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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: prof. dr hab. Jarosław Jaszczur-Nowicki; j.jaszczur-nowicki@uwm.edu.pl

Type of classes: classes and lectures

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#### Substantive content

**CLASSES:** Programming and control in motor recreation. Organization of sports and recreational events. Motor recreation in programs of tourist events. Health training versus sports training. Physiotherapy in physical recreation. Modern methods of physiotherapy in the treatment of the musculoskeletal system. Kinesitherapy. Silhouette of the instructor of physical recreation - competencies and his socio-professional role in working with the group.

**LECTURES:** The essence of motor recreation - its functions and importance in different periods of human life. Motor recreation - biological, social and cultural bases, outline of history. Motor recreation of different groups of society. Barriers limiting participation in motor recreation. The importance of mass media in promoting physical recreation. The role of physical recreation in health promotion and prevention of civilization diseases. The course and warp of recreational activities. The role of school in the implementation of recreation.

**Learning purpose:** To impart knowledge on the impact of physical activity on development, health and physical fitness, the determinants of physical activity, the functioning of physical recreation in Poland and in communities that educate for recreation. To familiarize with the organization of sports and recreational events.

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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 Akoğlu Kozak, Ece Doğan. 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