



---

Course title: FORMS OF OUTDOOR RECREATION

ECTS credit allocation (and other scores): 3.0 ECTS

Semester: spring

Level of study: ISCED-7 - second-cycle programmes (EQF-7)

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 45

Course coordinator/ Department and e-mail: dr Aneta Omelan; aneta.omelan@uwm.edu.pl

Type of classes: classes

---

Substantive content

CLASSES: Outdoor recreational activities and human health: aromatherapy chromotherapy, heliotherapy, silvotherapy. Characteristics of selected forms of outdoor recreation activities: jogging, golf, tennis, ice-skating, Skiing, Horseback riding, Rock Climbing, Biking, Sailing, Beach volleyball, paintball, skating, fishing, Canoeing, kayaking and rafting. Practical classes (30h) in selected forms of outdoor recreational activities

LECTURES: The subject is not implemented in the form of lectures.

Learning purpose: Acquiring knowledge and skills by the student in the field of selected forms of outdoor recreational activities

---

On completion of the study programme the graduate will gain:

Knowledge: biological, psychological and social foundations of outdoor forms of recreational activities

Skills: planning and implementing selected forms of outdoor recreational activities

Social Competencies: student understands how outdoor recreational activities affects various spheres of human life

---

Basic literature: Essays, UK. (November 2018). Definition Of Outdoor Recreation Physical Education Essay. (<https://www.ukessays.com/essays/physical-education/definition-of-outdoor-recreation-physical-education-essay.php>)

Supplementary literature: Bielinis E., Takayama N., Boiko S., Omelan A., Belinis L., The effect of winter forest bathing on psychological relaxation of young Polish adults, wyd. Urban Forestry & Urban Greening 29(2018), 276-283, 2018;

---

The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 1.88

Student's independent work: 1.22