

**GENERAL CHARACTERISTICS OF THE STUDY PROGRAMME
for the 2024/2025 enrolment**

1. **FACULTY OF HEALTH SCIENCES**
2. **FIELD OF STUDY:** TOURISM AND RECREATION
3. **EDUCATIONAL PROFILE:** PRACTICAL
4. **LEVEL OF EDUCATION:** FIRST DEGREE STUDIES
5. **FORM OF STUDY:** FULL-TIME STUDIES
6. **PROFESSIONAL TITLE:** LICENCJAT
7. **ASSIGNMENT TO FIELDS OF SCIENCE:** FIELD OF MEDICAL AND HEALTH SCIENCES, FIELD OF SOCIAL SCIENCES, FIELD OF SCIENCE AND NATURAL SCIENCES
8. **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

9. Summary indexes which characterise the academic syllabus

No.	INDEX NAME	VALUE	
		Stationary form	Part-time form
1.	Total number of semesters and ECTS credits required for graduation	6 / 186	-
2.	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	124	-
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	379	-

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

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

Concept of education in the field of Tourism and Recreation. The first-degree studies are the implementation of the university's development strategy and are aimed at preparing graduates to work in the broadly understood tourism market at home and abroad. Learning objectives:

Learning objectives:

- professional preparation through the acquisition of interdisciplinary knowledge in the fields of medical and health sciences, social sciences, sciences and natural sciences.

- Acquiring skills to undertake activities in the field of: organising work and undertaking various ventures in the sphere of tourism and recreation, preparing tourist and recreational offers for various groups of recipients, establishing contacts

with enterprises operating in the tourism and recreation industry in Poland and abroad. Preparation for work in travel agencies, hotels, resorts, sports and recreation centres, recreation and wellness centres, agrotourism farms. The acquired skills will also enable graduates to work in government and local government institutions, social organisations, foundations

and associations related to tourism and healthy lifestyle. They will also acquire essential skills in preparing business plans, registering and running their own business. They will have the ability to communicate fluently (at B2 level of the Common European Framework of Reference for Languages) in English and other languages

- in particular the ability to use specialist language.

- Acquisition of social competences such as: performing functions related to tourism and leisure market management, independent decision-making in the field of organisation

and management, creative problem solving related to service activities, management of tourism and recreation enterprises. To acquire competences in working in and leading human teams, creativity and openness in interpersonal relations, as well as competences based on social ethics.

Profile of a graduate

In the process of education, the Student acquires the competence to carry out professional tasks: in the area of tourist services - management of a travel agency; creation of a tourist product, preparation and distribution of tourist offers, animation of leisure time in tourism and organization of tourist and recreational events. Graduates are prepared to work in tourism enterprises and to run their own businesses;

and also within the framework of so-called health tourism and recreation - by acquiring the knowledge and practical skills necessary to work as a health educator, a specialist in the early prevention of chronic non-

communicable diseases (diseases of civilization), as well as preparation for the use of various forms of physical activity to promote a healthy lifestyle.

Translated with DeepL.com (free version) Graduates of the first degree programme in Tourism and Leisure Studies will be prepared to undertake second degree or postgraduate studies.

Elaborated: **Dominik Dąbrowski**