

SYLLABUS FOR 2023/2024 ENROLLMENT

GENERAL INFORMATION

1. Name of the course

Leisure games

2. Name of the faculty

Department of Tourism and Recreation

3. Level of education

First-cycle studies

4. Number of ECTS credits

2

5. Number of hours per semester

semester	lecture	classes	lab./flc	prj./pc	self-study	internship
II				30		

6. Language of instruction: English

7. Lecturer

Michał Bergier – PhD

DETAILED INFORMATION

8. Access requirements

1. Basic knowledge in the field of recreation

9. Objectives of the course

C1 Acquiring the basic pedagogical and methodological knowledge in the field of conducting leisure games.

C2. Acquiring communication skills with a group, as well as choosing and modifying the game depending on weather and terrain conditions, goals, age and group opportunities.

C3. Preparation for independent acquisition and improvement of knowledge in the field of leisure games and activities and for demonstrating a creative attitude in the course of preparation for conducting own activities.

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
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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 identify human individual needs in tourism and recreation in various aspects: related to health, natural, economic, cultural and social phenomena connected with them	K_U01
EU04	Possesses the ability to prepare and orally present a written report on the results of his/her own actions and reflections, using basic theoretical approaches and various sources	K_U06
EU05	Can use specialist movement skills in selected forms of physical activity (recreational, health, sport and aesthetic)	K_U15
EU06	Can independently modify and create different forms of physical activity depending on environment and weather conditions	K_U16
EU07	Can plan and conduct tourist events, adjusted to the needs of the participants, which differ in age, health condition, level of knowledge and interests as well as financial means	K_U17
SOCIAL COMPETENCES		
EU08	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
EU10	Is ready to adapt and act in new conditions and situations	K_K06
EU11	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 – pc		
1) Organizational classes, familiarization with the curriculum, subject matter, basic concepts, safety rules during physical activities, conditions for passing. 2) Integration games and activities 3) Orientation and ordering games and activities 4) Games with singing 5) Games and activities with unusual accessories 6) Running games, fun racing 7) Team games using - indiaka, ringo, blanket, pillow, pin, zip, etc. 8) Team and sports games without a net dodgeball, dodgeball, floorball, square, etc. 9) Recreational festival		
12. Didactic tools/methods		
1. Multimedia presentations		
2. Studying literature of the subject		
3. Equipment for leisure games: indiaka, jerk, canopy, stilts, pedal, ringo, etc.		
13. Methods of assessment		
1. Class attendance and active participation		
2. Conspectus, continuous evaluation		
3. Conducting a selected type of games and recreational activities with a group		
14. Student workload		
Form of activity		number of hours
1. Classes with direct participation of the teacher and consultations		35
2. Student workload		15
sum		50
Total number of ECTS credits		2
15. Literature		
Basic literature:		

1. Bator A., Buła A., Stanek L., (2002): Popularne gry rekreacyjne, Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie
2. Trzeźniowski R. (1995): Zabawy i gry i ruchowe. Warszawa: WSiP.
3. Węgrzyn E., Umiastowska D., Pławińska L., (2002) Zabawy i gry ruchowe w wychowaniu fizycznym, Wydawnictwo Naukowe Uniwersytetu Szczecińskiego
Supplementary literature:
1. Bronikowski M., Muszkieta R., (200):Zabawy i gry ruchowe w szkolnym wychowaniu fizycznym, Akademia Wychowania Fizycznego im. Eugeniusza Piaseckiego w Poznaniu
2. Bator A., Buła A., Stanek L. (2002): Popularne gry rekreacyjne. Kraków: AWF.
16. Forms of assessment - details
<p>Conditions for obtaining course credit: classes end with a credit with a grade Percentage breakdown of the assessed effects in terms of knowledge, skills, competences: W - 30%, U - 60%, K - 10%</p> <p>The condition for obtaining a positive grade is carrying out the indicated type of leisure games and activities with the group, preparation of an conspectus, and active participation in classes. The final grade is the arithmetic mean of the grades for conducting the classes, the prepared conspectus, and the observation of the student's commitment and work throughout the semester.</p>
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. Classes will be held at John Paul II University in Biała Podlaska or online
3. Classes will be held in accordance with the current schedule
4. Office hours will be held in accordance with the applicable schedule