

ACADEMIC SYLLABUS OF FIRST-CYCLE STUDIES – TOURISM AND RECREATION for the 2023/2024 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	48	26
- Earth and related environmental sciences	11	6

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	2892
3.	Total number of ECTS credits which a student obtains during contact classes conducted by academic teachers or another person conducting the classes	130
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	5
6.	Total number of ECTS credits allocated to elective courses	80
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.

Among other things, students can choose subjects from 2 groups of elective modules in:

1. Tourism management – the aim of the module 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 module 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.

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 2023/2024 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 study¹	Symbol of characteristics for second-cycle studies in PQF²
KNOWLEDGE			
K_W01	He/she knows and understands to an advanced level various phenomena of social sciences, humanities, exact sciences, natural sciences and physical culture and the practical application of this knowledge in professional activity related to the major	P6U_W	P6S_WG
K_W02	The student knows and understands conceptual categories and terminology in social sciences, humanities, sciences, natural sciences and physical culture as well as the practical application of this knowledge in professional activity related to the major	P6U_W	P6S_WG P6S_WK
K_W03	He/she knows and understands different types of social structures and institutions (cultural, political, legal, economic and physical culture related) and their essential elements	P6U_W	P6S_WG
K_W04	He/she knows and understands views and relations between structures of social institutions and types of social bonds and their historical evolution on national, international and intercultural scale	P6U_W	P6S_WG P6S_WK
K_W05	The student knows and understands to an advanced degree the concepts of a human being as a subject constituting social structures and rules of their functioning as well as acting in these structures.	P6U_W	P6S_WG P6S_WK
K_W06	The student knows and understands the complexity of the structure and functions of the human organism.	P6U_W	P6S_WG
K_W07	He knows and understands to an advanced degree the concepts and psychosocial mechanisms related to health and its protection, including various forms of recreation, dietary recommendations and functioning in the natural environment	P6U_W	P6S_WG P6S_WK
K_W08	He/she knows and understands the law regulating the functioning of economic entities and physical culture	P6U_W	P6S_WG P6S_WK
K_W09	He/she knows and understands the structure and functions of the legal, social, economic system, its objectives and organisational functioning	P6U_W	P6S_WG
K_W10	Knows and understands the range of methods, techniques and research tools used in the	P6U_W	P6S_WG

	humanities, social sciences, sciences and natural sciences and physical culture sciences		
K_W11	The student knows and understands standard statistical methods and IT tools for collecting, analysing and presenting social and economic data at the level allowing to describe and interpret phenomena	P6U_W	P6S_WG P6S_WK
K_W12	He/she knows and understands internal legal acts, used in daily activities of the tourist company, in which he/she is working as a trainee (e.g. organizational regulations, organizational structure, rules of safety and hygiene at work, 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	The student is able to observe social phenomena and processes (cultural, political, legal, economic and related to physical culture) and describe, analyse and interpret them using basic theoretical approaches and concepts.	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	Can argue in a substantive way using the views of other authors and formulate conclusions	P6U_U	P6S_UW P6S_UK
K_U14	Can use the knowledge gained in the field of tourism and recreation and tasks typical for professional activity	P6U_U	P6S_UW P6S_UU
K_U15	Can use specialist movement skills in selected forms of physical activity (recreational, health, sport 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	Be able to use the skills to operate information technology programs 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 of critical analysis and synthesis of this information	P6U_U	P6S_UW P6S_UK P6S_UO
SOCIAL COMPETENCES			
K_K01	Is ready to organise and lead the work of teams and organisations within and outside the work environment	P6U_K	P6S_KK P6S_KO P6S_KR
K_K02	Is willing to communicate with the environment in and outside the workplace and transfer knowledge using various means of communication (in the mother tongue and English)	P6U_K	P6S_KK P6S_KR
K_K03	Is ready to develop a level of physical fitness necessary for learning and performance of professional tasks	P6U_K	P6S_KK P6S_KO
K_K04	Is ready to undertake tasks on his/her own, especially in situations of needs resulting from changing conditions of tourist events or recreational activities	P6U_K	P6S_KK P6S_KO P6S_KR
K_K05	Is ready to enter the labour market and is prepared to change employment	P6U_K	P6S_KR
K_K06	Is ready to adapt and act in new conditions and situations	P6U_K	P6S_KK
K_K07	Is ready to develop and use interpersonal skills	P6U_K	P6S_KK P6S_KO
K_K08	Is ready to independently acquire and improve knowledge and professional and research skills	P6U_K	P6S_KK P6S_KO P6S_KR

K_K09	Is ready to act ethically within the framework of assigned organisational and social roles	P6U_K	P6S_KR
K_K10	Is ready to take responsibility for the tasks entrusted to him/her in front of colleagues	P6U_K	P6S_KR
K_K11	Is ready to take responsibility for the preservation and protection of cultural and natural heritage	P6U_K	P6S_KO P6S_KR
K_K12	Is ready to take care of the safety of people participating in recreational activities and tourist events, especially in situations of potential threats and adherence to proven rules of conduct	P6U_K	P6S_KK P6S_KO P6S_KR
K_K13	Is willing to communicate with both specialist and non-specialist people, communicating clearly and transparently to team members and potential customers	P6U_K	P6S_KK P6S_KO P6S_KR
K_K14	Is ready to undertake activities for new solutions, problems, cognitive and practical processes occurring in the tourist company in which the student completes the practical training, and is able to present them to the employer	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

²Descriptions 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 internship programme);
- 5) **process of certification** (in accordance with the study regulations).