

# TOURISM AND RECREATION

Subjects available to choose from on each year/semester are marked with ECTS points and highlighted in colour.

Lp	Subject name	1st year		2nd year		3rd year	
		1st semester (winter)	2nd semester (summer)	3rd semester (winter)	4th semester (summer)	5th semester (winter)	6th semester (summer)
1	Informational Technology					2	
2	Theory and methodology of recreation			2			
3	Tour planning and tourism management				2		
4	Philosophy	1					
5	Sociology	2					
6	Tourism in practice		2				
7	Social competences	2					
8	Foreign language: English	2	2	2	2	1	1
9	Foreign language: Russian or German	1	1	1	1		
10	Recreational games		2		2		
11	Fitness	2					
12	Physical education		2	2		2	
13	Management in tourism and recreation				2		
14	Law in tourism				2		
15	Marketing basics						2
16	History of art. and architecture	4					
17	Human Physiology		4				
18	Psychology	4					
19	Ecology and environmental protection		3				
20	Economy	4					
21	Law			5			
22	Management			5			
23	Health education and health promotion					2	
24	Tourist and recreation development						3
25	World Tourism Regions					2	
26	Tourism fairs					2	
27	Statistics					3	
28	Information in tourism						3
29	Transport in tourism						3
30	Farm tourism / Eco tourism						2
31	Tourism and recreation of disabled people						3
32	Intellectual property rights						1
<b>Specialised Sciences</b>							
1	Tourism basics	4					
2	Recreation basics	4					
3	Paradogy of leisure time		3				
4	Geography of tourism		4	4			
5	Regional and cultural studies				4		
6	Tourism servicing			5			
7	Economics of tourism and recreation			2	3		
8	Hospitality					5	
<b>SPECJALNOŚCI / SPECJALIZACJE</b>							
<b>Speciality1: Healthful tourism and recreation</b>							
1	Personal training				1	2	
2	Hipotherapy				2		
3	Planning and service of tourism and recreational events				2		
4	Wellness				2	2	
5	Health education					1	2
6	Aqua aerobic						3
7	Recreation for disabled and elderly people					3	
8	SPA & Health Resorts Tourism						4
<b>Speciality2: Touring servicing</b>							
1	Profession and servicing ethics				2		
2	World and Polish tourism organisations				1		
3	Operation and organization of travel agency				2		
4	Promotion of tourism services				2		
5	Management and organization of tourism events					3	
6	Management and organization of recreational events					3	
7	Management of Human Resources in tourism					2	
8	Catering and accommodation services						3
9	Leisure time animation						3
10	Booking systems in tourism						3

# SYLLABUS FOR 2020/2021 ACADEMIC YEAR

## GENERAL INFORMATION

<b>1. Name of the course</b>	Foreign Language I														
<b>2. Name of the institution</b> (the name should be indicated in accordance with the Statute of Pope John Paul II State School of Higher Education in Biała Podlaska)	Faculty of Health Sciences, Department of Tourism and Recreation														
<b>3. Content group</b>	-														
<b>4. Type of the course</b>	obligatory														
<b>5. Level of education</b>	First-cycle studies														
<b>6. Number of ECTS credits</b>	8														
<b>7. Level of the course</b>	intermediate														
<b>8. Year of studies, semester</b>	Year I, semester I –winter, semester II - summer Year II, semester III -winter Year III, semester V – winter, semester VI - summer														
<b>9. Number of hours per semester</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px solid black;">Lecture</td> <td style="border-bottom: 1px solid black;">Classes</td> <td style="border-bottom: 1px solid black;">Lab*</td> <td style="border-bottom: 1px solid black;">Project</td> <td style="border-bottom: 1px solid black;">Self-study</td> <td style="border-bottom: 1px solid black;">Practical classes</td> <td style="border-bottom: 1px solid black;">Internship</td> </tr> <tr> <td colspan="7" style="text-align: center;">30</td> </tr> </table>	Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship	30						
Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship									
30															
<b>10. Language of instruction:</b>	English														
<b>11. Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes)	Małgorzata Wasilewska, dr														

## DETAILED INFORMATION

<b>12. Access requirements</b>	
Knowledge of English Language at A2 Level according to Common European Framework of Reference for Languages, CEFR	
<b>13. Objectives of the course</b>	
C1 Mastering the English language at B2 level in accordance with the Common European Framework of Reference for Languages in terms of general and specialist language C2 Expanding the student's knowledge of general English language with the ability to use specialist vocabulary characteristic for a given field, in accordance with the field of study C3 Preparation for using foreign language sources in the field of study	
<b>14. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>SKILLS</b>	
EU01 fairly fluently formulate oral statements on the topics of everyday life and topics related to the field of study	<b>K_U08</b>
EU02 write clear, concise texts on everyday and professional life topics.	<b>K_U08</b>
EU03 read and have a satisfactory understanding of texts on topics related to future work and everyday life.	<b>K_U08</b>

EU04 understand clear information in oral form about everyday facts and topics related to future professional activities.	K_U08
EU05 fairly correctly use lexical and grammatical structures in accordance with the level of education implemented.	K_U08
<b>SOCIAL COMPETENCES</b>	
EU06 can communicate in the workplace and outside and is able to pass his/her knowledge by using different means of information (in mother tongue and English)	K_K02
<b>15. Programme content</b>	
<b>Foreign Language Classes</b>	
<p>Topics / vocabulary, communication functions and grammatical structures in accordance with the "Common European Framework of Reference for Languages" at the B1 / B2 language proficiency level based on the specialist language and in accordance with the material distribution appropriate for the textbook, e.g.:</p> <p><b>Thematic issues</b></p> <ol style="list-style-type: none"> <li>1. Self-presentation</li> <li>2. Science, professional career</li> <li>3. Healthy lifestyle</li> <li>4. The natural environment</li> <li>5. World economy</li> <li>6. Communication in the modern world</li> <li>7. Cultural aspects</li> </ol> <p><b>Grammar and lexical issues</b></p> <ol style="list-style-type: none"> <li>1. Grammar Tenses</li> <li>2. Passive voice</li> <li>3. Conditional sentences</li> <li>4. Reported speech</li> <li>5. Modal verbs</li> <li>6. Phrasal verbs</li> <li>7. Comparative and Superlative forms of the adjectives</li> <li>8. Word formation</li> </ol> <p><b>Specialist component</b></p> <ol style="list-style-type: none"> <li>1. Texts / specialized articles - reading in order to understand the general message of the text, details, key words and phrases; paraphrasing information; summarizing texts</li> <li>2. Selected issues in the specialist language related to the field studied - materials placed in the Virtual Learning Environment and / or selected by the teacher related to the broadly understood tourism services sector: <ol style="list-style-type: none"> <li>1. Vocabulary related to the hotel industry</li> <li>2. Vocabulary related to gastronomy</li> <li>3. Transport vocabulary</li> <li>4. Vocabulary related to the organization and management of tourist traffic</li> </ol> </li> </ol>	
<b>16. Didactic tools/methods</b>	
1. Discussion	
2. Problem solving	
3. Explanation and multimedia presentation	
4. Coursebook	
5. Dictionary	
6. Internet resources	
7. Scientific papers / authentic texts	
8. Consultation	
<b>17. Methods of assessment (F – forming; S – summarizing)</b>	
F1. Presence and active participation in classes	
F2. Tests / colloquia	
F3. Written assignment	

F4. The presentation	
F5. Oral assignment	
P1. Graded credit	
P2. Exam result	
<b>18. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher**	175
Preparing for classes and tests	15
Preparing for the final exam	10
SUM	200
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE	
8	
<b>19. Basic and supplementary literature</b>	
Basic literature:	
1. Catrin E. Morris, <i>Flash on English for Tourism, ESP Series</i> , ELI, European Language Institute, 2017.	
2. Evans V., Dooley J., Garza V., <i>Career Paths. Tourism</i> , Express Publishing, 2013.	
3. Matasek A., <i>Język angielski Ćwiczenia i testy gramatyczno-leksykalne</i> , Handy Books, 2013.	
4. Rawdon W., <i>Check Your English Vocabulary for Leisure, Travel and Tourism</i> , London, 2007.	
Supplementary literature:	
1) <a href="http://www.bbc.co.uk/learningenglish/">http://www.bbc.co.uk/learningenglish/</a>	
2) <a href="https://www.ted.com/">https://www.ted.com/</a>	
3) Andrew Betsis, <i>Succeed in TOEIC - Student's Book with 10 Practice Tests, Self Study Guide</i> , Simon & Schuster, 2011.	
<b>20. Forms of assessment - details</b>	
Conditions for obtaining course credit: Classes end with a graded credit in semester I, II, III, V and an examination in semester VI. The classes of Foreign Language I - (English) in the 6th semester end with a written exam. The overall grade from the 6th semester is the grade from the last semester in 30% and the grade from the written exam in 70%. Exemptions from the exam are granted to students who obtained a four grade of 5.0 in four semesters and a one grade of 4.5 or 5.0. Components of the semester grade: 85% are the student's language skills, 15% are the student's social skills / attitude. Method of verifying learning outcomes in terms of skills: 2 tests per semester covering tasks checking language skills and lexical-grammatical structures in the field of general and specialized language. Percentage rating scale: 100% - 90% = 5.0 89% - 85% = 4.5 84% - 75% = 4.0 74% - 68% = 3.5 67% - 51% = 3.0 50% - 0% = 2.0 The absence during the test is equivalent to the insufficient evaluation (2.0). In the event of absence or receiving a negative grade, the student is required to pass the test on the re-sit date - set by the teacher. Presentation / Oral performance (evaluation component: content 50%, accuracy 30%, fluency 20%). The method of verification of learning outcomes in the field of social competences: Observation of the student's involvement and work throughout the semester.	
<b>21. Other useful details concerning the course</b>	
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 PSW 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	

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes  
**and office hours**

## SYLLABUS FOR 2020/2021 ACADEMIC YEAR

### GENERAL INFORMATION

<b>1. Name of the course</b> Foreign Language II
<b>2. Name of the institution</b> (the name should be indicated in accordance with the Statute of Pope John Paul II State School of Higher Education in Biała Podlaska) Faculty of Health Sciences, Department of Tourism and Recreation
<b>3. Content group</b> -
<b>4. Type of the course</b> optional
<b>5. Level of education</b> First-cycle studies
<b>6. Number of ECTS credits</b> 4
<b>7. Level of the course</b> elementary
<b>8. Year of studies, semester</b> Year I, semester I – winter, semester II - summer
<b>9. Number of hours per semester</b> Lecture      Classes      Lab*      Project      Self-study      Practical classes Internship
30
<b>10. Language of instruction:</b> Polish, German
<b>11. Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes) Violetta Pakaluk, mgr

### DETAILED INFORMATION

<b>12. Access requirements</b>	
Knowledge of German Language at A2 Level according to Common European Framework of Reference for Languages, CEFR	
<b>13. Objectives of the course</b>	
C1 Mastering the German language at B2 level in accordance with the Common European Framework of Reference for Languages in terms of general and specialist language ;	
C2 Expanding the student's knowledge of general German language with the ability to use specialist vocabulary characteristic for a given field, in accordance with the field of study;	
C3 Preparation for using foreign language sources in the field of study.	
<b>14. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>SKILLS</b>	
EU01 fairly fluently formulate oral statements on the topics of everyday life and topics related to the field of study;	<b>K_U08</b>
EU02 write clear, concise texts on everyday and professional life topics;	<b>K_U08</b>
EU03 read and have a satisfactory understanding of texts on topics related to future work and everyday life;	<b>K_U08</b>

EU04 understand clear information in oral form about everyday facts and topics related to future professional activities;	<b>K_U08</b>
EU05 fairly correctly use lexical and grammatical structures in accordance with the level of education implemented;	<b>K_U08</b>
<b>SOCIAL COMPETENCES</b>	
EU06 can communicate in the workplace and outside and is able to pass his/her knowledge by using different means of information in German language.	<b>K_K08</b>
<b>15. Programme content</b>	
<b>Foreign Language Classes</b>	
<p>Topics / vocabulary, communication functions and grammatical structures in accordance with the "Common European Framework of Reference for Languages" at the B1 / B2 language proficiency level based on the specialist language and in accordance with the material distribution appropriate for the textbook, e.g.:</p> <p><b>Thematic issues</b></p> <p>Thematic issues 1. At the reception</p> <ol style="list-style-type: none"> <li>2. Confirmation of booking (written, telephone)</li> <li>3. Check - in - service</li> <li>4. Check - in - documentation</li> <li>5. Hotel and hotel premises</li> <li>6. Hotel staff</li> <li>7. Hotel services</li> <li>8. Complaints and claims</li> <li>9. In the hotel restaurant</li> <li>10. Free time offer at the hotel</li> <li>11. Excursion programs</li> <li>12. Tours - documentation</li> <li>13. Check - out</li> <li>14. Tourist information</li> <li>15. Tourist attractions in German-speaking countries</li> <li>16. Looking for a job</li> </ol>	
<b>16. Didactic tools/methods</b>	
1. Working with a textbook / dictionary	
2. Information and communication technologies, multimedia presentations	
3. Internet resources	
4. Authentic texts	
5. Communication method	
6. Discussion	
7. Problem solving	
8. Consultation	
<b>17. Methods of assessment (F – forming; S – summarizing)</b>	
F1. Presence and active participation in classes	
F2. Tests / colloquia	
F3. Written assignment	
F4. Oral assignment	
P1. Graded credit	
<b>18. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher**	80
Preparing for classes and a test	20
SUM	100
<b>TOTAL NUMBER OF ECTS CREDITS</b>	

FOR THE COURSE	4
<b>19. Basic and supplementary literature</b>	
Basic literature:	
1. U. Cohen, <i>Zimmer frei Deutsch im Hotel</i> . Berlin, 2012.	
2. U. Cohen, <i>Herzlich willkommen – Deutsch in Restaurant und Tourismus</i> . Berlin, 2012.	
Supplementary literature:	
1) Anna Kryczyńska-Pham, Justyna Łuczak, <i>Grammatik – Gramatyka języka niemieckiego z ćwiczeniami</i> . Warszawa, 2017.	
2) Przemysław Gębał, <i>Repetitorium leksykalne – przygotowanie do egzaminów językowych</i> . Poznań, 2010.	
<b>20. Forms of assessment - details</b>	
<u>Conditions for obtaining course credit:</u>	
Classes end with a graded credit in semester I and II.	
Components of the semester grade: 85% are the student's language skills, 15% are the student's social skills / attitude.	
<u>Method of verifying learning outcomes in terms of skills:</u>	
<ul style="list-style-type: none"> <li>2 tests per semester covering tasks checking language skills and lexical-grammatical structures in the field of general and specialized language.</li> </ul>	
Percentage rating scale:	
100% - 90% = 5.0	
89% - 85% = 4.5	
84% - 75% = 4.0	
74% - 68% = 3.5	
67% - 51% = 3.0	
50% - 0% = 2.0	
<ul style="list-style-type: none"> <li>The absence during the test is equivalent to the insufficient evaluation (2.0). In the event of absence or receiving a negative grade, the student is required to pass the test on the re-sit date - set by the teacher. Presentation / Oral performance (evaluation component: content 50%, accuracy 30% language, fluency 20%).</li> </ul>	
<u>The method of verification of learning outcomes in the field of social competences:</u>	
<ul style="list-style-type: none"> <li>Observation of the student's involvement and work throughout the semester.</li> </ul>	
<b>21. Other useful details concerning the course</b>	
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 PSW 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	

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes

**and office hours**

## SYLLABUS FOR 2020/2021 ACADEMIC YEAR

### GENERAL INFORMATION

<b>1. Name of the course</b> Leisure games														
<b>2. Name of the institution</b> (the name should be indicated in accordance with the Statute of Pope John Paul II State School of Higher Education in Białą Podlaską) Faculty of Health Sciences, Department of Tourism and Recreation														
<b>3. Content group</b> -														
<b>4. Type of the course</b> Mandatory														
<b>5. Level of education</b> First-cycle studies														
<b>6. Number of ECTS credits</b> 2														
<b>7. Level of the course</b> Basic														
<b>8. Year of studies, semester</b> Year I, semester II –summer														
<b>9. Number of hours per semester</b>														
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 12.5%;">Lecture</td> <td style="width: 12.5%;">Classes</td> <td style="width: 12.5%;">Lab*</td> <td style="width: 12.5%;">Project</td> <td style="width: 12.5%;">Self-study</td> <td style="width: 12.5%;">Practical classes</td> <td style="width: 12.5%;">Internship</td> </tr> <tr> <td colspan="6" style="text-align: right;">30</td> <td></td> </tr> </table>	Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship	30						
Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship								
30														
<b>10. Language of instruction: English</b>														
<b>11. Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes) Michał Bergier – ph.D														

### DETAILED INFORMATION

<b>12. Access requirements</b>	
Basic knowledge in the field of recreation	
<b>13. Objectives of the course</b>	
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.	
<b>14. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>KNOWLEDGE</b>	
EU01 knows and explains various phenomena of physical culture science	K_W01
EU02 has advanced knowledge and is familiar with the terminology in the field of physical culture science	K_W02
<b>SKILLS</b>	
EU03 can identify human individual needs in tourism and recreation in various aspects related to health phenomena connected with them	K_U01
EU04	K_U06
EU05	K_U15

EU06 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_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
<b>SOCIAL COMPETENCES</b>	
EU08 is active in independent task performance, in particular in the case of needs arising from the changing conditions related to the organisation of tourist events and leisure activities	K_K04
EU10 can adapt to and act in new conditions and situations	K_K06
EU11 shows care for the safety of people who participate in leisure activities and tourist events, in particular in the situation of potential threats and when the proven rules of conduct are complied with	K_K12
<b>15. Programme content</b>	
Practical classes	
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 - indiaką, ringo, blanket, pillow, pin, zip, etc. 8) Team and sports games without a net dodgeball, dodgeball, floorball, square, etc. 9) Recreational festival	
<b>16. Didactic tools/methods</b>	
1. Multimedia presentations	
2. Studying literature of the subject	
3. Equipment for leisure games: indiaką, jerk, canopy, stilts, pedal, ringo, etc.	
<b>17. Methods of assessment (F – forming; S – summarizing)</b>	
F1. Class attendance and active participation	
F2. Conspectus, continuous evaluation	
P2. Conducting a selected type of games and recreational activities with a group	
<b>18. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher**	35
Reading the indicated literature	5
Preparing for classes	10
SUM	50
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE	
	2
<b>19. Basic and supplementary literature</b>	
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.

#### **20. Forms of assessment - details**

##### **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%

The condition for obtaining a positive grade is carrying out the indicated type of leisure games and activities with the group, preparation of a 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.

#### **21. 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 PSW 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

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes

**and office hours**

# SYLLABUS FOR 2020/2021 ACADEMIC YEAR

## GENERAL INFORMATION

<b>1. Name of the course</b>	Management
<b>2. Name of the institution</b> (the name should be indicated in accordance with the Statute of Pope John Paul II State School of Higher Education in Białá Podlaska) <b>Faculty of Health Sciences, Department of Tourism and Recreation</b>	
<b>3. Content group</b>	-
<b>4. Type of the course</b>	mandatory
<b>5. Level of education</b>	First-cycle studies
<b>6. Number of ECTS credits</b>	3
<b>7. Level of the course</b>	basic
<b>8. Year of studies, semester</b>	Year I, semester II– summer
<b>9. Number of hours per semester</b>	
Lecture	Classes
Lab*	Project
Self-study	Practical classes
Internship	
15	30
<b>10. Language of instruction: English</b>	
<b>11. Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes) Agnieszka Kozak – dr Tomasz Mazurek - mgr	

## DETAILED INFORMATION

<b>12. Access requirements</b>	
1) Using basic management concepts	
<b>13. Objectives of the course</b>	
C1 To provide theoretical and practical knowledge of management sciences and related sciences concerning the essence and regularity of organisation functioning.	
C2 To develop competences which enable the student to undertake professional work as a manager in various tourist organisations.	
C3 To get acquainted with modern methods and techniques of management and their use	
<b>14. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>KNOWLEDGE</b>	
EU01 Student knows and explains various regularities of organisation functioning, knows modern methods of management.	K_W01, K_W02
EU02 The student knows and interprets basic competences enabling professional work as a manager	K_W08, K_W09
<b>SKILLS</b>	
EU03 The student is able to use basic vocabulary in the field of organisation and management	K_U08, K_U04

EU04 The student is able to use the specialised knowledge to cooperate with other functional areas in typical professional situations	K_U02
<b>SOCIAL COMPETENCES</b>	
EU05 The student is prepared to organize and manage the work of teams and organizations within and outside the work environment.	K_K01, K_K06
<b>15. Programme content</b>	
<b>Lecture</b>	
<ol style="list-style-type: none"> <li>1) Basic concepts of management</li> <li>2) Roles of a manager</li> <li>3) Scientific management (Taylor, Ford, Fayol, Weber, Mayo, McGregor)</li> <li>4) Environment of the organisation</li> <li>5) Organisation strategy</li> <li>6) Organisation structure</li> <li>7) motivation</li> <li>8) Culture of the organisation</li> <li>9) controlling and controlling</li> <li>10) Elements of quality management</li> <li>11) Management models - European, Asian, American</li> </ol>	
<b>Classes</b>	
<ol style="list-style-type: none"> <li>1) Description of the franchisor and the requirements to be met in order to open your own unit. Briefly describe the type of franchisor's business, including: number of franchise units, size and scope of operation, and requirements to establish a franchise unit, Specify the type of business (retail, manufacturing, service, mixed)</li> <li>2) Characteristics of the industry, including trends, competition</li> <li>3) Name and seat of the company</li> <li>4) Organisational and legal form</li> <li>5) Type of activity</li> <li>6) Size of activity and territorial range</li> <li>7) Characteristics of the company's resources and sources of their financing</li> <li>8) Characteristics of organisational structure (ways of formal communication)</li> <li>9) Characteristics of management styles of executives, required skills</li> </ol> <p>Strategy of the organization</p> <ol style="list-style-type: none"> <li>a) Mission</li> <li>b) Description of the strategy, domain of activity and strategic advantage</li> <li>c) Strategic goals</li> </ol> <ol style="list-style-type: none"> <li>10) Strategic analysis of the organization made by means of two methods: SWOT, BCG</li> <li>11) Tree of goals - mission, strategic, tactical and operational goals</li> </ol> <p>Control, including control of strategy implementation</p>	
<b>16. Didactic tools/methods</b>	
1. Projects and practical exercises	
2. Presentation	
3. Didactic films, consultations	
<b>17. Methods of assessment (F – forming; S – summarizing)</b>	
F1. Projects and practical exercises	
F2. Presentation	
P1. Examination and passing with assessment	
<b>18. Student workload</b>	
Form of activity	average number of hours to complete the activity

Contact hours with the teacher**	55
Preparation for class and the colloquium	5
Preparation of presentations	5
Preparation for the final assessment	10
SUM	75
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE 3	
<b>19. Basic and supplementary literature</b>	
Basic literature:	
1) Griffin R.W. Podstawy zarządzania organizacjami, PWN, Warszawa, 2006	
2) Korzeniowski L, Podstawy zarządzania organizacjami, Warszawa, Difin, 2011.	
Supplementary literature:	
1) Books by B. Tracy - all available to the student e.g. Eat That Frog. Habits worth millions.	
2) Jemielniak M., Latusek D., Zarządzanie teoria i praktyka od podstaw, ćwiczenia (Management theory and practice from scratch, exercises), Publishing House of Leon Koźmiński Academy of Entrepreneurship and Management in Warsaw 2005	
<b>20. Forms of assessment - details</b>	
<b>Conditions for obtaining course credit:</b>	
Course completion conditions: the course ends with an exam and a pass mark	
Percentage distribution of assessed effects in categories of knowledge, skills, competences: W - 60%, U - 35%, K - 5%	
Written assessment to check student's knowledge	
- Time 60 minutes	
- 5 problem/descriptive questions.	
- The condition to obtain a positive mark is 60% of positive answers.	
- Scoring - each question is scored on a scale from 0 to 1 point. A maximum of 5 points is possible, a minimum of 3 points.	
- 0 - 2.9 points - unsatisfactory (2.0)	
- 3.0 - 3.4 sufficient (3.0)	
- 3.4 - 3.9 sufficient plus (3.5)	
- 4.0 - 4.4 good (4.0)	
- 4.5 - 4.9 good plus (4.5)	
- 5.0 very good (5.0)	
A prerequisite for passing the classes is obtaining positive grades for current work based on working out subsequent tasks resulting from the project work plan. In addition, the course credit is based on the submission of a project work based on 13 detailed tasks (printout).	
Subsequent tasks in the work are evaluated on the basis of: theoretical basis of the task, creativity, use of appropriate tools to describe individual phenomena.	
<b>21. Other useful details concerning the course</b>	
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 PSW 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	

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes

**and office hours**

# SYLLABUS FOR 2020/2021 ACADEMIC YEAR

## GENERAL INFORMATION

<b>1. Name of the course</b> Multiculturalism in tourism														
<b>2. Name of the institution</b> (the name should be indicated in accordance with the Statute of Pope John Paul II State School of Higher Education in Białą Podlaska) Faculty of Health Sciences, Department of Tourism and Recreation														
<b>3. Content group</b> -														
<b>4. Type of the course</b> To choose														
<b>5. Level of education</b> First-cycle studies														
<b>6. Number of ECTS credits</b> 2														
<b>7. Level of the course</b> Basic														
<b>8. Year of studies, semester</b> Year I, semester I –winter														
<b>9. Number of hours per semester</b>														
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 12.5%;">Lecture</td> <td style="width: 12.5%;">Classes</td> <td style="width: 12.5%;">Lab*</td> <td style="width: 12.5%;">Project</td> <td style="width: 12.5%;">Self-study</td> <td style="width: 12.5%;">Practical classes</td> <td style="width: 12.5%;">Internship</td> </tr> <tr> <td colspan="7" style="text-align: center;">15</td> </tr> </table>	Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship	15						
Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship								
15														
<b>10. Language of instruction: English</b>														
<b>11. Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes) Mariusz Ryszkowski mgr														

## DETAILED INFORMATION

<b>12. Access requirements</b>	
Knowledge of English language at B2 level	
<b>13. Objectives of the course</b>	
C1 Introduction to basic information on multiculturalism	
C2 Familiarisation with the most important information on multiculturalism in tourism	
C3 Learning about the man ethnic and religious groups	
C4 Learning about the main problems related to multiculturalism	
C5 Getting to know the main tourist attractions related to multiculturalism	
<b>14. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>KNOWLEDGE</b>	
Has advanced knowledge and is familiar with the terminology in the field of humanities, and social, natural sciences and physical culture science	K_W02
Has knowledge of the views and the relationships between social structures and institutions, and forms of social ties and their historical evolution on the national, international and inter-cultural scale	K_W04
<b>SKILLS</b>	
Can use specialized knowledge to collaborate with other functional areas in typical professional situations	K_U02

Has the ability to argue on the merits using the views of other authors and draw conclusions	K_U13
<b>SOCIAL COMPETENCES</b>	
Can adapt to and act in new conditions and situations	K_K06
<b>15. Programme content</b>	
<b>Classes</b>	
<ol style="list-style-type: none"> <li>1. Multiculturalism. Definitions and terms related to the topic</li> <li>2. Multiculturalism in tourism</li> <li>3. Major ethnic religious groups</li> <li>4. The most important national minorities</li> <li>5. Multiculturalism as social problem</li> <li>6. Intercultural identity</li> <li>7. Intercultural dialogue</li> <li>8. Multiculturalism as a tourist attraction</li> <li>9. Cultural diversity in Europe</li> <li>10. Multicultural prejudice</li> <li>11. Multicultural attractions in Poland</li> <li>12. Multiculturalism in eastern Poland</li> </ol>	
<b>16. Didactic tools/methods</b>	
<ol style="list-style-type: none"> <li>1. Discussion</li> <li>2. Problem solving</li> <li>3. Working with text and multimedia presentation</li> <li>4. Consultation</li> </ol>	
<b>17. Methods of assessment (F – forming; S – summarizing)</b>	
<ol style="list-style-type: none"> <li>1. Attendance and activity in class</li> <li>2. Multimedia presentation</li> </ol>	
<b>18. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher**	20
Reading the indicated literature	15
Preparing for classes and a test	
Preparing a presentation (speech)	15
Preparing for the final exam	
SUM	50
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE	2
<b>19. Basic and supplementary literature</b>	
Basic literature:	
<ol style="list-style-type: none"> <li>1) Wielokulturowość w turystyce. ( 2010 ) red. Puchnarewicz E, WSTiJ Warszawa</li> <li>2) Turystyka kulturowa. Fenomen, potencjał, perspektywy. Podręcznik akademicki. ( 2008 ) von Rohrscheid A. M, Gniezno</li> <li>3) Turystyka jako dialog kultur. ( 2005 ) red. Krawczyk Z, Lewandowska – Tarasiuk E, Sienkiewicz W, Warszawa</li> </ol>	
Supplementary literature:	
<ol style="list-style-type: none"> <li>1) Wielokulturowość. ( 2007 ), Gęsiak L, Rola religii w dynamice zjawiska, Kraków</li> <li>2) Tożsamość i obywatelstwo w społeczeństwie wielokulturowym, ( 2008 ), red. Oleksy E. M, Warszawa</li> <li>3) Człowiek pogranicza jako efekt dialogu tożsamościowego w warunkach wielokulturowości, w: Edukacja, studia, badania, innowacje, ( 2009 ), Nikitorowicz J, Warszawa</li> </ol>	
<b>20. Forms of assessment - details</b>	

**Conditions for obtaining course credit:**

Percentage distribution of assessed effects in categories: knowledge 70%, skills 20%, social competences 10%

- Credit in the form of a multimedia presentation
- Attendance and activity in class

**21. 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 PSW in Białą 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

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes

**and office hours**

# SYLLABUS FOR 2020/2021 ACADEMIC YEAR

## GENERAL INFORMATION

<b>1. Name of the course</b> Pedagogy of leisure time						
<b>2. Name of the institution</b> (the name should be indicated in accordance with the Statute of Pope John Paul II State School of Higher Education in Białą Podlaską) Faculty of Health Sciences, Department of Tourism and Recreation						
<b>3. Content group</b> -						
<b>4. Type of the course</b> mandatory						
<b>5. Level of education</b> First-cycle studies						
<b>6. Number of ECTS credits</b> 3						
<b>7. Level of the course</b> Basic						
<b>8. Year of studies, semester</b> I year, semester II- summer						
<b>9. Number of hours per semester</b>						
Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship
15	15					
<b>10. Language of instruction: English</b>						
<b>11. Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes) Ewa Stępień – dr						

## DETAILED INFORMATION

<b>12. Access requirements</b>	
1) Knowledge of the basic conceptual categories of recreation	
<b>13. Objectives of the course</b>	
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.	
<b>14. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>KNOWLEDGE</b>	
EU01 Student knows terms and can explain relations connected with pedagogy, physical culture, recreation and free time	K_W01, KW_02
EU02 Student knows methods of upbringing to free time and institutions upbringing to free time	K_W03, K_W04
<b>SKILLS</b>	
EU03 The student has the ability to prepare and present in oral and written form issues related to the pedagogy of free time and has movement skills in the range of forms used in free time.	K_U06, K_U09 K_U15
EU04 The student is able to gain knowledge about pedagogy of the leisure time on his/her own and is able to use basic research	K_U09

equipment.	
<b>SOCIAL COMPETENCES</b>	
EU05 Students are able to acquire and improve knowledge on their own and use it in group work.	K_W04, K_K07, K_K08
<b>15. Programme content</b>	
<b>Lecture</b>	
<ol style="list-style-type: none"> <li>1) Definitions of basic notions connected with pedagogy as a science of upbringing. The subject and tasks of the pedagogy.</li> <li>2) 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.</li> <li>3) Civilization and cultural conditionings and their influence on sphere of free time. Free time in the system of values of contemporary man.</li> <li>4) 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.</li> <li>5) Education to free time. Role of intentional and natural educational environments.</li> <li>6) Free time activities and civilisation trends and fashion.</li> <li>7) The profile and style of the work of the educator - instructor leading the activity in the free time.</li> </ol>	
<b>classes</b>	
<ol style="list-style-type: none"> <li>1) Fun in human life, its essence, role and types.</li> <li>2) Forms of recreational activities carried out in free time, their specificity.</li> <li>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.</li> <li>4) The educational, educational, health and cultural significance of leisure time.</li> <li>5) Education to free time - important problem of contemporary times. Methods of forms of upbringing to free time.</li> <li>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.</li> <li>7) Symptoms of improper spending of free time (violence, aggression). of free time (violence, aggression, subcultures, sects, blocks of flats, loneliness in the Internet.</li> <li>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.</li> </ol>	
<b>16. Didactic tools/methods</b>	
1. Discussion	
2. Problem solving	
3. Explanation and multimedia presentation	
4. Consultation	
<b>17. Methods of assessment (F – forming; S – summarizing)</b>	
F1. Multimedia presentation	
F2. Attendance and activity during classes	
P1. Colloquia in class	
P2. Pass mark	
<b>18. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher**	40
Reading the indicated literature	
Preparing for classes and a test	15
Preparing presentation	10
Preparing for the final exam	10

SUM	75
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE	3
<b>19. Basic and supplementary literature</b>	
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., Sliwierski B. (2004), Pedagogia. OWN. Warsaw.	
3) Jędrzejko M. (2006), Social pathologies, University of Humanities.	
<b>20. Forms of assessment - details</b>	
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.	
<b>21. Other useful details concerning the course</b>	
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 PSW 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	

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes  
**and office hours**

# SYLLABUS FOR 2020/2021 ACADEMIC YEAR

## GENERAL INFORMATION

<b>1. Name of the course</b> Regional and cultural studies						
<b>2. Name of the institution</b> (the name should be indicated in accordance with the Statute of Pope John Paul II State School of Higher Education in Białą Podlaską) Faculty of Health Sciences, Department of Tourism and Recreation						
<b>3. Content group</b> -						
<b>4. Type of the course</b> Mandatory						
<b>5. Level of education</b> First-cycle studies						
<b>6. Number of ECTS credits</b> 3						
<b>7. Level of the course</b> Intermediate						
<b>8. Year of studies, semester</b> Year I, semester II – summer						
<b>9. Number of hours per semester</b>						
Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship
15	30					
<b>10. Language of instruction: English</b>						
<b>11. Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes) Żbikowski Jarosław – ph.D Michał Bergier – ph.D						

## DETAILED INFORMATION

<b>12. Access requirements</b>	
1). Knowledge of the basics and concepts in the field of tourism	
2). Knowledge and ability to use the basic concepts of general geography	
<b>13. Objectives of the course</b>	
C1	Acquainting with the history, achievements, traditions of sightseeing, its forms and directions as well as organizations in Poland.
C2	Learning the methods of assessing the sightseeing values of Poland.
C3	Getting to know material and non-material sightseeing values of Poland.
C4	Getting to know the methods of implementing sightseeing ideas in the school environment, methods of sightseeing education and its role in shaping civic attitudes
C5	Equipping with the ability to classify and evaluate tourist and sightseeing resources and values.
<b>14. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>KNOWLEDGE</b>	
EU01 knows and explains various phenomena of tourism and sightseeing	K_W01, K_W02
<b>SKILLS</b>	
EU02 is able to use terminology at a basic level and the ability to assess the sightseeing values of Polish tourist regions.	K_U01, K_U02
EU03 Has the ability to observe, diagnose and evaluate tourist and sightseeing values and resources	K_U02, K_U03, K_U05

<b>SOCIAL COMPETENCES</b>	
EU04 is ready to take up professional and personal challenges and to communicate with the environment in workplace	K_K01, K_K02
<b>15. Programme content</b>	
<b>Lecture</b>	
1) The concept of sightseeing. Principles and scope of sightseeing, its role in society. 2) History of sightseeing in Poland. 3) Methods used in sightseeing. 4) Directions of sightseeing activities. 5) Sightseeing and school tourism. 6) Cultural heritage of Poland.	
<b>Classes</b>	
1) The concept of sightseeing. Historical view. Organization of sightseeing in Poland. 2) Polish castles and palaces. 3) Polish rituals and customs. 4) Sightseeing values of the the Bug River Landscape Area. 5) UNESCO World Heritage List - overview of selected sites. 6) Field activities in the city of Biała Podlaska 7) Field activities - a sightseeing trip around the Biała Podlaska district. 8) Jewish community - rituals and customs	
<b>16. Didactic tools/methods</b>	
1. Discussion	
2. Multimedia presentations	
3. Problem solving	
4. Documents analysis	
5. Map analysis	
<b>17. Methods of assessment (F – forming; S – summarizing)</b>	
F1. Presence and active participation in classes	
F2. Realization of assigned works / tasks	
P1. Final test	
P2. Exam	
<b>18. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher**	50
Preparing for classes and a test	25
SUM	75
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE	3
<b>19. Basic and supplementary literature</b>	
Basic literature:	
1) Bieńczyk G., Krajoznawstwo i jego związki z turystyką, Wyższa Szkoła Ekonomiczna, Warszawa 2003	
2) Krajoznawstwo w turystyce i szkole, Zarząd Główny PTTK, Warszawa 2003	
3) Janowski I., Krajoznawstwo i turystyka szkolna, Wyd. Akademii Świętokrzyskiej, Kielce 2003	
4) Kruczek Z., Sacha S., Geografia atrakcji turystycznych Polski, wyd. III, Proksenia, Kraków 2009	
5) Kruczek Z., Kurek A., Nowacki M., Krajoznawstwo. Zarys teorii i metodyki. Wyd. III, Proksenia, Kraków 2007	

6) Geografia turystyki Polski. Przewodnik do ćwiczeń krajoznawczych pod red. A. Stasiaka, Warszawa 2009

Supplementary literature:

1) Prószyńska-Bordas H., Krajoznawstwo : tradycja i współczesność, Difin, Warszawa 2016

2) Stasiak A. (red.), Dobroniak M., A to Polska właśnie... : przewodnik do ćwiczeń z geografii turystycznej i krajoznawstwa : praca zbiorowa, Wydawnictwo Wyższej Szkoły Turystyki i Hotelarstwa, Łódź 2006

## 20. Forms of assessment – details

### Conditions for obtaining course credit:

classes end with an exam and a credit with grade

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

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

Exam - written test of the lectures:

Single choice test. Time to perform the test - 35 minutes. Correct answer = 1 point.

Assessment: up to 50% - 2,0; 51% -65% - 3,0; 66% -75% - 3,5; 76% -85% - 4,0; 85% -99% - 4,5; 100% - 5,0

The condition for passing the exercises is to obtain positive grades from the presentations of the exercises prepared by the participants, as well as from the control work and the final test in written or oral form.

The condition for obtaining a positive assessment of the test (5 open / descriptive questions) is obtaining 60% positive answers.

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

## 21. 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 PSW 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

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes

**and office hours**

# SYLLABUS FOR 2020/2021 ACADEMIC YEAR

## GENERAL INFORMATION

<b>1. Name of the course</b>	Swimming course						
<b>2. Name of the institution</b> (the name should be indicated in accordance with the Statute of Pope John Paul II State School of Higher Education in Biła Podlaska)	Faculty of Health Sciences, Department of Tourism and Recreation						
<b>3. Content group</b>	-						
<b>4. Type of the course</b>	obligatory						
<b>5. Level of education</b>	First-cycle studies						
<b>6. Number of ECTS credits</b>	2						
<b>7. Level of the course</b>	basic						
<b>8. Year of studies, semester</b>	Year I, semester II –summer						
<b>9. Number of hours per semester</b>	Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship
							30
<b>10. Language of instruction: English</b>							
<b>Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes)	Dominik Dąbrowski - dr						

## DETAILED INFORMATION

<b>11. Access requirements</b>	
1) lack of	
<b>12. Objectives of the course</b>	
C1 To improve the general fitness and physical efficiency of the students.	
C2 To get acquainted with basic swimming styles, to improve swimming skills, to organise recreational events (games and plays) in a water environment.	
C3 To introduce the principles of a healthy lifestyle through movement and care for one's own health and safety while on the water.	
<b>13. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>KNOWLEDGE</b>	
EU01 Student demonstrates knowledge of conceptual categories and terminology in the physical culture sciences	K_W03
EU02 Student has detailed knowledge of the anatomy and functions of the human body	K_W06
<b>SKILLS</b>	
EU03 Student has specialist movement skills in selected forms of physical activity (recreational, health, sport and aesthetic)	K_U15
<b>SOCIAL COMPETENCES</b>	

EU04 Student shall take care of the level of physical fitness necessary for the education and performance of professional tasks	K_K03
EU05 Student demonstrates concern for the safety of those taking part in activities, especially in situations of potential danger and adherence to proven rules of conduct	K_K12
<b>14. Programme content</b>	
<b>Practical classes</b>	
1) Organisational classes, getting acquainted with the syllabus, getting familiar with the subject of the course, credit conditions, obligatory literature, safety rules in swimming classes. Evaluation of swimming skills. Division into a non-swimming group (I) and a swimming group (II).	
2) Group (I) Taming activities in water. Basic skills of movement in the water environment. Exercises in preparation for swimming. Self-assurance. Group (II) Basic exercises to improve freestyle and backstroke.	
3) Group (I) Exercises to improve freestyle and backstroke. Group (II) Basic exercises to improve breaststroke.	
4) Group (I) Exercises to teach and improve the breaststroke. Basic elements of water rescue. Group (II) Basic elements of water rescue.	
(5) Swimming event - swimming competition (assessment of swimming skills) assessment of event organisation skills.	
<b>15. Didactic tools/methods</b>	
1. Multimedia presentations, charts illustrating swimming techniques	
2. Study of the subject literature	
3. Swimming accessories	
<b>16. Methods of assessment (F – forming; S – summarizing)</b>	
F1. Attendance in class	
F2. Active and conscious participation in classes	
S2. Participation in a swimming event (assessment of swimming styles)	
<b>17. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher**	35
Preparing for classes and a test	5
Preparing for the final exam	10
SUM	50
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE	2
<b>18. Basic and supplementary literature</b>	
Basic literature:	
1) Kunicki Marcin (2008) Wybrane zdolności motoryczne a poziom sportowy młodych pływaków. Wyd. PWSZ w Raciborzu, s 106.	
2) Karpiński Ryszard (2011) Pływanie sportowe, korekcyjne, rekreacyjne / Ryszard Karpiński, Maria Jolanta Karpińska ; Akademia Wychowania Fizycznego im. Jerzego Kukuczki w Katowicach.	
3) Moska Waldemar, Przybylski Stanisław, Skalski Dariusz (2015) Ratownictwo wodne, sport pływacki i kultura fizyczna w teorii i praktyce. AWFIS Gdańsk, t 2, s. 256.	
Supplementary literature:	
1) Michałowski, Marek (2010) Pływanie: [historia, zasady, trening] / Marek Michałowski. Bielsko-Biała: Wydawnictwo Dragon, 2010, 47	
2) Dybińska, Ewa (2009) Uczenie się i nauczanie pływania: zagadnienia wybrane / Ewa Dybińska. Podręczniki i Skrypty / Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie, 1429-863; nr 32	
<b>19. Forms of assessment – details</b>	
<b>Conditions for obtaining course credit:</b> The course ends with a credit.	
Prerequisite for passing the practical classes is - obtaining positive marks from the swimming skills	

at the specified level.

Group (I) basic - a prerequisite for passing is performing a free jump into the water from the starter, swimming a distance of 50 m in two styles, and then remaining in the water in an upright position for about 5 seconds. (the correctness of the swimming technique and the ability to behave safely in an aquatic environment will be assessed)

Group (II) advanced - a prerequisite for passing is performing a free jump into the water from the starter, swimming 100m in three swimming styles, and then remaining in the water in a vertical position for about 10 seconds (the swimmer is assessed on the correctness of their swimming technique and the ability to behave safely in an aquatic environment) (the correctness of the swimming technique and the ability to behave safely in an aquatic environment is assessed).

The student's mark is according to the 5-2 scale and depends on the correctness of the execution of individual technical elements (correct presentation of swimming techniques). An additional form of assessment may be the realization of a project related to the subject.

#### **20. 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 PSW 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

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes  
**and office hours**

## SYLLABUS FOR 2020/2021 ACADEMIC YEAR

### GENERAL INFORMATION

<b>1. Name of the course</b>	<b>Aqua aerobics</b>													
<b>2. Name of the institution</b> (the name should be indicated in accordance with the Statute of Pope John Paul II State School of Higher Education in Biła Podlaska)	<b>Faculty of Health Sciences, Department of Tourism and Recreation</b>													
<b>3. Content group</b>	-													
<b>4. Type of the course</b>	Choice													
<b>5. Level of education</b>	First-cycle studies													
<b>6. Number of ECTS credits</b>	2													
<b>7. Level of the course</b>	Basic													
<b>8. Year of studies, semester</b>	III year, semester VI- summer													
<b>9. Number of hours per semester</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px solid black;">Lecture</td> <td style="border-bottom: 1px solid black;">Classes</td> <td style="border-bottom: 1px solid black;">Lab*</td> <td style="border-bottom: 1px solid black;">Project</td> <td style="border-bottom: 1px solid black;">Self-study</td> <td style="border-bottom: 1px solid black;">Practical classes</td> <td style="border-bottom: 1px solid black;">Internship</td> </tr> <tr> <td colspan="6" style="text-align: center;">30</td> </tr> </table>	Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship	30					
Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship								
30														
<b>10. Language of instruction: English</b>														
<b>11. Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes)	<b>Marta Dziekan - mgr</b>													

### DETAILED INFORMATION

<b>12. Access requirements</b>	
1) Knowledge of basic fitness concept categories.	
<b>13. Objectives of the course</b>	
C1 To acquire knowledge and skills necessary to organise and safely conduct classes in the field of teaching and improving aqua aerobics.	
C2 To master the knowledge and skills in conducting various forms of recreation in water such as recreational swimming and aqua aerobics.	
C3 Understand and make a personal commitment to values relating to health and well-being.	
<b>14. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>KNOWLEDGE</b>	
EU01 Has a general knowledge of the structure and functions of the human body	K_W06
<b>SKILLS</b>	
EU 02 Is able to communicate with an individual and a social group in the field of study	K_U08, K_U15, K_U16
EU03 Has specialist movement skills in selected forms of physical activity (recreational, health, sports and aesthetic) within the scope of fields of science and scientific disciplines relevant to his/her field of study	K_U13, K_U14
<b>SOCIAL COMPETENCES</b>	
EU05 Can interact and work in a group, taking on different roles	K_K03, K_K05

<b>15. Programme content</b>	
<b>Practical classes</b>	
<ol style="list-style-type: none"> <li>1. Organisational classes, providing the requirements for completing the course, the subject matter of the classes and the literature, presenting the nature of the course</li> <li>2. Theoretical background of aqua aerobics - basic terms and concepts.</li> <li>3. Types of aqua fitness, forms of classes.</li> <li>4. Aqua aerobics - different forms of classes in shallow and deep water.</li> <li>5. Forms improving endurance of the cardio-respiratory system in shallow water without the use of equipment.</li> <li>6. Muscle-strengthening and body-forming exercises with the use of equipment (dumbbells, pasta, belts, balls, boards, leg and arm resistance equipment).</li> <li>7. Body &amp; mind forms - yoga and stretching in water</li> <li>8. Health swimming forms according to Firsow and Cooper</li> <li>9. Health forms for pregnant women and older people</li> <li>10. Check of knowledge about the discussed subjects</li> </ol>	
<b>16. Didactic tools/methods</b>	
1. lectures	
2. multimedia presentations	
3. equipment (dumbbells, pasta, belts, boards, resistance equipment for legs and arms)	
4. study of the literature on the subject	
5. equipment for playing music/CD	
<b>17. Methods of assessment (F – forming; S – summarizing)</b>	
F1. Evaluation of selected fragments of classes conducted by students	
F2. Continuous evaluation (control works, colloquia)	
P1. Active participation in classes	
P2. Test	
<b>18. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher**	40
Student's own working time:	35
- Preparation of course outlines	
- Preparing for classes	
SUM	75
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE	2
<b>19. Basic and supplementary literature</b>	
Basic literature:	
1. Zysiak-Christ B., Figurska A., Stasikowska I.,(2011), Aqua fitness. Metodyczne podstawy. Wydawnictwo Aqua Fit	
2. Karpiński R. (2008): Pływanie sport, zdrowie, rekreacja. AWF, Katowice	
3. Pietrusik K. (2005) Pływanie – nauczanie i doskonalenia oraz wybrane elementy aqua fitness. TKKF, Warszawa	
Supplementary literature:	
1. Case L. (1997) Fitness aquatics. Human Kinetics Champaign.	
2. Zritvogel M., Mülle E. (1992) Aqua – training. Hamburg	
<b>20. Forms of assessment - details</b>	

Percentage distribution of assessed effects in the categories knowledge, skills, competences:

W - 40%, U - 60%, K - 10%

A successful completion of the course means

- knowledge of functional human anatomy (bones, muscles),
- knowledge of shaping exercises, basic steps to create a choreography and music selection in aqua fitness classes
- practical implementation of a selected part of the aqua lesson [warm-up, main part (cardio, muscle, body & mind), final part (cool down, stretching)
- ability to use the equipment used in classes (buoyancy belts, dumbbells, aqua discs, noodles, water balls, etc.)
- active participation in classes
- final colloquium

Time: 60 minutes, 10 problem/descriptive questions. A pass mark is obtained when 50% of the maximum number of points is achieved.

Scoring - each question is scored on a scale from 0 to 1 point. The maximum mark is 10, the minimum for a pass mark is 5.

- 0 - 4.9 pts. - unsatisfactory (2.0)
- 5.0 - 6.0 points - satisfactory (3.0)
- 6.1 - 7.0 points. - Sufficient plus (3.5)
- 7.1 - 8.0 points - good (4.0)
- 8.1 - 9.0 pts. - good plus (4.5)
- 9.1 - 10 points - very good (5.0)

A credit for the course is awarded if all the tasks listed above are successfully passed. The final grade for the laboratory classes is the arithmetic mean of all grades obtained and the grade from the observation of student involvement and work throughout the semester. Practical and active participation in classes.

#### **21. 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 PSW 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

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes  
**and office hours**

# SYLLABUS FOR 2020/2021 ACADEMIC YEAR

## GENERAL INFORMATION

<b>1. Name of the course</b>	Development of recreation and tourism						
<b>2. Name of the institution</b> (the name should be indicated in accordance with the Statute of Pope John Paul II State School of Higher Education in Białą Podlaska)	Faculty of Health Sciences, Department of Tourism and Recreation						
<b>3. Content group</b>	-						
<b>4. Type of the course</b>	obligatory						
<b>5. Level of education</b>	First-cycle studies						
<b>6. Number of ECTS credits</b>	3						
<b>7. Level of the course</b>	intermediate						
<b>8. Year of studies, semester</b>	Year III, semester VI –summer						
<b>9. Number of hours per semester</b>	Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship
	15	30					
<b>10. Language of instruction: English</b>	<b>Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes) Agnieszka Kozak – dr						

## DETAILED INFORMATION

<b>11. Access requirements</b>	
1) Knowledge of the basic conceptual categories of tourism.	
<b>12. Objectives of the course</b>	
C1 To introduce basic concepts connected with the problems of tourism and recreation management.	
C2 Knowledge of the natural and spatial conditions of tourism and recreational	
C3 Knowledge of natural and spatial conditions of tourism and recreational development.	
<b>13. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>KNOWLEDGE</b>	
EU01 Student knows and explains various regularities of the tourist space functioning, knows modern methods of tourist and recreational development.	K_W01, K_W02
EU02 Student knows and interprets basic concepts of tourism and recreation management, enabling professional work in the tourism industry.	K_W08, K_W09
<b>SKILLS</b>	
EU03 Student demonstrates the ability to use basic vocabulary in the field of tourism space and tourism and recreation management	K_U08, K_U04
EU04 Student is able to use the specialised knowledge to cooperate with other functional areas in typical professional situations	K_U02
<b>SOCIAL COMPETENCES</b>	
EU05 Student is proactive in taking up tasks on his/her own, especially when faced	K_K04

with the needs arising from the changing conditions for tourist events or recreational activities.	
<b>14. Programme content</b>	
<b>Lecture</b>	
<ol style="list-style-type: none"> <li>1. Tourism and recreation in spatial planning</li> <li>2. Legal basis for tourist facilities management</li> <li>3. Traditions of tourism development</li> <li>4. Importance of complementary facilities in tourism development</li> <li>5. Tourist and recreational facilities</li> <li>6. Tourist development of urban areas (city parks, gardens, greenery accompanying housing estates).</li> <li>7. development of tourist destinations (bathing establishments, spas, pilgrimage destinations)</li> <li>8. conditions for sustainable tourist and recreational development</li> <li>9. management of forests and protected areas</li> </ol>	
<b>Classes</b>	
<ol style="list-style-type: none"> <li>1. Tourism as a spatial phenomenon: tourist spatial units</li> <li>2. Tourist assets as a basis for shaping the tourist space</li> <li>3. Selected methods for assessing the value of the geographic environment, tourist capacity, absorption and throughput.</li> <li>4. Tourist facilities: division and characteristics of tourist equipment</li> <li>5. Tourist routes - essence, division and functions.</li> <li>6. Tourist and recreational development of protected areas.</li> <li>7. Tourist development of winter sports centres and water sports centres.</li> <li>8. Tourist development of big cities.</li> <li>9. Tourist development in health resorts.</li> </ol>	
<b>15. Didactic tools/methods</b>	
1. Projects and practical exercises	
2. Presentation	
3. Didactic films, consultations	
<b>16. Methods of assessment</b> (F – forming; S – summarizing)	
F1. Projects and practical exercises	
S1. Examination and passing with assessment	
<b>17. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher**	55
Preparing a presentation (speech)	5
Preparing for classes and a test	5
Preparing for the final exam	10
SUM	75
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE	3
<b>18. Basic and supplementary literature</b>	
Basic literature:	
1. Płocka J. Wybrane zagadnienia z zagospodarowania turystycznego, cz. I i II, CKU, Toruń 2009.	
2. Pawlikowska – Piechotka A. Zagospodarowanie turystyczne i rekreacyjne, Novaeres, Gdynia 2009	
3. Kowalczyk. A., Derek M., Zagospodarowanie turystyczne, PWN, Warszawa 2010.	
Supplementary literature:	

1. Lijewski T., Mikułowski B., Wyrzykowski J., Geografia turystyki Polski, PWE, Warszawa 2002.

2. Kowalczyk A., Geografia turystyki, PWN, Warszawa 2002.

### 19. Forms of assessment – details

Course completion conditions: the course ends with a credit and an exam.

Percentage distribution of assessed effects in categories of knowledge, skills, competences. W – 60%, U - 30%, K - 10%. Written examination on the content of lectures: Duration 60 min.

5 problem/descriptive questions.

- The condition to obtain a positive mark is 60% of the maximum number of points.

Scoring: each question is evaluated on a scale from 0 to 1 point. A maximum of 5 points is possible, a minimum of 3 points.

- 0 - 2.9 points. - unsatisfactory (2.0)

- 3.0 - 3.4 sufficient (3.0)

- 3.4 - 3.9 sufficient plus (3.5)

- 4.0 - 4.4 good (4.0)

- 4.5 - 4.9 good plus (4.5)

- 5.0 - very good (5.0)

Condition for passing of the laboratory classes is - obtaining positive grades from two written tests - 5 descriptive questions.

5 questions - descriptive. The condition to get the positive mark is 60% of the maximum number of points.

Students may additionally prepare a presentation on a topic chosen by the teacher.

The final grade from the laboratory classes is the arithmetic mean of all grades obtained and the observation of student involvement and work throughout the semester.

### 20. 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 PSW 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

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes

**and office hours**

# SYLLABUS FOR 2020/2021 ACADEMIC YEAR

## GENERAL INFORMATION

<b>1. Name of the course</b>	Indoor climbing						
<b>2. Name of the institution</b> (the name should be indicated in accordance with the Statute of Pope John Paul II State School of Higher Education in Biła Podlaska)	Faculty of Health Sciences, Department of Tourism and Recreation						
<b>3. Content group</b>	-						
<b>4. Type of the course</b>	choice						
<b>5. Level of education</b>	First-cycle studies						
<b>6. Number of ECTS credits</b>	2						
<b>7. Level of the course</b>	basic						
<b>8. Year of studies, semester</b>	Year III, semester VI –summer						
<b>9. Number of hours per semester</b>	Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship
							30
<b>10. Language of instruction: English</b>							
<b>Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes)	Tomasz Mazurek - MSC						

## DETAILED INFORMATION

<b>11. Access requirements</b>	
1) Good health and moderate physical fitness	
<b>12. Objectives of the course</b>	
C1 To get to know the basic skills of wall climbing.	
C2 To learn the basic techniques of moving at height.	
C3 To gain knowledge about the safe use of specialist recreational infrastructure and about tourist and recreational activities in the natural environment.	
<b>13. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>KNOWLEDGE</b>	
EU01 The student demonstrates knowledge of conceptual categories and terminology in the field of wall climbing	K_W02
EU02 The student knows structure and function of the human body and can relate it to the activities undertaken	K_W06, K_W07
<b>SKILLS</b>	
EU03 The student possesses specialist movement skills in wall climbing (recreational, health, sport and aesthetic).	K_U15, K_U16
EU04 The student is able to independently modify and realize the activity of wall climbing depending on environmental and weather conditions.	K_U15, K_U16

<b>SOCIAL COMPETENCES</b>	
EU05 The student cares for the level of physical fitness necessary for the education, development of his/her competences and as a result perform professional tasks also as an instructor and animator of free time.	K_K03, K_K05
EU06 The student is able to communicate with the surrounding environment within and outside the workplace and is able to convey his/her knowledge in the field of wall climbing using different media (native language and English)	K_K01, K_K02
<b>14. Programme content</b>	
<b>Classes</b>	
<ol style="list-style-type: none"> <li>1. Basic belaying of a partner on a climbing wall (equipment, knots, assistance, rope belaying)</li> <li>2. Rope techniques - vertical descent</li> <li>3. Movement techniques on a climbing wall (standing, grasping), frontal and lateral position, body stabilisation (hinge effect - vertical and overhanging)</li> <li>4. Movement technique on the climbing wall - push-pull technique, resting technique, "monkey hang</li> <li>5. Climbing technique on a climbing wall (natural climbing - slab, wall)</li> <li>6. Climbing technique (climbing in light overhang)</li> <li>7. Climbing technique (small overhang)</li> </ol>	
<b>15. Didactic tools/methods</b>	
1. Climbing wall	
2. Ropes, harnesses, special equipment for securing and belaying	
3. Specialist talks related to the subject	
4. Didactic films	
<b>16. Methods of assessment (F – forming; S – summarizing)</b>	
F1. Active and conscious student participation in classes	
S1. Practical assessment including evaluation of the completion of a specific task	
<b>17. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher**	40
Student workload	5
Preparing for the final exam	5
SUM	50
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE	2
<b>18. Basic and supplementary literature</b>	
Basic literature:	
1) Hague D., Hunter D., Wspinaczka skałkowa: poradnik, Bellona, Warszawa 2009	
Supplementary literature:	
1) Appelt J., Michalski W., Kurs wspinaczki skalnej. Materiały szkoleniowe, Warszawa 2009	
<b>19. Forms of assessment – details</b>	
Requirements for obtaining a credit for the course: Percentage distribution of assessed effects in the categories knowledge, skills, competences: W - 55%, U - 40%, K - 5%. The course is passed on the basis of class activity and practical credit. The credit is given on the basis of performance: Walking the indicated route in the specified time Time of passage is evaluated by means of appropriate time frames, to which consecutive marks correspond: 1.5 minutes < - very good (5.0)	

- |   |
|---|
| 1.6 - 2.0 minutes - above good (4.5)        |
| 2.1 - 3.0 minutes - good (4.0)              |
| 3.1 - 3.5 minutes - fairly good (3.5)       |
| 3.6 - 4.0 minutes - Fair (3.0)              |
| 4.0 minutes and over - unsatisfactory (2.0) |

<b>20. Other useful details concerning the course</b>
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- |   |
|---|
| 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 PSW in Białą 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   |

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes  
**and office hours**

# SYLLABUS FOR 2020/2021 ACADEMIC YEAR

## GENERAL INFORMATION

<b>1. Name of the course</b>	<b>Tourism geography</b>														
<b>2. Name of the institution</b> (the name should be indicated in accordance with the Statute of Pope John Paul II State School of Higher Education in Biła Podlaska)	<b>Faculty of Health Sciences, Department of Tourism and Recreation</b>														
<b>3. Content group</b>	-														
<b>4. Type of the course</b>	mandatory														
<b>5. Level of education</b>	First-cycle studies														
<b>6. Number of ECTS credits</b>	<b>3</b>														
<b>7. Level of the course</b>	Basic														
<b>8. Year of studies, semester</b>	I year, semester II - summer														
<b>9. Number of hours per semester</b>	<table style="width: 100%; border-collapse: collapse; margin: 0 auto;"> <tr> <td style="border-bottom: 1px solid black; width: 15%;">Lecture</td> <td style="border-bottom: 1px solid black; width: 15%;">Classes</td> <td style="border-bottom: 1px solid black; width: 15%;">Lab*</td> <td style="border-bottom: 1px solid black; width: 15%;">Project</td> <td style="border-bottom: 1px solid black; width: 15%;">Self-study</td> <td style="border-bottom: 1px solid black; width: 15%;">Practical classes</td> <td style="border-bottom: 1px solid black; width: 15%;">Internship</td> </tr> <tr> <td style="text-align: center;">15</td> <td style="text-align: center;">30</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship	15	30					
Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship									
15	30														
<b>10. Language of instruction: English</b>															
<b>11. Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes)	<b>Anna Rogóż-Matyszczyk - dr</b>														

## DETAILED INFORMATION

<b>12. Access requirements</b>	
1) Knowledge of geography at the high school level	
<b>13. Objectives of the course</b>	
C1. To familiarize students with the features of natural and social environment of different countries and areas of the world.	
C2. They implement the skill of recognizing and presenting the natural and cultural values of selected areas and forms of their tourist management.	
C3. Knowledge of the size and structure of world tourist traffic and its determinants.	
C4. Mastery of the ability to locate geographical objects and phenomena on a map.	
<b>14. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>KNOWLEDGE</b>	
EU01 Know and be able to explain basic natural and social phenomena	K_W01, K_W05
EU02 List and understand key concepts of geography, concepts of territorial differentiation and distribution of phenomena on the Earth's surface	K_W02
<b>SKILLS</b>	
EU03 Analyse and describe a selected tourist region taking into account the influence of natural and socio-cultural conditions	K_U01, K_U03
EU04 Apply specialist knowledge to cooperate with other functional areas	K_U02

<b>SOCIAL COMPETENCES</b>	
EU05 Independently acquire and improve knowledge and professional and research skills	K_K04, K_K08
EU06 The student is ready to undertake professional and personal challenges	K_K05, K_K07
<b>15. Programme content</b>	
<b>Lecture</b>	
<p>1) Geography versus tourism geography. Basic geographical concepts. Natural environment as such, its elements and importance for tourism. Differentiation of the natural environment and its consequences for tourism. Natural resources and values (their types and typology).</p> <p>2) Socio-cultural environment. Population distribution in the world. Cultural diversity of the world. Cultural (anthropogenic) resources and values (their types and typology). Tourist movement in the world.</p> <p>3) Characteristics of the natural, social environment and tourist development of selected countries and areas of the world. Arab countries (on the example of Morocco, Tunisia and Egypt), Asian countries (on the example of Thailand, China), countries of North and South America (on the example of Canada, USA, Peru, Chile, Bolivia, Ecuador).</p> <p>4) Location, area and borders of Poland. General geographic characteristics of the natural environment and economy of the country. Division of Poland into regions /macroregions/. Polish National Parks. Characteristics of selected tourist regions.</p>	
<b>Classes</b>	
<p>1. Europa Location, area, borders, coastline. Europe's natural conditions: landforms, climate diversity, hydrographic network. Europe's population: population density, linguistic, ethnic and religious diversity. Economic diversity of Europe. Characteristics of selected countries: Italy, Spain, France, Croatia, Hungary, Vatican, Czech Republic, Slovakia, Ukraine, Alpine and Scandinavian countries. Treasures of civilization, unusual places of nature, national parks of Europe (selection).</p> <p>2. Asia Location, area, borders, coastline of the Asian continent. Historical outline: the development of religion, the oldest cultures and civilizations. Asia as a continent with a significant diversity of terrain and climate. Large bodies of water. Ethnic, linguistic, religious, social diversity of the population of the largest continent. Political division. General characteristics of chosen countries in terms of tourist attractiveness (India; Singapore; Thailand; China; Israel; Turkey; Japan) Unusual places of nature and chosen treasures of civilization in Asia. Selected National Parks in Asia.</p> <p>3. South America Location, area and boundaries. South America as a continent of record. Inca legacy. European colonization. Surface waters. Climatic zones (with special attention to equatorial zone). Plants and crops from South America. Contribution of Poles to knowledge of the continent. General characteristics of countries in terms of tourist attractiveness - a selection of interesting facts. Unusual places of nature and chosen treasures of civilization.</p>	
<b>16. Didactic tools/methods</b>	
1. Lecture with discussion	
2. Work with a map	
3. Multimedia presentation	
4. Problem solving	
<b>17. Methods of assessment (F – forming; S – summarizing)</b>	
F1. Multimedia presentation	
F2. Attendance and activity during classes	
P1. Colloquium in class	
P2. Examination	
<b>18. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher**	60
Reading the indicated literature	

Preparing for classes and a test	5
Preparing a presentation (speech)	5
Preparing for the final exam	5
SUM	75
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE	3
<b>19. Basic and supplementary literature</b>	
Basic literature:	
1) Jędrusik M., Makowski J., Plit F., Geografia turystyczna świata. Nowe trendy. Regiony turystyczne, WUW, Warszawa 2010.	
2) Kowalczyk A., 2000, Geografia turystyki, Wyd. Naukowe PWN, Warszawa.	
Supplementary literature:	
1) Jędrusik M., 2005, Wyspy tropikalne. W poszukiwaniu dobrobytu, WUW, Warszawa	
2) Atlas geograficzny świata np.: Atlas geograficzny dla szkół średnich PPWK (lub inne podobne)	
<b>20. Forms of assessment - details</b>	
The course ends with a credit and exam. Percentage distribution of assessed effects in categories of knowledge, skills, competences: W - 60%, U - 35%, K - 5% Examination to check student's knowledge - Time: 45 minutes - A prerequisite for getting a positive mark is 60% of positive answers. < 60% of points - fail (2.0) 60-70% of points sufficient (3.0) 71-79% of points dostateczny plus (3,5) 80-88% of points good (4,0) 89-94% of the points good plus (4.5) 95-100% of the points very good (5.0)	
The aim of the course is to achieve a positive mark for the preparation and presentation of a 0.5 hour presentation on the topic chosen by the teacher and 90% of the attendance and active participation in all exercises, during which the thematic presentations of other students will be presented. The final grade for the practical classes is the grade for the presentation and the observation of student involvement and work throughout the semester.	
<b>21. Other useful details concerning the course</b>	
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 PSW 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	

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes  
**and office hours**

# SYLLABUS FOR 2020/2021 ACADEMIC YEAR

## GENERAL INFORMATION

<b>1. Name of the course</b>	Law in Tourism and Recreation														
<b>2. Name of the institution</b>	Faculty of Health Sciences, Department of Tourism and Recreation														
<b>3. Content group</b>	-														
<b>4. Type of the course</b>	obligatory														
<b>5. Level of education</b>	First-cycle studies														
<b>6. Number of ECTS credits</b>	2														
<b>7. Level of the course</b>	Elementary														
<b>8. Year of studies, semester</b>	Year I, semester II - summer														
<b>9. Number of hours per semester</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Lectures</td> <td style="text-align: left;">Classes</td> <td style="text-align: left;">Lab*</td> <td style="text-align: left;">Project</td> <td style="text-align: left;">Self-study</td> <td style="text-align: left;">Practical classes</td> <td style="text-align: left;">Internships</td> </tr> <tr> <td style="text-align: center;">15</td> <td style="text-align: center;">15</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Lectures	Classes	Lab*	Project	Self-study	Practical classes	Internships	15	15					
Lectures	Classes	Lab*	Project	Self-study	Practical classes	Internships									
15	15														
<b>10. Language of instruction:</b>	Polish (Office hours: English)														
<b>11. Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes)	Piotr Kociubiński, PhD; Patrycja Hołownia, MA														

## DETAILED INFORMATION

<b>12. Access requirements</b>	
1) none	
<b>13. Objectives of the course</b>	
C1 Gaining knowledge about the basic legal regulations concerning tourism and recreation	
C2 Acquainting with the requirements of regulating the provision of tourist services and administrative supervision over the activity of the tourist services market	
C3 Gaining knowledge in the field of legal regulation of consumer relations in tourism	
<b>14. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	Reference to field-specific learning outcomes:
<b>KNOWLEDGE</b>	
EU01 knows and explains in depth social, economic and legal phenomena related to tourism. The student knows and understands the basic principles, concepts, institutions in the field of law and understands their essence	K_W01, K_W02
<b>SKILLS</b>	
EU02 knows and interprets the basic legal provisions regulating the functioning of tourism	K_U03
EU03 can distinguish and describe the sources of law in the field of tourism and recreation, knows their hierarchy and can search for an appropriate legal act, interpret selected legal issues and apply relevant legal provisions in practice	K_U03
<b>SOCIAL COMPETENCES</b>	

EU03 is aware of the importance of the law and the consequences of ignorance or non-compliance with the law, and consequently understands the need to learn. Can interact and work in a team.	K_K 01, K_K07
<b>15. Programme content</b>	
<b>Form of classes - lectures</b>	
<ol style="list-style-type: none"> <li>1) Characteristics of tourism law</li> <li>2) Sources of tourism law</li> <li>3) Tourist services in the light of the law. Basic legal principles of providing tourist services</li> <li>4) Entities providing tourist services</li> <li>5) Civil law aspects of providing tourist services</li> <li>6) Types of contracts for the provision of tourist services</li> </ol>	
<b>Form of classes - classes</b>	
<ol style="list-style-type: none"> <li>1) Basic legal information</li> <li>2) Selected issues of administrative law and administrative procedure</li> <li>3) Taking up economic activity in the field of tourism and recreation</li> <li>4) Forms of running a business in the field of tourism and recreation, analysis of legal regulations</li> <li>5) Agreements in tourism and recreation, including travel insurance agreement</li> </ol>	
<b>16. Didactic tools/ methods</b>	
1. Discussion	
2. Problem solving	
3. Explanation and multimedia presentation	
4. Office hours	
<b>17. Methods of assessment (F – forming; S – summarizing)</b>	
F1. Multimedia presentation	
P1. Written in-class test	
P2. Written examination	
P3. Oral examination – in case of online learning	
<b>18. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher **	40
Preparing for classes and a test	10
TOTAL	50
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE	2
<b>19. Basic and supplementary literature</b>	
Basic literature:	
<ol style="list-style-type: none"> <li>1) Pawłowski R. Prawo w turystyce, Wydawnictwo Uniwersytetu Jana Kochanowskiego, Kielce 2016</li> <li>2) Siuda W.: Elementy prawa dla ekonomistów, Wyd. Naukowe Contact, Poznań 2013</li> </ol>	
Supplementary literature:	
<ol style="list-style-type: none"> <li>1. Gnela B., Prawo handlowe dla ekonomistów, Wolters Kluwer business, Warszawa 2012</li> <li>2. Filipowicz A.: Podstawy prawa dla ekonomistów, C.H. Beck Warszawa 2012.</li> <li>3. Kidyba A.: Prawo handlowe, C.H.Beck, Warszawa 2012.</li> <li>4. Prawo handlowe / red. nauk. Józef Okolski ; [aut.] Józef Okolski [i in.]. - 2. wyd. - Warszawa : Wolters Kluwer Polska, 2008.(Seria Akademyka)</li> <li>5. Podstawy prawa dla licencjackich studiów ekonomicznych / red. nauk. Bronisław Sitek i Piotr Kubiński. - Warszawa : Wydawnictwo Poltext, cop. 2011. - 344 s. ; 24</li> <li>6. Muras Zdzisław Z Podstawy prawa / Zdzisław Z. Muras. - Warszawa : Wydawnictwo C.H. Beck, 2008 (Akademia Prawa / C.H. Beck)</li> </ol>	

<b>20. Forms of assessment - details</b>
<p>The condition for obtaining a credit for the course is to obtain a positive grade from the test as well as to prepare and report a multimedia presentation on a given topic. The final grade is the arithmetic mean of partial grades, while it is possible to raise the grade through active participation in classes.</p> <p>The condition for passing the lectures is based on obtaining a positive grade from the test. In case of online learning, an oral credit will be allowed alternatively, in accordance with the principles described above. The grade depends on the arithmetic mean of the partial notes from the final questions, each of which is scored on a scale of 2.0-5.0 (taking into account "half" notes), and if necessary, these are rounded through the prism of assessment the importance of questions resulting in a given subnote.</p>
<b>21. Other useful details concerning the course</b>
1. Information on where to access class presentations, lab instructions, etc. - information will be provided during the first meeting.
2. Information on location - the semester plan is available on the University's website and on the subject notice board.
3. Information on the schedule of the classes (day of the week/ time) - the semester plan is available on the University's website and on the subject notice board
4. Information on office hours (schedule) – <b>available on the University's website and on the subject notice board</b>

\* L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes and office hours

## SYLLABUS FOR 2020/2021 ACADEMIC YEAR

### GENERAL INFORMATION

<b>1. Name of the course</b>	Organization and Service of Events in Tourism and Recreation													
<b>2. Name of the institution</b>	Faculty of Health Sciences, Department of Tourism and Recreation													
<b>3. Content group</b>	-													
<b>4. Type of the course</b>	obligatory													
<b>5. Level of education</b>	Second-cycle studies													
<b>6. Number of ECTS credits</b>	2													
<b>7. Level of the course</b>	Inter-mediate													
<b>8. Year of studies, semester</b>	Year I, semester II - summer													
<b>9. Number of hours per semester</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-bottom: 1px solid black;">Lecture</td> <td style="border-bottom: 1px solid black;">Classes</td> <td style="border-bottom: 1px solid black;">Lab*</td> <td style="border-bottom: 1px solid black;">Project</td> <td style="border-bottom: 1px solid black;">Self-study</td> <td style="border-bottom: 1px solid black;">Practical classes</td> <td style="border-bottom: 1px solid black;">Internship</td> </tr> <tr> <td colspan="6" style="text-align: center;">15</td> </tr> </table>	Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship	15					
Lecture	Classes	Lab*	Project	Self-study	Practical classes	Internship								
15														
<b>10. Language of instruction:</b>	Polish													
<b>11. Lecturer (lecturers)</b> (First and last name, academic degree of the lecturer / lecturers conducting classes):	Edyta Kozłowska, MA													

### DETAILED INFORMATION

<b>12. Access requirements</b>	
1. Knowledge of terms in the field of tourism	
2. Knowledge of terms related to tourist traffic service and tour guiding	
3. Using the basic terms related to geography	
<b>13. Objectives of the course</b>	
C1. Preparing students for independent planning, programming, organizing and conducting tourist and recreational events for various groups of recipients.	
C2. Shaping a creative attitude and the ability to analyze organizational phenomena in the process of creating tourist and recreational events.	
C3. Gaining experience in team work - educational project method	
<b>14. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	Reference to field-specific learning outcomes:
<b>KNOWLEDGE</b>	
EU01 The student knows the terminology of planning events in tourism and recreation.	K_W02, K_W03
<b>SKILLS</b>	
EU02 The student has practical skills in organizing and handling tourist and recreational events	K_U02, KU10
EU03 The student is able to use the acquired knowledge and skills to independently propose solutions to a specific problem and carry out the procedure of making decisions in this area	K_U01, K_U02, K_U10

<b>SOCIAL COMPETENCES</b>	
EU04 The student is ready to take up professional and personal challenges - he can formulate opinions on various aspects of professional activity	K_K05, K_K07
<b>15. Programme content</b>	
<b>Practical classes</b>	
1) Tourism and recreation - the newest trends and directions of development, concepts, definitions	
2) Planning and organization of tourist and recreational events depending on the type of means of transport	
3) Preparation of plans and costs of selected tourist and recreational events (group work) - educational project method	
4) Optional events during the organization of events - animation of free time in tourism (functions, types, examples)	
5) News, curiosities, trends, fashion. Presentation of projects	
<b>16. Didactic tools/methods</b>	
1. Discussion	
2. Educational project method	
3. Document analysis	
4. Office hours	
<b>17. Methods of assessment (F – forming; S – summarizing)</b>	
F1. Attendance and active participation in classes	
F2. Project	
<b>18. Student workload</b>	
Form of activity	average number of hours to complete the activity
Contact hours with the teacher **	25
Implementation of tasks / roles in the project team	15
Self-education	10
TOTAL	50
TOTAL NUMBER OF ECTS CREDITS FOR THE COURSE	2
<b>19. Basic and supplementary literature</b>	
Basic literature:	
1. Kruczek Z. (red.), <i>Obsługa Ruchu Turystycznego. Teoria i praktyka</i> . Wydawnictwo: Proksenia, Kraków 2011	
2. Bączek J. B., <i>Animacja czasu wolnego w turystyce</i> . STAGEMAN POLSKA, Warszawa 2009	
3. Online sources	
4. The Act of November 24, 2017 on tourist events and related travel services	
Supplementary literature:	
1. Podręcznik pilota wycieczek – warsztat praktyczny/Radosław Szafranowicz-Malożięć Wydawnictwo Kadry Turystyki Sp. z o.o. Warszawa 2015	
<b>20. Forms of assessment - details</b>	
<b>Warunki uzyskania zaliczenia przedmiotu:</b>	
Assessment of practical classes is based on the assessment of partial projects and observation of the student's involvement and work throughout the semester.	
Completion of all realized project tasks during practical classes: oral presentation on the presented documentation; evaluation criteria: content-related correctness, innovation of the solution, diligence, timely execution of the task, knowledge of the presented solution.	
Continuous assessment.	
During the classes students can get max. 100 points:	
100-93- 5.0	

92-85 – 4.5

84-77 – 4.0

76-69 – 3.5

68-61 – 3.0

0-60 – 2.0

**21. 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 PSW in Biała Podlaska

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

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

\*L – laboratory (in case of foreign language classes, this means the language course)

\*\* – Classes conducted with direct participation of an academic teacher or another person conducting the classes and office hours