Cycle. Recreation leadership. Future trends in leisure and recreation. Recreational events.

7. **Efekty kształcenia:**

Knowledge:

Student understands the role of leisure and physical recreation in health promotion and prevention of lifestyle diseases. He/she has basic knowledge and knows selected concepts related to recreation. He/she knows and understands historical foundations of contemporary culture of leisure, tourism and recreation.

Skills:

Student has the ability to plan and realize services and events in tourism and recreation field.

Social competences:

Student is able to acquire and improve the skills on recreation field using credible and effective sources and methods. He/she cares about his/her fitness level required for education and vocational tasks.

8. **Determination of first degree qualification**
9. **Organizational Unit implementing an subject:** Department of Tourism and Recreation
10. **Lecturer:** dr Karolina Korbiel
11. **Conditions of realizing classes:** the separate group in English
12. **The proposed numbers of ECTS points:** 4 points