

1. **Subject:** Active tourism
2. **Type of course:** class contact, outdoor classes
3. **Completion form:** credit with mark
4. **Semester:** winter
5. **The number of classes:** 20 hours (class contact –10 h, field exercises 10 h)
6. **Syllabus:** Definition of active tourism and qualified tourism; characterization of active tourists and qualified tourists; main types of active tourism practiced in Poland in the light of natural conditions; lowland hiking; hillwalking; cross-country skiing; down-hill skiing; ski-touring; cycling and mountain biking; canoeing; sailing; environmental impact of active tourism; Polish and international NGOs' involved in active tourism, safety principles in active tourism, personnel in active tourism, guiding.
7. **Effects of education:**
 - Knowledge – student:
 - has basic knowledge about active tourism and understands essential terms;
 - has essential knowledge about active tourism as an important branch of tourism business in Poland.
 - Skills – student:
 - has the ability to present orally his/her own opinions and projects. He/she can speak on professional issues in active tourism using proper terminology;
 - is able to understand and analyse active tourism as spatial and economic phenomenon, using theoretical background and appropriate data.
 - Social competences – student:
 - can individually acquire and improve his/her skills and knowledge on active tourism, using credible methods and sources;
 - can work in a team, is responsible, credible, precise, esp. working on complex tasks.
8. **Determination of first-degree qualification:**

Student ought to understand term “active tourism” and its practical importance. He/she should know the most popular branches of active tourism in Poland within the context of Polish natural circumstances, as well as be able to analyse and evaluate tourism products connected with active tourism.
9. **Organizational Unit implementing an subject:** Department of Tourism and Recreation
10. **Lecturer:** dr Iwona Dominek
11. **Conditions of realizing classes:** the separate group in English
12. **The proposed numbers of ECTS points:** 4 points
13. **The cost of field trip** (the vicinity of Kraków) – about 25 euro/person