

Course title:	<b>Foundations of recreation</b>				Code:
Field of study:	<b>Tourism and recreation</b>				Year/Semester: <b>2/3</b>
Specialization:	<b>all</b>				Modes: <b>F/E</b>
Number of hours / semester <b>30/26</b>					ECTS credits: <b>5</b>
Lectures: <b>15/8</b>	Classes: <b>15/18</b>	Laboratories:	Projects:	Seminars:	

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**Course position in the study programme:**

- field course

**Objectives:**

- basic issues of physical recreation
- human fitness and motor functions – basic terms
- barriers limiting participation in physical recreation
- environment and recreation
- recreation events organization
- the profile of a tourism and recreation graduate
- recreation games and plays

**Learning outcomes:**

- the analysis of processes taking place in recreation
- the evaluation of effects concerning participation in recreation

**Course contents:**

- to acquaint students with basic issues concerning recreation, different forms of recreation, recreation event organization
- basic terms in recreation
- history of recreation
- factors and barriers in recreation development
- active recreation of various social groups
- recreation organization in Poland and selected countries
- the classification and analysis of recreation forms
- the essence of physical recreation – its functions and meaning at various stages of human life
- professional work and recreation
- the role of physical recreation in health promotion and prevention of civilization diseases

**Teaching methods:** lectures, classes

**Assessment methods:** class participation, tests, attendance

**Recommended reading:**

1. Teoria i metodyka rekreacji (zagadnienia podstawowe); praca zbiorowa pod redakcją Iwony Kiełbasiewicz – Drozdowskiej i Wiesława Siwińskiego; AWF, Poznań 2001
2. Rekreacja ruchowa, zagadnienia teoretyczno – metodologiczne; W. Siwiński, R.D. Tauber; WSHiG, Poznań 2004
3. Antropomotoryka; Wiesław Osiński; AWF, Poznań 2000
4. Zarys teorii wychowania fizycznego; Wiesław Osiński; AWF, Poznań 2002
5. Zabawy i gry ruchowe; Roman Trzeźniowski; WSIP, Warszawa 1995