SYLLABUS FOR 2023/2024 ENROLLMENT

GENERAL INFORMATION

1. Name of the course

Summer camp

2. Name of the faculty

Department of Tourism and Recreation

3. Level of education

First-cycle studies

4. Number of ECTS credits

4

5. Number of hours per semester

semester	lecture	classes	lab./flc	prj./pc	self-study	internship
II				62		

6. Language of instruction: English

7. Lecturer

Michał Bergier – PhD

DETAILED INFORMATION

8. Access requirements

1. Basic knowledge of physical activity in human life
2. Ability to swim

9. Objectives of the course

C1	Increasing the general fitness and physical fitness of students
C2	Acquainting with the basic possibilities of spending free time actively through qualified tourism
C3	Implementing the principles of a healthy lifestyle through exercise and taking care of one's health and safety during tourist events

10. Field-specific learning outcomes in terms of knowledge, skills and social competences

A student who successfully passed the course:	reference to field-specific learning outcomes

KNOWLEDGE		
EU01	He/she knows and understands to an advanced level various phenomena of social sciences, humanities, exact sciences, natural sciences and physical culture and the practical application of this knowledge in professional activity related to the major	K_W01
EU02	The student knows and understands conceptual categories and terminology in social sciences, humanities, sciences, natural sciences and physical culture as well as the practical application of this knowledge in professional activity related to the major	K_W02
SKILLS		
EU03	Can use the knowledge gained in the field of tourism and recreation and tasks typical for professional activity	K_U14
EU04	Can use specialist movement skills in selected forms of physical activity (recreational, health, sport and aesthetic)	K_U15

SOCIAL COMPETENCES		
EU05	Is ready to undertake tasks on his/her own, especially in situations of needs resulting from changing conditions of tourist events or recreational activities	K_K04
EU06	Is ready to adapt and act in new conditions and situations	K_K06
EU07	Is ready to take care of the safety of people participating in recreational activities and tourist events, especially in situations of potential threats and adherence to proven rules of conduct	K_K12

11. Programme content

Form of the activity – Practical classes

1) The basics of sailing
2) Basics of windsurfing
3) Basics of canoeing
4) Basics of field games
7) Cycling
8) Hiking
The summer camp is carried out in two parts. As a basic part (stationary 38 h) and a specialized part (24 h) in the form of stationary or itinerant.

12. Didactic tools/methods

1. Equipment for qualified tourism
2. Literature of the subject
3. Multimedia presentations
4. Consultation

13. Methods of assessment

1. Class attendance and active participation
2. Knowledge (knowledge of the theoretical foundations of individual disciplines)
3. Skills (acquiring basic skills from specific disciplines)
4. Knowledge and skills (pass - checking the ability to use the acquired knowledge in practice)

14. Student workload

Form of activity	number of hours	
1. Classes with direct participation of the teacher and consultations	67	
2. Student workload	33	
sum	100	
Total number of ECTS credits	4	

15. Literature

Basic literature:

1. Komorowski A. F. i Chamera T. (2014), Podstawy żeglowania, Wydawnictwo Uczelniane Akademii Wychowania Fizycznego i Sportu, Gdańsk
2. Godlewski G., Rzędzicki M. (2012), Kajakarstwo turystyczne : skrypt dla studentów, nauczycieli i instruktorów turystyki kajakowej, Akademia Wychowania Fizycznego Józefa Piłsudskiego w Warszawie. Wydział Wychowania Fizycznego i Sportu w Białej Podlaskiej, Biała Podlaska
3. Czarny W. (2011),Teoretyczno-metodyczne podstawy wybranych letnich form turystyki aktywnej, Wydawnictwo Uniwersytetu Rzeszowskiego, Rzeszów
4. Państwowa Wyższa Szkoła Zawodowa im. Witelona w Legnicy (2008), Turystyka i rekreacja w okresie letnim: przewodnik do zajęć), .Wyd. 2., Stowarzyszenie na Rzecz Rozwoju Państwowej Wyższej Szkoły Zawodowej im. Witelona. "Wspólnota Akademicka", Legnica
5. Fąk T., Kaik-Woźniak A., Opoka D.M. (2000), Gry rekreacyjne: sport dla wszystkich, Towarzystwo Krzewienia Kultury Fizycznej, Warszawa

Supplementary literature:

1.	Błachy R., Bigiel W.,Wiesner W. (2011), Obozy letnie, Akademia Wychowania Fizycznego we Wrocławiu.Wrocław, Wydawnictwo Akademii Wychowania Fizycznego we Wrocławiu
2.	Szymański K. (2008), Bezpieczna turystyka i rekreacja, Akademia Wychowania Fizycznego im. Eugeniusza Piaseckiego w Poznaniu, Poznań
3.	Moska W. (red. nauk.), Przybylski S., Skalski D. (2016), Ratownictwo wodne, sport pływacki i kultura fizyczna w teorii i praktyce. T. 3 / Water rescue service, swimming and physical culture in the theory and practice. Vol. 3, Akademia Wychowania Fizycznego i Sportu im. Jędrzeja Śniadeckiego, Gdańsk

16. Forms of assessment - details

Conditions for obtaining course credit:

classes end with a credit with a grade.

Each of the 4 disciplines ends with a practical and theoretical exam.

Percentage breakdown of the assessed effects in terms of knowledge, skills, competences:

K - 20, S - 70%, C - 10%.

The condition for passing the camp is obtaining a positive grade from the practical test, in progress

which you can get from 0 to 5 points:

0 - 2.9 points - 2.0

3.0 - 3.4 points - 3.0

3.4 - 3.9 points - 3.5

4.0 - 4.4 points - 4.0

4.5 - 4.9 points - 4.5

5.0 - points -5.0

and obtaining 60% positive answers on the theoretical pass (oral answer).

The final grade for the camp is the arithmetic mean of all the grades obtained and the observation of the student's involvement and work throughout the camp.

17. Other useful details concerning the course

1. Direct information about the issues of classes and a program content is provided by the teacher during classes and during office hours

2. The activities will take place at a location designated for this camp

3. Classes will be held in accordance with the current schedule

4. Office hours will be held in accordance with the applicable schedule