

**ACADEMIC SYLLABUS OF FIRST-CYCLE STUDIES – TOURISM AND RECREATION
for the 2021/2022 enrolment**

1. **FACULTY OF HEALTH SCIENCES**
2. **FIELD OF STUDY:** TOURISM AND RECREATION
3. **FORM OF STUDY:** FULL-TIME STUDIES
4. **PROFESSIONAL TITLE:** LICENCJAT
5. **EDUCATIONAL PROFILE:** PRACTICAL
6. **ASSIGNMENT TO FIELDS OF SCIENCE:** MEDICAL SCIENCES AND HEALTH SCIENCES, SOCIAL SCIENCES, NATURAL SCIENCES
7. **ASSIGNMENT TO DISCIPLINES OF SCIENCE (according to ECTS credits) ALONG WITH INDICATION OF THE LEADING DISCIPLINE (min. 50% ECTS credits):**

Field of study: Tourism and recreation	ECTS credits	
	number	%
- physical culture sciences (<i>leading discipline</i>)	127	68
- management and quality studies	45	24
- Earth and related environmental sciences	14	8

Table 1. Summary indexes which characterise the academic syllabus

No.	INDEX NAME	VALUE
1.	Total number of semesters and ECTS credits required for graduation	6 / 186
1.	Total number of class hours	2922
3.	Total number of ECTS credits which a student obtains during contact classes conducted by academic teachers or another person conducting the classes	132
4.	Total number of ECTS credits allocated to practical skills	110
5.	Total number of ECTS credits which a student obtains during humanities and social sciences classes - in case of fields of study assigned to disciplines within fields other than humanities and social sciences	0
6.	Total number of ECTS credits allocated to elective courses	93
7.	Total number of ECTS credits allocated to work placements	36
8.	Student internship	960
9.	In the case of full-time first-cycle studies and unitary master's studies, the number of hours of physical education classes	60
10.	Total number of hours of classes conducted using distance learning methods and techniques	0

Terms and forms of student internship are specified in detail in the student internship programme.

THE CONCEPT, LEARNING OBJECTIVES AND THE GRADUATE PROFILE (CHARACTERISTICS)

Education in the field of **Tourism and Recreation**, first-cycle studies, is the implementation of the mission and development strategy of the university. The aim of first-cycle education in the field of Tourism and Recreation is to prepare graduates to work in the broadly understood tourism market in Poland and abroad. After graduation, the graduate will have:

- advanced interdisciplinary **knowledge** of medical and health sciences, social sciences, humanities, natural sciences.

- **skills** to take initiatives in the field of tourism and recreation: organising their work and taking up various initiatives regarding tourism and recreation, preparing tourist and recreational offers for different target groups, establishing contacts with entrepreneurs working in the Polish and international tourism and recreation industry. They will also be qualified to work in travel agencies, hotels, holiday resorts, sports and recreational centres, health spas, holiday farms and agricultural advisory centres. Thanks to these skills, graduates will be able to work in government and local self-government institutions, social organisations, foundations and associations. Graduates will acquire skills in terms of preparing business plans, registering and running their own businesses. They will also be able to fluently communicate in English (B2 level) – especially they will obtain the ability to use specialist language.

- **social competences** such as: performing functions related to the management of the tourism and recreation market, independent decision making, creative problem solving related to service activities, as well as management of tourism and recreational enterprises, working in teams and team management, creativity and openness in interpersonal contacts, competences based on the principles of social ethics, methods of action and conduct, and avoidance of actions, behaviours and relativistic attitudes.

The student can choose, among others subjects from 4 groups of specialisation elective subjects in the field of:

1. Tourism management – the aim of the specialisation is to familiarise the student with issues related to tourism management; acquiring skills in the field of work and management of a travel agency; preparing students to work as a leisure time animator in tourism and to organise tourist and recreational events. Graduates of the specialisation are prepared to work in tourism enterprises and to run their own business.

2. Health tourism and recreation – the aim of the specialization is to provide knowledge and practical skills necessary to work as a health educator and a specialist in the field of early prevention of chronic non-communicable diseases (diseases of affluence); preparing students to use various forms of physical activity to promote a healthy lifestyle.

3. International tourism in English – the aim of the specialization is to acquire knowledge in the field of international tourism, to learn about the functioning of the global tourism market and to acquire the skills

necessary to run and manage an enterprise operating on the international market of tourism services as well as international organizations and institutions dealing with this type of services.

4. Manager of tourism and hospitality in English – the aim of the specialization is to acquire knowledge and practical skills on the functioning of tourist entities and hotels, to learn about the economic issues of activities related to the service of tourism management – organization, marketing and management, as well as elements of nutrition in the hotel industry. Thanks to the emphasis on language, a graduate of this specialization will have the opportunity to find a job in hotels run by international companies in Poland and abroad.

Graduates of the first-cycle studies in the field of *Tourism and Recreation* will be prepared to undertake second-cycle or post-graduate studies.

FIELD-SPECIFIC LEARNING OUTCOMES FOR THE FIELD OF STUDY TOURISM AND RECREATION, THE FIRST CYCLE OF STUDIES, PRACTICAL PROFILE

Table of field-specific learning outcomes assigned to characteristics of the 6 levels of the Polish Qualifications Framework for the 2021/2022 enrolment			
Symbol of the field-specific learning outcome	Field-specific learning outcomes	Reference to the characteristics of the 6 levels of the Polish Qualifications Framework	
		Symbol of universal characteristics of levels in PQF – first-cycle study ¹	Symbol of characteristics for second-cycle studies in PQF ²
KNOWLEDGE			
K_W01	knows and explains various phenomena of social sciences, humanities, natural sciences as well as physical culture science	P6U_W	P6S_WG
K_W02	has advanced knowledge and is familiar with the terminology in the field of humanities, and social, natural sciences and physical culture science	P6U_W	P6S_WG P6S_WK
K_W03	has knowledge of different types of structures and social institutions (cultural, political, legal, economic and relating to physical culture and health) and their essential elements	P6U_W	P6S_WG
K_W04	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	P6U_W	P6S_WG P6S_WK

K_W05	has knowledge of the man as an entity constituting social structures and principles of their functioning, as well as acting within these structures	P6U_W	P6S_WG P6S_WK
K_W06	has detailed knowledge of the anatomy and functions of the human body	P6U_W	P6S_WG
K_W07	knows advanced psychosocial terminology and mechanisms connected with health and its protection, including various forms of relaxation, nutritional recommendations and functioning in the natural environment	P6U_W	P6S_WG P6S_WK
K_W08	knows and interprets the provisions of the law governing the functioning of economic entities and operators of physical culture	P6U_W	P6S_WG P6S_WK
K_W09	has knowledge of the structure and functions of the legal, social and economic systems, their objectives and organisation	P6U_W	P6S_WG
K_W10	has knowledge of the methods, techniques and research tools used in the field of humanities, and natural, social, physical culture and health sciences	P6U_W	P6S_WG
K_W11	knows standard statistical methods and IT tools used to acquire, analyse and present social and economic data on the level allowing to describe and interpret the phenomena	P6U_W	P6S_WG P6S_WK
K_W12	has knowledge of the acts of internal law used in daily activities of the tourist enterprise in which the student completes the internship (e.g. organisational regulations, enterprise structure, health and safety rules, classified information management)	P6U_W	P6S_WG P6S_WK
SKILLS			
K_U01	can identify human individual needs in tourism and recreation in various aspects: related to health, natural, economic, cultural and social phenomena connected with them	P6U_U	P6S_UW
K_U02	can use specialized knowledge to collaborate with other functional areas in typical professional situations	P6U_U	P6S_UW P6S_UK
K_U03	observes social situations and processes (cultural, political, legal, economic and relating to physical culture and health) and is able to describe, analyse and interpret them applying basic approaches and theoretical definitions	P6U_U	P6S_UW P6S_UO
K_U04	can communicate using different communication techniques in the environment and other environments, using available sources of information including electronic sources	P6U_U	P6S_UK
K_U05	can use IT technologies to collect, store, analyse and critically evaluate the data	P6U_U	P6S_UW

K_U06	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	P6U_U	P6S_UW P6S_UK
K_U07	can perform typical tasks related to tourist services at selected work places (tourist guide or tour guide, in the travel agency, hotel or leisure and recreation facility)	P6U_U	P6S_UK P6S_UO
K_U08	can use a foreign language in accordance with the requirements of the European System for the Description of Language Education defined for the B2 level	P6U_U	P6S_UW P6S_UK
K_U09	can independently acquire knowledge in the process of self-study and is able to develop research skills, use basic research equipment	P6U_U	P6S_UU
K_U10	can use standard statistical methods allowing to describe and interpret phenomena and processes	P6U_U	P6S_UW
K_U11	can use analytical, simulation and experimental methods in order to define and solve problems	P6U_U	P6S_UW
K_U12	can critically analyse the means of functioning and evaluate existing technical solutions, in particular others facilities, systems, processes and services	P6U_U	P6S_UW P6S_UK
K_U13	has the ability to argue on the merits using the views of other authors and draw conclusions	P6U_U	P6S_UW P6S_UK
K_U14	shows the ability to use acquired knowledge of tourism and recreation, in particular the skills gained during student internship	P6U_U	P6S_UW P6S_UU
K_U15	possesses specialized motor skills in the range of chosen forms of physical activity (recreational, health, sports and aesthetic)	P6U_U	P6S_UW
K_U16	can independently modify and create different forms of physical activity depending on environment and weather conditions	P6U_U	P6S_UK P6S_UO
K_U17	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	P6U_U	P6S_UK P6S_UO
K_U18	has the ability to use IT programmes used in tourism and recreation	P6U_U	P6S_UW P6S_UK
K_U19	can cooperate with members of the staff in a given tourist enterprise in the performance of professional activities, even of a complex nature	P6U_U	P6S_UK P6S_UO
K_U20	can plan his/her own work in a given tourist enterprise and achieve the intended goals even in conditions that are not fully predictable	P6U_U	P6S_UK P6S_UO
K_U21	is able to obtain data, create information and apply the acquired knowledge in practical activities in a tourist enterprise, where the student completes the internship with the use	P6U_U	P6S_UW P6S_UK P6S_UO

	of critical analysis and synthesis of this information		
SOCIAL COMPETENCES			
K_K01	is prepared to organise and supervise the work of teams and organisations in the work environment and outside this environment	P6U_K	P6S_KK P6S_KO P6S_KR
K_K02	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)	P6U_K	P6S_KK P6S_KR
K_K03	takes care of his/her physical fitness, necessary to educate and perform professional tasks	P6U_K	P6S_KK P6S_KO
K_K04	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	P6U_K	P6S_KK P6S_KO P6S_KR
K_K05	can operate in the job market and is prepared to change the place of work	P6U_K	P6S_KR
K_K06	can adapt to and act in new conditions and situations	P6U_K	P6S_KK
K_K07	can develop and effectively use interpersonal abilities	P6U_K	P6S_KK P6S_KO
K_K08	can independently acquire and improve knowledge as well as professional and research abilities	P6U_K	P6S_KK P6S_KO P6S_KR
K_K09	acts according to ethical rules within set organisational and social roles	P6U_K	P6S_KR
K_K10	takes responsibility for assigned tasks	P6U_K	P6S_KR
K_K11	is aware of the responsibility for actions and the preservation as well as protection of cultural and natural heritage	P6U_K	P6S_KO P6S_KR
K_K12	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	P6U_K	P6S_KK P6S_KO P6S_KR
K_K13	is able to communicate with individuals both specialists and non-specialists in a given field, clearly and logically communicates messages to team members and potential clients	P6U_K	P6S_KK P6S_KO P6S_KR
K_K14	takes action for new solutions to problems, cognitive and practical processes occurring in the tourist enterprise where the student completes the internship and is able to present them in the employer's environment	P6U_K	P6S_KK P6S_KO P6S_KR

¹Reference to first-cycle studies universal characteristics at level 6 In accordance with the annex to the Act of 22 December 2015 on the Integrated Qualifications System (Journal of Laws of 2020, item 226)		codes
Knowledge outcomes student knows and understands:	On an advanced level – facts, theories, methods and complex correlations between them. Various, complex conditions of the conducted activity.	P6U_W
Skills outcomes – the student can:	Do the tasks in an innovative and creative way as well as solve complex and unusual problems in changed and not entirely predictable conditions. Independently plan own learning process throughout the whole life. Communicate with people, justify own opinion.	P6U_U
Learning outcomes – the student is ready to:	Develop and popularise standards of proper behaviour in and outside of a work place. Independently make decisions, critically evaluate own actions, work of the teams which the student supervises, and organisations in which the student participates, accepting responsibility for the results of these actions.	P6U_K

Descriptions used below – in accordance with The Regulation of the Minister of Science and Higher Education of 14 November 2018 regarding the characteristics of second-cycle studies of learning outcomes for the qualifications on levels 6-8 of the Polish Qualifications Framework (Journal of Laws of 2018, item 2218).

P6S_WG	Characteristics of second-cycle learning outcomes for qualifications at level 6 of PQF in terms of knowledge: scope and depth – completeness of the cognitive perspective and dependencies.
P6S_WK	Characteristics of second-cycle learning outcomes for qualifications at level 6 of PQF in terms of knowledge: context – conditions, effects.
P6S_UW	Characteristics of second-cycle learning outcomes for qualifications at level 6 of PQF in terms of skills: use of knowledge – solved problems and tasks.
P6S_UK	Characteristics of second-cycle learning outcomes for qualifications at level 6 of PQF in terms of skills: communication – receiving and formulating statements, spreading the knowledge in the academic environment and using a foreign language.
P6S_UO	Characteristics of second-cycle learning outcomes for qualifications at level 6 of PQF in terms of skills: work organisation – planning and team work.
P6S_UU	Characteristics of second-cycle learning outcomes for qualifications at level 6 of PQF in terms of skills: learning – planning own and other peoples' development.
P6S_KK	Characteristics of second-cycle learning outcomes for qualifications at level 6 of PQF in terms of social competence: evaluation – critical attitude.
P6S_KO	Characteristics of second-cycle learning outcomes for qualifications at level 6 of PQF in terms of social competence: responsibility – fulfilling the social obligations and acting in the public interest.
P6S_KR	Characteristics of second-cycle learning outcomes for qualifications at level 6 of PQF in terms of social competence: professional role – independence and ethos development.

VERIFICATION AND EVALUATION METHODS OF THE LEARNING OUTCOMES ACHIEVED BY THE STUDENT DURING THE WHOLE LEARNING CYCLE

The teacher conducting classes defines learning outcomes and the form of their verification, and then places them in the course syllabus. Achieving all learning outcomes specified for individual classes means the implementation of the assumed concept of education in the field of study. Verification and assessment of the learning outcomes achieved by the student throughout the entire education cycle takes place through:

- 1) **evaluating student's preparation for classes, participation during classes;**
- 2) **coursework** (final tests, tests, reports, presentations, projects);
- 3) **exams** (oral, written exam, etc.);
- 4) **student internship** (in accordance with the regulation of student internship);
- 5) **process of certification** (in accordance with the study regulations);
- 6) **analysing graduates' careers** – by getting feedback in terms of acquired knowledge, skills and social competences and their usefulness on the job market;
- 7) **evaluating the employers' opinion** – employers and stakeholders give opinions about the academic syllabus including established learning outcomes and verification methods.