

SYLLABUS FOR 2023/2024 ENROLLMENT

GENERAL INFORMATION

1. Name of the course

Pedagogy of leisure time

2. Name of the faculty

Department of Tourism and Recreation

3. Level of education

First-cycle studies

4. Number of ECTS credits

3

5. Number of hours per semester

semester	lecture	classes	lab./flc	prj./pc	self-study	internship
II	15	30				

6. Language of instruction: English

7. Lecturer

Ewa Stępień – PhD

DETAILED INFORMATION

8. Access requirements

1. Knowledge of the basic conceptual categories of recreation

9. Objectives of the course

C1 To introduce basic notions and terms from the scope of Pedagogy, Leisure Pedagogy and Leisure Education.

C2 To gain skills in managing leisure time to enhance productivity at work and recovery outside work.

C3 To understand and make a personal commitment to values relating to health and well-being.

C4 To make students aware of the didactic and educational values in the life of modern man.

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
EU03	He/she knows and understands different types of social structures and institutions (cultural, political, legal, economic and physical culture related) and their essential elements	K_W03
EU04	He/she knows and understands views and relations between structures of social institutions and types of social bonds and	K_W04

	their historical evolution on national, international and intercultural scale	
SKILLS		
EU05	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
EU06	Can independently acquire knowledge in the process of self-study and is able to develop research skills, use basic research equipment	K_U09
EU07	Can use specialist movement skills in selected forms of physical activity (recreational, health, sport and aesthetic)	K_U15
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
EU09	Is ready to develop and use interpersonal skills	K_K07
EU10	Is ready to independently acquire and improve knowledge and professional and research skills	K_K08
11. Programme content		
Form of the activity – Lecture		
<ol style="list-style-type: none"> Definitions of basic notions connected with pedagogy as a science of upbringing. The subject and tasks of the pedagogy. The civilisation determinants of the development of the pedagogy. The relationship of the pedagogy with other sciences. The basic tasks of the pedagogy of leisure time. The essence and scope of the concept of free time. Functions of free time. The dynamics of free time - historical outline. Civilization and cultural conditionings and their influence on sphere of free time. Free time in the system of values of contemporary man. Specificity of activities realised in free time. Budget and content of free time. Factors determining free time behaviour of a man. Culture of free time. Barriers and limitations in access to free time. Education to free time. Role of intentional and natural educational environments. Free time activities and civilisation trends and fashion. The profile and style of the work of the educator - instructor leading the activity in the free time. 		
Form of the activity – Classes		
<ol style="list-style-type: none"> Fun in human life, its essence, role and types. Forms of recreational activities carried out in free time, their specificity. 3) Organization of free time activities in terms of needs and interests of different demographic and social groups: children and youth, family, working people, elderly and disabled. 4) The educational, educational, health and cultural significance of leisure time. 5) Education to free time - important problem of contemporary times. Methods of forms of upbringing to free time. 6) Upbringing to free time in family. The role of school and out-of-school institutions in upbringing to free time. Environments supporting forms of the utilization of free time. 7) Symptoms of improper spending of free time (violence, aggression). of free time (violence, aggression, subcultures, sects, blocks of flats, loneliness in the Internet. 8) Negative consequences of addictions to information technologies (television, computers and computer games, the Internet. The dangers of cyberspace - health, psychological, moral, social risks, etc. 		
12. Didactic tools/methods		
<ol style="list-style-type: none"> Discussion 		

2. Problem solving	
3. Explanation and multimedia presentation	
4. Consultation	
13. Methods of assessment	
1. Multimedia presentation	
2. Attendance and activity during classes	
3. Colloquia in class	
4. Pass mark	
14. Student workload	
Form of activity	number of hours
1. Classes with direct participation of the teacher and consultations	50
2. Student workload	25
sum	75
Total number of ECTS credits	3
15. Literature	
Basic literature:	
1. Pięta J. (2008), Pedagogika czasu wolnego. Almamater, Warsaw	
2. Tauber R., Siwiński W. (2002): Pedagogy of free time. Lecture outline. Wyższa Szkoła Hotelarstwa i Gastronomii w Poznaniu, Poznań.	
3. Czerepaniak Walczak M. (2007), Wychowanie do czasu wolnego [Education to the free time], [in:] Dudzikowa M.,	
Supplementary literature:	
1. Muszyński W. (2008), Quality of life and free time in contemporary society, Wyd. Adam Marszałek, Toruń.	
2. Kwieciński Z., Śliwierski B. (2004), Pedagogy. OWN. Warsaw.	
3. Jędrzejko M. (2006), Social pathologies, University of Humanities.	
16. Forms of assessment - details	
Prerequisites for obtaining credit for the course: the course ends with a credit Written assessment of the content of lectures -Time limit: 45 minutes -choice test or descriptive questions - The criterion for passing is obtaining 60% of positive answers. The criterion for passing of the laboratory classes is obtaining positive mark of the written or oral tests.) The condition for obtaining a positive mark is obtaining 60% of correct answers. Students may prepare a presentation on a topic chosen by the teacher. The final grade for the laboratory classes is the average of all grades obtained and the student's work during the semester.	
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	