



Course title: PHYSICAL RECREATION

ECTS credit allocation (and other scores): 2.0 ECTS

Semester: spring

Level of study: ISCED-6 - first-cycle programmes (EQF-6)

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 15/15

Course coordinator/ Department and e-mail: dr Robert Podstawski; robert.podstawski@uwm.edu.pl

Type of classes: classes and lectures

Substantive content

CLASSES: Physical recreation of various groups of society. The course and basis of recreational activities among people of different ages. Physical recreation of various groups of society. The course and basis of recreational activities among people of different ages. Programming and control in physical recreation. Contemporary trends and directions for improving human recreational activity.

LECTURES: The essence of physical recreation - its functions and meaning in various periods of human life. Social and cultural basics of physical recreation. An outline of the history of physical recreation. Biological basis of motor recreation. Physical recreation in health promotion and prevention of lifestyle diseases. Legal bases of physical recreation. Barriers limiting participation in physical recreation. Barriers limiting participation in physical recreation. The role of mass media in promoting physical recreation. The role of school in implementing recreation. Family recreation.

Learning purpose: Transfer of knowledge regarding the influence of physical activity on human development, health and physical fitness

On completion of the study programme the graduate will gain:

Knowledge: student possess knowledge about the place of physical recreation in the physical culture system

Skills: Student is skilled in the field of various forms of physical recreation, is able to use selected sports equipment.

Social Competencies: student demonstrates creativity in conducting classes related to physical recreation

Basic literature:

1. Gillian Street, Ray James and Hayley Cutt. The relationship between organised physical recreation and mental health. *Health Promotion Journal of Australia* 18(3) 236 – 239.
2. Bannister R. Sport, physical recreation, and the national health. *British Medical Journal*. 1972; 4(5842): 711–715. Available at: <https://doi.org/10.1071/HE07236>
3. Norazlin Abdullaha, Norshahizat Mohamad. University Recreational Facilities Service Quality and Students' Physical Activity Level. *Procedia - Social and Behavioral Sciences*, 2016; 224: 207 – 212.
4. Meryem Akoğlan Kozak, Ece Doğantan. An Assessment of Students' Recreation Participation. *US-China Education Review B*, August 2016, Vol. 6, No. 8, 467-480. doi: 10.17265/2161-6248/2016.08.001

The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 1.28

Student's independent work: 0.72