

**COURSE CATALOGUE
(ECTS INFORMATION PACKAGE)**

**FIELD TOURISM AND RECREATION
FIRST-CYCLE STUDIES**



Legnica 2011/2012

Tourism and recreation

The profile of the Tourism and Recreation Organisation speciality graduate

The graduate of The Witelon University of Applied Sciences in Legnica completing the studies at Tourism Organisation and Recreation speciality, according to the Resolution O the Minister of Education and Sport dated on the 18th April 2002 year about defining the standards of teaching at particular directions of studies and the levels of teaching (with later amendments) will have the abilities and the general knowledge in satisfactory degree to work individually at the diverse posts. Then graduate will gain humanistic knowledge for the all-round cognition of people's needs, including man's aspirations reflected in the tourism and recreation, knowledge of nature giving the base for understanding the man's system- nature- motion activity. The graduate will be also equipped with the economic, organisational and legal knowledge which make able the estimation and the conscious use of the mechanism typical for the market economy.

Moreover, the graduate of this speciality will be equipped with the abilities which enable him:

- managing and both individual planning and carrying out the business in the scope of recreation tourism,
- individual preparation and realization of tourism and recreation performances,
- the natural getting in touch with people based on the abilities of using modern means of communication and speaking foreign languages fluently.

The graduate will be ready to take the posts in the units which serve tourist movement and recreation, to work in the hotels, holiday hotels, recreation centres, institutions and to work in the local government on the posts responsible for tourism and recreation development. Completing the Bachelor's studies the student will get the B.A degree in Tourism Organising and Recreation.

The Witelon University of Applied Sciences in Legnica additionally equips the graduate with the ability of practical managing, diagnosing, decision taking and the contact with clients by organising the 15-week trainings and employing the trainees as the didactic workers.

The profile of the Tourism and Hotel Management specialisation graduate.

The graduate of The Witelon University of Applied Sciences in Legnica completing the studies at the speciality Tourism and Hotel Management will acquire the knowledge which enable him to take work in the tourist institutions and the enterprises, the hotels, and the units which serve the tourist movement. The knowledge and the practical preparation obtained during the studies entitles to fulfil the managerial functions at the different levels of the Polish and international tourism and hotel management, as well as to start and manage own travel agencies, hotels and the holidays on the farm.

The profile of the Agrotourism specialisation graduate.

The graduate of speciality the agrotourism will possess the basic natural knowledge, social the and organizacyjno - legal the as well as practical skills enabling in field of tourism the activity the and recreation from special regard on country areas the tourism. Peaceably with possessed knowledge and got during three - year - old studies graduates skills will be prepared to leadership of agro - touristic farm as well as to work on connected with tourism positions and recreation: in offices of trip, the hotels, rest centres, organizations of government administration and council, the social organizations, foundations and the associations.

To basic skills , which student will purchase in course of studies it one should was:

- the skill of leadership of own economic activity (the the agro - touristic farm)
- the organization on country areas the active forms of rest (np. the horse recreation, the angling, the hunting),
- the skill of farming and breeding of the unprofessional animals' species and decorative,
- advising in range of leadership of the agro - touristic farm.

Admission requirements

The minimum requirement for admission to the degree program is the secondary school graduation certificate or an equivalent foreign document confirmed by the Polish education authorities. During the admission procedure the results in foreign language, geography and one of the selected subjects: history, biology, Polish or mathematics from that certificate are taken into account.

Final examination

The diploma examination is an oral examination. During the examination the student should demonstrate a general understanding of field/specialization and the knowledge related to the dissertation.

The rules determining the final result of the studies are described in The Rules of Study at The Witelon University of Applied Sciences in Legnica. The final result is the sum of: 0,6 of the arithmetical mean of all the grades achieved during the study, 0,2 of the grade for the diploma thesis and 0,2 of the grade for the final exam.

Examination and assessment regulations

General examination and assessment regulations are described in detail in The Rules of Study at The Witelon University of Applied Sciences in Legnica. Assessment methods of individual courses are given in the programs of these courses.

ECTS departmental coordinator

Regina Kumala, Ph.D.

phone: +4876723 23 60

e-mail: kumalar@pwsz-legnica.eu

Field: Tourism and recreation

Stationary

Recruitment: 2011

Year I

No.	Name of subject	Hours	Semester 1					ECTS	Semester 2					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Swimming	30		15				1		15				1	grade
2	Physical Education	30		15				1		15				1	grade
3	Biological development of the human being	30	15	15				2							grade
4	Philosophy with ethics	30							15	15				3	exam
Basic subjects															
5	History of architecture and art	60	15	15				3	15	15				3	grade, exam
6	Economy	45							30	15				5	exam
7	Psychology	30	15	15				5							exam
8	Management	45	30	15				5							exam
9	Law	30							15	15				3	grade
10	Physiology of the human being	30							15	15				4	exam
Main subjects															
11	Tourist geography	45							30	15				3	grade
12	Elements of tourism	45	30	15				5							exam
13	Elements of recreation	45	15	30				5							exam
14	Touring/ sightseeing	30	15	15				3							grade
15	Hotel management	30							15	15				3	grade
16	Tourism and recreation in summer time	56								56				4	grade
Overall hours/ECTS credits			135	150	0	0	0	30	135	191	0	0	0	30	
Overall hours in semester (year)		611	285						326						

Industrial Safety – I semester	4h
Library training - I semester	4h
Practice	160h

Field: Tourism and recreation
Specialization: Agrotourism
Recruitment: 2011

Stationary

Year II

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	120		60				2		60				2	grade, exam
2	Foreign language II	30								30				1	grade
3	Physical education	30		30				1							grade
4	Information technology	30		30				2							grade
5	Sociology	30	15	15				2							grade
6	Protection of intellectual property	10								10				1	grade
Basic subjects															
7	Ecology and environment protection	45	15	30				5							exam
Main subjects															
8	Service of tourism movement	60	15	45				5							exam
9	Economics of tourism and recreation	30	15	15				4							grade
10	Leisure time pedagogics	45	30	15				5							exam
11	Tourism and recreation in winter time	56		56				4							grade
Subjects for speciality															
12	Propedeutics of agrotourisand the ecotourism	30							15	15				4	grade
13	Organization and technique of work in hotel management	45							30	15				4	exam
14	IT in tourism and hotel management	30								30				3	grade
15	Touristic bases in country areas	30							15	15				3	grade
16	Marketing and promotion in agrotourism	30							15	15				3	grade
17	Communication in tourism and hotel management sector	30							15	15				5	exam
18	Unprofessional animals' farming and decorative	30							15	15				3	exam
19	Diploma seminar.	15											15	1	grade
Overall hours/ECTS credits			90	296	0	0	0	30	105	220	0	0	15	30	
Overall hours in semester (year)		726	386						340						

Field: Tourism and recreation
Specialization: Agrotourism
Recruitment: 2011

Stationary

Year III

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language II	60		60				2							exam
2	Bases of safeties and sanitation of work and ergonomy	10	10					1							grade
Subjects for speciality															
3	Active tourism	60	15	15				2	15	15				3	grade, exam
4	Silesia- regional and tourism geography	60	15	15				2	15	15				3	grade, exam
5	Accountancy and finance in tourism	30	15	15				3							grade
6	Hygiene in tourism and hotel management	30	15	15				3							grade
7	Tourism and recreation in country areas	45	30	15				3							exam
8	The agro - touristic offer in chosen the countries of UE	30							15	15				2	grade
9	Organizing and servicing tourism events	30								30				3	grade
10	The architecture of scenery and the protection of nature	45	15	30				4							exam
11	Advising agro - touristic	30	15	15				2							grade
12	The agro - touristic offer of regions of Poland	30	15	15				4							exam
13	Lecture at choice	30	15					2	15					2	grade
14	Subject at choice	65	10	10				1	15	30				4	grade
15	Lecture at choice in foreign language	30							30					2	grade
16	Diploma semniar	60					30	1					30	1	grade
Diploma thesis														10	
Overall hours/ECTS credits			170	205	0	0	30	30	105	105	0	0	30	30	
Overall hours in semester (year)		645	405						240						

Field: Tourism and recreation**Specialization: Organization of tourism and recreation****Recruitment: 2011****Stationary****Year II**

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	120		60				2		60				2	grade, exam
2	Foreign language II	30								30				1	grade
3	Physical education			30				1							grade
4	Information technology	30		30				2							grade
5	Sociology	30	15	15				2							grade
6	Protection of intellectual property	10								10				1	grade
Basic subjects															
7	Ecology and environment protection	45	15	30				5							exam
Main subjects															
8	Service of tourism movement	60	15	45				5							exam
9	Economics of tourism and recreation	30	15	15				4							grade
10	Leisure time pedagogics	45	30	15				5							exam
11	Tourism and recreation in winter time	56		56				4							grade
Subjects for speciality															
12	Theory and methodology of recreation	60							30	30				5	exam
13	Motion recreation and improvement of movement	30		30				2		30				2	grade
14	Marketing of tourism and recreation services	30							15	15				3	grade
15	Tourism and recreation development	30							15	15				3	grade
16	Subject at choice	30	15	15				5							exam
17	Lecture at choice (the first)	15	15					2							grade
18	Communication in tourism and hotel sector	30							15	15				5	exam
19	Diploma seminar	15											15	1	grade
Overall hours/ECTS credits			75	296	0	0	0	30	115	210	0	0	15	30	
Overall hours in semester (year)		726	371						340						

Field: Tourism and recreation

Specialization: Organization of tourism and recreation

Stationary

Recruitment: 2011

Year III

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit	
			lc	c	lb	p	s		lc	c	lb	p	s			
Subjects of general education																
1	Foreign language II	60		60				2								exam
2	Bases of safeties and sanitation of work and ergonomy	10	10					1								grade
Subjects for speciality																
3	Active tourism	60	15	15				2	15	15					3	grade, exam
4	Motor recreation and motor improvement	30		30				2								grade
5	Hygiene and promotion of health	45	30	15				5								exam
6	Tourism and recreation in country areas	45	30	15				5								exam
7	Silesia- regional and tourism geography	60	15	15				2	15	15					2	grade, exam
8	Tourism and recreation in local development	45	30	15				4								grade
9	Organizing and servicing tourism events	30								30					3	grade
10	Programming and implementation of health training	30							15	15					3	exam
11	Subject at choice	30	15	15				2								grade
12	Lecture at choice (the first)	30	15					2	15						2	grade
13	Lecture at choice (the second)	15							15						2	grade
14	Tourism and recreation for disabled people	30							15	15					2	grade
15	Lecture at choice in foreign language	30							30						2	grade
16	Diploma seminar	60					30	1						30	1	grade
Diploma thesis															10	
Overall hours/ECTS credits			175	180	0	0	30	30	120	90	0	0	30	30		
Overall hours in semester (year)		625	385						240							

Field: Tourism and recreation**Specialization: Tourism and hotel management****Recruitment: 2011****Stationary****Year II**

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	120		60				2		60				2	grade, exam
2	Foreign language II	30								30				1	grade
3	Physical education			30				1							grade
4	Information technology	30		30				2							grade
5	Sociology	30	15	15				2							grade
6	Protection of intellectual property	10								10				1	grade
Basic subjects															
7	Ecology and environment protection	45	15	30				5							exam
Main subjects															
8	Service of tourism movement	60	15	45				5							exam
9	Economics of tourism and recreation	30	15	15				4							grade
10	Leisure time pedagogics	45	30	15				5							exam
11	Tourism and recreation in winter time	56		56				4							grade
Subjects for speciality															
12	Organization and technique of work in hotel management	45							30	15				4	exam
13	Tourism pilotage and guideship	30							15	15				3	grade
14	IT in tourism and hotel mamagment	30								30				3	grade
15	Hotel exploitation	30							15	15				3	grade
16	Turistic geography of world	30							15	15				2	grade
17	Marketing of hotel and gastronomy services	30							15	15				3	grade
18	Communication in tourism and hotel sector	30							15	15				5	exam
19	Lecture at choice	15							15					2	grade
20	Diploma seminar	15											15	1	grade
Overall hours/ECTS credits			90	296	0	0	0	30	105	235	0	0	15	30	
Overall hours in semester (year)		741	386						355						

Field: Tourism and recreation
Specialization: Tourism and hotel management
Recruitment: 2011

Stationary

Year III

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language II	60		60				2							exam
2	Bases of safeties and sanitation of work and ergonomy	10	10					1							grade
Subjects for speciality															
3	Active tourism	60	15	15				2	15	15				3	grade, exam
4	Silesia- regional and tourism geography	60	15	15				2	15	15				3	grade, exam
5	Accountancy and finance in tourism	30	15	15				3							grade
6	Hygiene in tourism and hotel management	30	15	15				3							grade
7	Management of hotel industry and gastronomy staff	45	30	15				5							exam
8	Organizing and servicing tourism events	30								30				3	grade
9	Bases economically -legal hotel activity	45	15	30				3							exam
10	Gastronomy in tourism and hotel management	30		30				2							grade
11	Basic aspects of human nutrition	30	15	15				2							grade
12	Booking systems and distribution in hotel industry	15								15				2	grade
13	Lecture at choice	30	15					2	15					2	grade
14	Subject at choice	75	15	15				2	15	30				4	grade
15	Lecture at choice in foreign language	30							30					2	grade
16	Diploma seminar.	60					30	1					30	1	grade
Diploma thesis														10	
Overall hours/ECTS credits			160	225	0	0	30	30	90	105	0	0	30	30	
Overall hours in semester (year)		640	415						225						

Field: Tourism and recreation

Non-stationary

Recruitment: 2011

Year I

No.	Name of subject	Hours	Semester 1					ECTS	Semester 2					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Swimming	24		12				1		12				1	grade
2	Physical Education	24		12				1		12				1	grade
3	Biological development of the human being	30	15	15				2							grade
4	Philosophy with ethics	30							15	15				3	exam
Basic subjects															
5	History of architecture and art	48	12	12				3	12	12				3	grade, exam,
6	Economy	45							30	15				5	exam
7	Psychology	30	15	15				5							exam
8	Management	45	30	15				5							exam
9	Law	30							15	15				3	grade
10	Phisiology of the human being	30							15	15				4	exam
Main subjects															
11	Tourist geography	45							30	15				3	grade
12	Elements of tourism	45	30	15				5							exam
13	Elements of recreation	45	15	30				5							exam
14	Touring/ sightseeing	30	15	15				3							grade
15	Hotel management	30							15	15				3	grade
16	Tourism and recreation in summer time	56								56				4	grade
Overall hours/ECTS credits			132	141	0	0	0	30	132	182	0	0	0	30	
Overall hours in semester (year)		587	273						314						

Industrial Safety – I semester	4h
Library training - I semester	4h
Practice	160h

Field: Tourism and recreation
Specialization: Agrotourism
Recruitment: 2011

Non-stationary

Year II

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	48		24				1		24				1	grade
2	Information technology	24		24				1							grade
3	Physical education	18		18				2							grade
4	Sociology	30	15	15				2							grade
5	Protection of intellectual property	10								10				1	grade
Basic subjects															
6	Ecology and environment protection	45	15	30				5							exam
Main subjects															
7	Service of tourism movement	60	15	45				6							exam
8	Economics of tourism and recreation	30	15	15				4							grade
9	Leisure time pedagogics	45	30	15				5							exam
10	Tourism and recreation in winter time	56		56				4							grade
Subjects for speciality															
11	Propedeutics of agrotourism the ecotourism	24							12	12				4	grade
12	Organization and technique of work in hotel management	24							14	10				4	exam
13	IT in tourism and hotel management	14								14				3	grade
14	Touristic bases in country areas	16							8	8				3	grade
15	Marketing and promotion in agrotourism	16							8	8				3	grade
16	Communication in tourism and hotel sector	16							8	8				5	exam
17	Unprofessional animals' farming and decorative	16							8	8				3	exam
18	Lecture at choice	8							8					2	grade
19	Diploma seminar	10											10	1	grade
Overall hours/ECTS credits			90	242	0	0	0	30	66	102	0	0	10	30	
Overall hours in semester (year)		510	332						178						

Field: Tourism and recreation

Specialization: Agrotourism

Recruitment: 2011

Non-stationary

Year III

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language II	48		24				1		24				2	grade, exam
2	Bases of safeties and sanitation of work and ergonomy	10	10					1							grade
Subjects for speciality															
3	Active tourism	32	8	8				2	8	8				3	grade, exam
4	Silesia- regional and tourism geography	32	8	8				2	8	8				3	grade, exam
5	Accountancy and finance in tourism	16	8	8				3							grade
6	Hygiene in tourism and hotel management	16	8	8				3							grade
7	Tourism and recreation in country areas	24	14	10				3							exam
8	The agro - touristic offer in chosen the countries of UE	16							8	8				2	grade
9	Organizing and servicing tourism events	30								30				3	grade
10	The architecture of scenery and the protection of nature	24	10	14				4							exam
11	Advising agro - touristic	16	8	8				2							grade
12	The agro - touristic offer of regions of Poland	16	8	8				4							exam
13	Lecture at choice	16	8					2	8					2	grade
14	Subject at choice	40	8	8				2	10	14				4	grade
15	Diploma semniar	40					20	1					20	1	grade
Diploma thesis														10	
Overall hours/ECTS credits			98	104	0	0	20	30	42	92	0	0	20	30	
Overall hours in semester (year)		376	222						154						

Field: Tourism and recreation

Specialization: Organization of tourism and recreation

Non-stationary

Recruitment: 2011

Year II

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit	
			lc	c	lb	p	s		lc	c	lb	p	s			
Subjects of general education																
1	Foreign language I	48		24				1		24				1	grade	
2	Physical Education	24		24				1							grade	
3	Information technology	18		18				2							grade	
4	Socjology	30	15	15				2							grade	
5	Protection of intellectual property	10								10				1	grade	
Basic subjects																
6	Ecology and environment protection	45	15	30				5							exam	
Main subjects																
7	Service of tourism movement	60	15	45				6							exam	
8	Economics of tourism and recreation	30	15	15				4							grade	
9	Leisure time pedagogics	45	30	15				5							exam	
10	Tourism and recreation in winter time	56		56				4							grade	
Subjects for speciality																
10	Theory and methodology of recreation	32							16	16				5	exam	
11	Motion recreation and improvement of movement	15								15				2	grade	
12	Marketing of tourism and recreation services	16							8	8				3	grade	
13	Tourism and recreation development	16							8	8				3	grade	
14	Subject at choice	24							12	12				5	exam	
15	Lecture at choice (the first)	8							8					2	grade	
16	Lecture at choice (the second)	8							8					2	grade	
17	Communication in tourism and hotel sector	16							8	8				5	exam	
18	Diploma seminar	10											10	1	grade	
Overall hours/ECTS credits			90	242	0	0	0	30	68	101	0	0	10	30		
Overall hours in semester (year)		511	332						179							

Field: Tourism and recreation**Specialization: Organization of tourism and recreation****Non-stationary****Recruitment: 2011****Year III**

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	48		24				1		24				2	exam
2	Bases of safeties and sanitation of work and ergonomy	10	10					1							grade
Subjects for speciality															
3	Active tourism	32	8	8				3	8	8				3	grade, exam
4	Motor recreation and motor improvement	15		15				2							grade
5	Hygiene and promotion of health	24	14	10				5							exam
6	Tourism and recreation in country areas	24	14	10				5							exam
7	Silesia- regional and tourism geography	32	8	8				2	8	8				2	grade, exam
8	Toursm and recreation in local development	36	24	12				4							grade, exam
9	Organizing and servicing tourism events	30								30				3	grade
10	Programming and implementation of health training	24							12	12				3	exam
11	Subject at choice	20	10	10				3							grade
12	Lecture at choice (the first)	16	8					2	8					2	grade
13	Lecture at choice (the second)	16	8					2	8					2	grade
14	Tourism and recreation for disabled people	16							8	8				2	grade
15	Diploma seminar	40					20	1					20	1	grade
Dimploma thesis														10	
Overall hours/ECTS credits			104	97	0	0	20	30	52	90	0	0	20	30	
Overall hours in semester (year)		383	221						162						

Field: Tourism and recreation**Specialization: Tourism and hotel management****Non-stationary****Recruitment: 2011****Year II**

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	48		24				1		24				1	grade
2	Physical education	24		24				1							grade
3	Information technology	18		18				2							grade
4	Sociology	30	15	15				2							grade
5	Protection of intellectual property	10								10				1	grade
Basic subjects															
6	Ecology and environment protection	45	15	30				5							exam
Main subjects															
7	Service of tourism movement	60	15	45				6							exam
8	Economics of tourism and recreation	30	15	15				4							grade
9	Leisure time pedagogics	45	30	15				5							exam
10	Tourism and recreation in winter time	56		56				4							grade
Subjects for speciality															
11	Organization and technique of work in hotel management	24							14	10				4	exam
12	Tourism pilotage and guideship	16							8	8				3	grade
13	IT in tourism and hotel management	14								14				3	grade
14	Hotel exploitation	16							8	8				3	grade
15	Turistic geography of world	16							8	8				2	grade
16	Marketing of hotel and gastronomy services	30							8	8				3	grade
17	Communication in tourism and hotel sector	30							8	8				5	exam
18	Lecture at choice (first)	15							8					2	grade
19	Lecture at choice (second)	15							8					2	grade
20	Diploma seminar	15											15	1	grade
Overall hours/ECTS credits			90	242	0	0	0	30	70	98	0	0	10	30	
Overall hours in semester (year)		510	332						178						

Field: Tourism and recreation

Specialization: Tourism and hotel management

Recruitment: 2011

Non-stationary

Year III

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit	
			lc	c	lb	p	s		lc	c	lb	p	s			
Subjects of general education																
1	Foreign language I	48		24				1		24				2	grade exam	
2	Bases of safeties and sanitation of work and ergonomy	10	10					1							grade	
Subjects for speciality																
3	Active tourism	32	8	8				2	8	8				3	grade, exam	
4	Silesia- regional and tourism geography	32	8	8				2	8	8				3	grade, exam	
5	Accountancy and finance in tourism	16	8	8				3							grade	
6	Hygiene in tourism and hotel management	16	8	8				3							grade	
7	Management of hotel industry and gastronomy staff	24	14	10				5							exam	
8	Organizing and servicing tourism events	30								30				3	grade	
9	Bases economically -legal hotel activity	24	10	14				3							exam	
10	Gastronomy in tourism and hotel management	14		14				2							grade	
11	Basic aspects of human nutrition	18	8	8				2							grade	
12	Booking systems and distribution in hotel industry	8								8				2	grade	
13	Lecture at choice (the first)	16	8					2	8					2	grade	
14	Subject at choice	40	10	10				3	10	10				4	grade, exam	
15	Diploma seminar	40					20	1					20	2	grade	
Diploma thesis														10		
Overall hours/ECTS credits			92	112	0	0	20	30	34	78	0	0	20	30		
Overall hours in semester (year)		366	224						142							

Field: Tourism and recreation**Specialization: Organization of tourism and recreation and Tourism and hotel management****Stationary****Recruitment: 2010****Year I**

No.	Name of subject	Hours	Semester 1					ECTS	Semester 2					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Swimming	30		15				1		15				1	grade
2	Physical Education	30		15				1		15				1	grade
3	Biological development of the human being	30	15	15				2							grade
4	Philosophy with ethics	30							15	15				3	exam
Basic subjects															
5	History of architecture and art	60	15	15				3	15	15				3	grade, exam
6	Economy	45							30	15				5	exam
7	Psychology	30	15	15				5							exam
8	Managment	45	30	15				5							exam
9	Law	30							15	15				3	grade
10	Phisiology of the human being	30							15	15				4	grade
Main subjects															
11	Tourist geography	45							30	15				3	grade
12	Elements of tourism	45	30	15				5							exam
13	Elements of recreation	45	15	30				5							exam
14	Touring/ sightseeing	30	15	15				3							grade
15	Hotel management	30							15	15				3	grade
16	Tourism and recreation in summer time	56								56				4	grade
Overall hours/ECTS credits			135	150	0	0	0	30	135	191	0	0	0	30	
Overall hours in semester (year)		611	285						326						

Industrial Safety – I semester	4h
Library training - I semester	4h
Practice	160h

Field: Tourism and recreation

Specialization: Organization of tourism and recreation

Recruitment: 2010

Stationary

Year II

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	120		60				2		60				2	grade, exam
2	Foreign language II	30								30				1	grade
3	Physical education	30		30				1							grade
4	Information technology	30		30				2							grade
5	Sociology	30	15	15				2							grade
6	Protection of intellectual property	10								10				1	grade
Basic subjects															
7	Ecology and environment protection	45	15	30				5							exam
Main subjects															
	Service of tourism movement	60	15	45				5							exam
8	Economics of tourism and recreation	30	15	15				4							grade
9	Leisure time pedagogics	45	30	15				5							exam
10	Tourism and recreation in winter time	56		56				4							grade
Subjects for speciality															
11	Theory and methodology of recreation	60							30	30				5	exam
12	Motion recreation and improvement of movement	30								30				2	grade
13	Marketing of tourism and recreation services	30							15	15				3	grade
14	Tourism and recreation development	30							15	15				3	grade
15	Subject at choice	15							15	15				5	exam
16	Lecture at choice	15							15					2	grade
17	Communication in tourism and hotel sector	30							15	15				5	exam
18	Diploma seminar.	15											15	1	grade
Overall hours/ECTS credits			90	296	0	0	0	30	105	220	0	0	15	30	
Overall hours in semester (year)		726	386						340						

Field: Tourism and recreation**Specialization: Organization of tourism and recreation****Recruitment: 2010****Stationary****Year III**

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language II	60		60				2							exam
2	Bases of safeties and sanitation of work and ergonomy	10	10					1							grade
Subjects for speciality															
3	Active tourism	60	15	15				2	15	15				3	grade, exam
4	Motion recreation and improvement of movement	30		30				2							grade
5	Hygiene and promotion of health	45	30	15				5							exam
6	Tourism and recreation in country areas	45	30	15				5							exam
7	Silesia- regional and tourism geography	60	15	15				2	15	15				2	grade, exam
8	Tourism and recreation in local development	45	30	15				4							grade
9	Organizing and servicing tourism events	30								30				3	grade
10	Programming and implementation of health training	30							15	15				3	exam
11	Subject at choice	30	15	15				2							grade
12	Lecture at choice (the first)	30	15					2	15					2	grade
13	Lecture at choice (the second)	30	15					2	15					2	grade
14	Tourism and recreation for disabled people	30							15	15				2	grade
15	Lecture at choice in foreign language	30							30					3	grade
16	Diploma seminar.	60					30	1					30	1	grade
Diploma thesis														10	
Overall hours/ECTS credits			175	180	0	0	30	30	120	90	0	0	30	30	
Overall hours in semester (year)		625	385						240						

Field: Tourism and recreation**Specialization: Tourism and hotel management****Recruitment: 2010****Stationary****Year II**

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	120		60				2		60				2	grade, exam
2	Foreign language II	30								30				1	credit
3	Physical Education	30		30				1							grade
4	Information technology	30		30				2							grade
5	Sociology	30	15	15				2							grade
6	Protection of intellectual property	10								10				1	grade
Basic subjects															
7	Ecology and environment protection	45	15	30				5							exam
Main subjects															
8	Service of tourism movement	60	15	45				5							exam
9	Economics of tourism and recreation	30	15	15				4							grade
10	Leisure time pedagogics	45	30	15				5							exam
11	Tourism and recreation in winter time	56		56				4							grade
Subjects for speciality															
12	Organization of work and quality management in hotel industry	45							30	15				4	exam
13	Tourism pilotage and guideship	30							15	15				3	grade
14	IT in tourism and hotel management	30								30				3	grade
15	Hotel equipment and its exploitation	30							15	15				3	grade
16	Turistic geography of world	30							15	15				2	grade
17	Marketing of tourism and hotel industry services	30							15	15				3	grade
18	Communication in tourism and hotel sector	30							15	15				5	exam
19	Lecture at choice	15							15					2	grade
20	Diploma seminar.	15											15	1	grade
Overall hours/ECTS credits			90	296	0	0	0	30	120	220	0	0	15	30	
Overall hours in semester (year)		741	386						355						

Field: Tourism and recreation

Specialization: Tourism and hotel management

Recruitment: 2010

Stationary

Year III

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit	
			lc	c	lb	p	s		lc	c	lb	p	s			
Subjects of general education																
1	Foreign language II	60		60				2								exam
2	Bases of safeties and sanitation of work and ergonomomy	10	10					1								grade
Subjects for speciality																
3	Active tourism	60	15	15				2	15	15				3		grade, exam
4	Silesia- regional and tourism geography	60	15	15				2	15	15				3		grade, exam
5	Accountancy and finance in tourism and hotel industry	30	15	15				3								grade
6	Hygiene in tourism and hotel management	30	15	15				3								grade
7	Hotel Management	45	30	15				5								exam
8	Organizing and servicing tourism events	30								30				3		grade
9	Bases economically -legal hotel activity	45	15	30				3								exam
10	Gastronomy in tourism and hotel management	30		30				2								grade
11	Basic aspects of human nutrition	30	15	15				2								grade
12	Customer service in hotel industry	15								15				2		grade
13	Lecture at choice	30	15					2	15					2		grade
14	Subject at choice	75	15	15				2	15	30				4		grade
15	Lecture at choice in foreign language	30							30					2		grade
16	Diploma seminar	60					30	1					30	1		grade
Diploma thesis														10		
Overall hours/ECTS credits			160	225	0	0	30	30	90	105	0	0	30	30		
Overall hours in semester (year)		640	415						225							

Field: Tourism and recreation**Specialization: Organization of tourism and recreation and Tourism and hotel management****Non-stationary****Recruitment: 2010****Year I**

No.	Name of subject	Hours	Semester 1					ECTS	Semester 2					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Swimming	24		12				1		12				1	grade
2	Physical Education	24		12				1		12				1	grade
3	Biological development of the human being	30	15	15				2							grade
4	Philosophy with ethics	30							15	15				3	exam
Basic subjects															
5	History of architecture and art	48	12	12				3	12	12				3	grade, exam,
6	Economy	45							30	15				5	exam
7	Psychology	30	15	15				5							exam
8	Management	45	30	15				5							exam
9	Law	30							15	15				3	grade
10	Physiology of the human being	30							15	15				4	exam
Main subjects															
11	Tourist geography	45							30	15				3	grade
12	Elements of tourism	45	30	15				5							exam
13	Elements of recreation	45	15	30				5							exam
14	Touring/ sightseeing	30	15	15				3							grade
15	Hotel management	30							15	15				3	grade
16	Tourism and recreation in summer time	56								56				4	grade
Overall hours/ECTS credits			132	141	0	0	0	30	132	182	0	0	0	30	
Overall hours in semester (year)		587	273						314						

Industrial Safety – I semester	4h
Library training - I semester	4h
Practice	160h

Field: Tourism and recreation

Specialization: Organization of tourism and recreation

Non-stationary

Recruitment: 2010

Year II

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit	
			lc	c	lb	p	s		lc	c	lb	p	s			
Subjects of general education																
1	Foreign language I	48		24				1		24				1	grade	
2	Physical Education	24		24				1							grade	
3	Information technology	18		18				2							grade	
4	Socjology	30	15	15				3							grade	
5	Protection of intellectual property	10								10				1	grade	
Basic subjects																
6	Ecology and environment protection	45	15	30				5							exam	
Main subjects																
7	Service of tourism movement	60	15	45				6							exam	
8	Economics of tourism and recreation	30	15	15				4							grade	
9	Leisure time pedagogics	45	30	15				5							exam	
10	Tourism and recreation in winter time	56		56				4							grade	
Subjects for speciality																
11	Theory and methodology of recreation	32							16	16				5	exam	
12	Motion recreation and improvement of movement	15								15				2	grade	
13	Marketing of tourism and recreation services	16							8	8				3	grade	
14	Tourism and recreation development	16							8	8				3	grade	
15	Subject at choice	24							12	12				5	exam	
16	Lecture at choice (the first)	8							8					2	grade	
17	Lecture at choice (the second)	8							8					2	grade	
18	Communication in tourism and hotel sector	16							8	8				5	exam	
19	Diploma seminar	10											10	1	grade	
Overall hours/ECTS credits			90	242	0	0	0	30	68	101	0	0	10	30		
Overall hours in semester (year)		511	332						179							

Field: Tourism and recreation**Specialization: Organization of tourism and recreation****Non-stationary****Recruitment: 2010****Year III**

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	48		24				1		24				2	exam
2	Bases of safeties and sanitation of work and ergonomy	10	10					1							grade
Subjects for speciality															
3	Active tourism	32	8	8				2	8	8				3	grade, exam
4	Motion recreation and improvement of movement	15		15				2							grade
5	Hygiene and promotion of health	24	14	10				5							exam
6	Tourism and recreation in country areas	24	14	10				5							exam
7	Silesia- regional and tourism geography	32	8	8				2	8	8				2	grade, exam
8	Tourism and recreation in local development	24	12					4							grade
9	Organizing and servicing tourism events	30								30				3	grade
10	Programming and implementation of health training	24							12	12				3	exam
11	Subject at choice	20	10	10				3							grade
12	Lecture at choice (the first)	16	8					2	8					2	grade
13	Lecture at choice (the second)	8	8					2	8					2	grade
14	Tourism and recreation for disabled people	16							8	8				2	grade
15	Diploma seminar	40					20	1					20	1	grade
Dimploma thesis														10	
Overall hours/ECTS credits			104	97	0	0	20	30	52	90	0	0	20	30	
Overall hours in semester (year)		383	221						162						

Field: Tourism and recreation**Specialization: Tourism and hotel management****Recruitment: 2010****Non-stationary****Year II**

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	48		24				1		24				1	grade
2	Physical Education	24		24				1							grade
3	Information technology	18		18				2							grade
4	Socjology	30	15	15				3							grade
5	Protection of intellectual property	10								10				1	grade
Basic subjects															
6	Ecology and environment protection	45	15	30				5							exam
Main subjects															
7	Service of tourism movement	60	15	45				6							exam
8	Economics of tourism and recreation	30	15	15				4							grade
9	Leisure time pedagogics	45	30	15				5							exam
10	Tourism and recreation in winter time	56		56				4							grade
Subjects for speciality															
11	Organization of work and quality management in hotel industry	24							14	10				4	exam
12	Tourism pilotage and guideship	16							8	8				3	grade
13	IT in tourism and hotel management	14								14				3	grade
14	Hotel equipment and its exploatation	16							8	8				3	grade
15	Turistic geography of world	16							8	8				2	grade
16	Marketing of tourism and hotel industry services	16							8	8				3	grade
17	Communication in tourism and hotel sector	16							8	8				5	exam
18	Lecture at choice (the first)	8							8					2	grade
19	Lecture at choice (the second)	8							8					2	grade
20	Diploma seminar.	10											10	1	grade
Overall hours/ECTS credits			90	242	0	0	0	30	70	98	0	0	10	30	
Overall hours in semester (year)		510	332						178						

Field: Tourism and recreation**Specialization: Tourism and hotel management****Recruitment: 2010****Non-stationary****Year III**

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	48		24				1		24				2	grade, exam
2	Bases of safeties and sanitation of work and ergonomy	10	10					1							grade
Subjects for speciality															
3	Active tourism	32	8	8				2	8	8				3	grade, exam
4	Silesia- regional and tourism geography	32	8	8				2	8	8				3	grade, exam
5	Accountancy and finance in tourism and hotel industry	16	8	8				3							grade
6	Hygiene in tourism and hotel management	16	8	8				3							grade
7	Hotel Management	24	14	10				5							exam
8	Organizing and servicing tourism events	30								30				3	grade
9	Bases economically -legal hotel activity	24	10	14				3							exam
10	Gastronomy in tourism and hotel management	14		14				2							grade
11	Basic aspects of human nutrition	16	8	8				2							grade
12	Customer service in hotel industry	8								8				2	grade
13	Lecture at choice (the first)	16	8					2	8					2	grade
14	Subject at choice	40	10	10				3	10	10				4	grade, exam
15	Diploma seminar	40					20	1					20	1	grade
Diploma thesis														10	
Overall hours/ECTS credits			92	112	0	0	20	30	34	88	0	0	20	30	
Overall hours in semester (year)		366	224						142						

Field: Tourism and recreation**Specialization: Organization of tourism and recreation and Tourism and hotel management****Stationary****Recruitment: 2009****Year I**

No.	Name of subject	Hours	Semester 1					ECTS	Semester 2					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Swimming	30		15				1		15				1	grade
2	Physical Education	30		15				1		15				1	grade
3	Biological development of the human being	30	15	15				2							grade
4	Philosophy with ethics	30							15	15				3	exam
Basic subjects															
5	History of architecture and art	60	15	15				3	15	15				3	grade, exam,
6	Economy	45							30	15				5	exam
7	Psychology	30	15	15				5							exam
8	Managment	45	30	15				5							exam
9	Law	30							15	15				3	grade
10	Phisiology of the human being	30							15	15				4	exam
Main subjects															
11	Tourist geography	45							30	15				3	grade
12	Elements of tourism	45	30	15				5							exam
13	Elements of recreation	45	15	30				5							exam
14	Touring/ sightseeing	30	15	15				3							grade
15	Hotel management	30							15	15				3	grade
16	Tourism and recreation in summer time	56								56				4	grade
Overall hours/ECTS credits			135	150	0	0	0	30	135	191	0	0	0	30	
Overall hours in semester (year)		611	285						326						

Industrial Safety – I semester	4h
Library training - I semester	4h
Practice	160 h

Field: Tourism and recreation

Specialization: Organization of tourism and recreation

Stationary

Recruitment: 2009

Year II

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	120		60				2		60				2	grade, exam
2	Foreign language II	30								30				1	grade
3	Information technology	30		30				2							grade
4	Sociology	30	15	15				3							grade
5	Protection of intellectual property	10								10				1	grade
Basic subjects															
6	Ecology and environment protection	45	15	30				5							exam
Main subjects															
7	Service of tourism movement	60	15	45				5							exam
8	Economics of tourism and recreation	30	15	15				4							grade
9	Leisure time pedagogics	45	30	15				5							exam
10	Tourism and recreation in winter time	56		56				4							grade
Subjects for speciality															
11	Theory and methodology of recreation	60							30	30				5	exam
12	Motion recreation and improvement of movement	30								30				2	grade
13	Marketing of tourism and recreation services	30							15	15				3	grade
14	Tourism and recreation development	30							15	15				3	grade
15	Subject at choice	30							15	15				5	exam
16	Lecture at choice (the first)	15							15					2	grade
17	Social communication in tourism and recreation	30							15	15				5	grade, exam
18	Diploma seminar	15								grade			15	1	
Overall hours/ECTS credits			90	266	0	0	0	30	105	220	0	0	15	30	
Overall hours in semester (year)		696	356						340						

Field: Tourism and recreation**Specialization: Organization of tourism and recreation****Recruitment: 2009****Stationary****Year III**

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language II	60		60				2							exam
2	Bases of safeties and sanitation of work and ergonomy	10	10					1							grade
Subjects for speciality															
3	Active tourism	60	15	15				2	15	15				3	grade, exam
4	Motion recreation and improvement of movement	30	30					2							grade
5	Hygiene and promotion of health	45	30	15				5							exam
6	Tourism and recreation in country areas	45	30	15				5							exam
7	Silesia- regional and tourism geography	60	15	15				2	15	15				2	grade, exam
8	Tourism and recreation in local development	45	30	15				4							grade
9	Organizing and servicing tourism events	30								30				3	grade
10	Programming and implementation of health training	30							15	15				3	grade
11	Subject at choice	30	15	15				2							grade
12	Lecture at choice (the first)	30	15					2	15					2	grade
13	Lecture at choice (the second)	30	15					2	15					2	grade
14	Tourism and recreation for disabled people	30							15	15				3	grade
15	Lecture at choice in foreign language	30							30					2	grade
16	Diploma seminar.	60					30	1					30	1	grade
Diploma thesis														10	grade
Overall hours/ECTS credits			205	150	0	0	30	30	120	90	0	0	30	30	
Overall hours in semester (year)		625	385						240						

Field: Tourism and recreation
Specialization: Tourism and hotel management
Recruitment: 2009

Stationary

Year II

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	120		60				2		60				2	grade, exam
2	Foreign language II	30								30				1	grade
3	Information technology	30		30				2							grade
4	Socjology	30	15	15				3							grade
5	Protection of intellectual property	10							10					1	grade
Basic subjects															
6	Ecology and environment protection	45	15	30				5							exam
Main subjects															
7	Service of tourism movement	60	15	45				5							exam
8	Economics of tourism and recreation	30	15	15				4							grade
9	Leisure time pedagogics	45	30	15				5							exam
10	Tourism and recreation in winter time	56		56				4							exam
Subjects for speciality															
11	Organisation and technique of work in hotel management	45							30	15				4	exam
12	Tourism pilotage and guideship	30							15	15				3	grade
13	IT in tourism and hotel management	30								30				3	grade
14	Tourism and recreation development	30							15	15				3	grade
15	Turistic geography of world	30							15	15				2	grade
16	Marketing of tourism and recreation services	30							15	15				3	grade
17	Social communication in tourism and hotel management	30							15	15				5	exam
18	Lecture at choice (the first)	15							15					2	grade
19	Diploma seminar	15											15	1	grade
Overall hours/ECTS credits			90	266	0	0	0	30	130	210	0	0	15	30	
Overall hours in semester (year)		711	356						355						

Field: Tourism and recreation**Specialization: Tourism and hotel management****Recruitment: 2009****Stationary****Year III**

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language II	60		60				2							exam
2	Protection of intellectual property	10							10					1	grade
Subjects for speciality															
3	Active tourism	60	15	15				2	15	15				3	grade, exam
4	Silesia- regional and tourism geography	60	15	15				2	15	15				3	grade, exam
5	Accountancy and finance in tourism and hotel industry	30	15	15				3							grade
6	Hygiene in tourism and hotel managment	30	15	15				3							grade
7	Hotel Management	45	30	15				5							exam
8	Organizing and servicing tourism events	30								30				3	grade
9	Bases economically -legal hotel activity	45	15	30				3							exam
10	Gastronomy in tourism and hotel managment	30		30				2							grade
11	Basic aspects of human nutrition	30	15	15				2							grade
12	Customer service in hotel industry	15							15					2	grade
13	Lecture at choice	30	15					2	15					2	grade
14	Subject at choice	75	15	15				2	15	30				4	grade
15	Lecture at choice in foreign language	30							30					2	grade
16	Diploma seminar.	60					30	1					30	1	grade
Diploma thesis														10	
Overall hours/ECTS credits			160	225	0	0	30	30	105	90	0	0	30	30	
Overall hours in semester (year)		640	415						225						

Field: Tourism and recreation**Specialization: Organization of tourism and recreation and Tourism and hotel management****Non-stationary****Recruitment: 2009****Year I**

No.	Name of subject	Hours	Semester 1					ECTS	Semester 2					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
gradeSubjects of general education															
1	Swimming	24		12				1		12				1	grade
2	Physical Education	24		12				1		12				1	grade
3	Biological development of the human being	30	15	15				2							grade
4	Philosophy with ethics	30							15	15				3	exam
Basic subjects															
5	History of architecture and art	48	12	12				3	12	12				3	grade, exam,
6	Economy	45							30	15				5	exam
7	Psychology	30	15	15				5							exam
8	Management	45	30	15				5							exam
9	Law	30							15	15				3	grade
10	Phisiology of the human being	30							15	15				4	exam
Main subjects															
11	Tourist geography	45							30	15				3	grade
12	Elements of tourism	45	30	15				5							exam
13	Elements of recreation	45	15	30				5							exam
14	Touring/ sightseeing	30	15	15				3							grade
15	Hotel management	30							15	15				3	grade
16	Tourism and recreation in summer time	56								56				4	exam
Overall hours/ECTS credits			132	141	0	0	0	30	132	182	0	0	0	30	
Overall hours in semester (year)		587	273						314						

Industrial Safety – I semester	4h
Library training - I semester	4h
Practice	160 h

Field: Tourism and recreation**Specialization: Organization of tourism and recreation****Recruitment: 2009****Non-stationary****Year II**

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	48		24				1		24				1	grade
2	Information technology	18		18				2							grade
3	Sociology	30	15	15				3							grade
4	Protection of intellectual property	10								10				1	grade
Basic subjects															
5	Ecology and environment protection	45	15	30				5							exam
Main subjects															
6	Service of tourism movement	60	15	45				6							exam
7	Economics of tourism and recreation	30	15	15				4							grade
8	Leisure time pedagogics	45	30	15				5							exam
9	Tourism and recreation in winter time	56		56				4							exam
Subjects for speciality															
10	Theory and methodology of recreation	32							16	16				5	exam
11	Motion recreation and improvement of movement	15								15				2	grade
12	Marketing of tourism and recreation services	16							8	8				3	grade
13	Tourism and recreation development	16							8	8				3	grade
14	Subject at choice	24							12	12				5	exam
15	Lecture at choice (the first)	8							8					2	grade
16	Lecture at choice (the second)	8							8					2	grade
17	Social communication in tourism and recreation	16							8	8				5	grade
18	Diploma seminar.	10											10	1	grade
Overall hours/ECTS credits			90	218	0	0	0	30	68	101	0	0	10	30	
Overall hours in semester (year)		487	308						179						

Field: Tourism and recreation**Specialization: Organization of tourism and recreation****Non-stationary****Recruitment: 2009****Year III**

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	48		24				1		24				2	exam
2	Bases of safeties and sanitation of work and ergonomy	10	10					1							grade
Subjects for speciality															
3	Active tourism	32	8	8				3	8	8				3	grade, exam
4	Motion recreation and improvement of movement	15		15				2							grade
5	Hygiene and promotion of health	24	14	10				5							exam
6	Tourism and recreation in country areas	24	14	10				5							exam
7	Silesia- regional and tourism geography	32	8	8				2	8	8				2	grade, exam
8	Tourism and recreation in local development	36	24	12				4							grade
9	Organizing and servicing tourism events	30								30				3	grade
10	Programming and implementation of health training	24							12	12				3	exam
11	Subject at choice	20	10	10				3							grade
12	Lecture at choice (the first)	16	8					2	8					2	grade
13	Lecture at choice (the second)	16	8					2	8					2	grade
14	Tourism and recreation for disabled people	16							8	8				2	grade
15	Diploma seminar	40					20	1					20	2	grade
Diploma thesis														10	grade
Overall hours/ECTS credits			119	82	0	0	20	30	52	90	0	0	20	30	
Overall hours in semester (year)		383	221						162						

Field: Tourism and recreation**Specialization: Tourism and hotel management****Recruitment: 2009****Non-stationary****Year II**

No.	Name of subject	Hours	Semester 3					ECTS	Semester 4					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	48		24				1		24				1	grade
2	Information technology	18		18				2							grade
3	Sociology	30	15	15				3							grade
4	Protection of intellectual property	10							10					1	grade
Basic subjects															
5	Ecology and environment protection	45	15	30				5							exam
Main subjects															
6	Service of tourism movement	60	15	45				6							exam
7	Economics of tourism and recreation	30	15	15				4							grade
8	Leisure time pedagogics	45	30	15				5							exam
9	Tourism and recreation in winter time	56		56				4							exam
Subjects for speciality															
10	Organisation and technique of work in hotel managment	24							14	10				4	exam
11	Tourism pilotage and guideship	16							8	8				3	grade
12	IT in tourism and hotel managment	14								14				3	grade
13	Tourism and recreation development	16							8	8				3	grade
14	Turistic geography of world	16							8	8				2	grade
15	Marketing of tourism and recreation services	16							8	8				3	grade
16	Social communication in tourism and hotel managment	16							8	8				5	exam
17	Lecture at choice (the first)	8							8					2	grade
18	Lecture at choice (the second)	8							8					2	grade
19	Diploma seminar	10											10	1	grade
Overall hours/ECTS credits			90	218	0	0	0	30	80	88	0	0	10	30	
Overall hours in semester (year)		486	308						178						

Field: Tourism and recreation**Specialization: Tourism and hotel management****Recruitment: 2009****Non-stationary****Year III**

No.	Name of subject	Hours	Semester 5					ECTS	Semester 6					ECTS	Form of credit
			lc	c	lb	p	s		lc	c	lb	p	s		
Subjects of general education															
1	Foreign language I	48		24				1		24				2	grade, exam
2	Protection of intellectual property	10							10					1	grade
Subjects for speciality															
3	Active tourism	32	8	8				2	8	8				3	grade, exam
4	Silesia- regional and tourism geography	32	8	8				2	8	8				3	grade, exam
5	Accountancy and finance in tourism and hotel industry	16	8	8				3							grade
6	Hygiene in tourism and hotel management	16	8	8				3							grade
7	Hotel Management	24	14	10				5							exam
8	Organising and servicing tourism events	30								30				3	grade
9	Bases economically -legal hotel activity	24	10	14				3							exam
10	Gastronomy in tourism and hotel managment	14		14				2							grade
11	Basic aspects of human nutrition	16	8	8				2							grade
12	Customer service in hotel industry	8								8				2	grade
13	Lecture at choice (the first)	16	8					2	8					2	grade
14	Subject at choice	40	10	10				3	10	10				4	grade, exam
15	Diploma seminar	40					20	1					20	1	grade
Diploma thesis														10	
Overall hours/ECTS credits			92	112	0	0	20	30	42	80	0	0	20	30	
Overall hours in semester (year)		366	224						142						

Description of individual course units:

Subjects of general education

ECTS credits

2

1. Course title

Biological development of the human being

2. Course contentsLecture

Object of the investigations of biology. What is this the life ? The man development - basic notions . Of the development endogenic and exogenous factors. Different factors of the man development. The mode of the life and the course of the development. Building and the basic functions of the cell. Building and the basic functions of chosen tissues . The building and functions the apparatus of the movement. Building and functions nervous was arrangement. Important the organs of sense and their meaning for the man organism. Building and functions the apparatus was arrangement the man organism internal. The stages of the man development and biological rhythm. Metody of control and the opinion of the man development.

Laboratory

Heirdom and his meaning in the man ontogenetical development. Building of the individual elements of the apparatus of the movement. The course of the development was arrangement alimentary and respiratory. Arrangement of the development the circulation and arrangement of excretory. Organization of the man motive actions. Ability development of motive in the man ontogenetical development. Detailed profile of the individual stages of the man development.

3. Prerequisites

None

4. Learning outcomes

Student reaches scholarship within the scope consideration as well working space economy warm-hearted. Knows factor genetically as well environmentally determinant repudiation creature.

5. Recommended reading

Wolański N. (2005) Rozwój biologiczny człowieka. Państwowe Wydawnictwo Naukowe, Warszawa.

Jopkiewicz A., Suliga E. (1998) „Biologiczne podstawy rozwoju człowieka” . Wydawnictwo i Zakład Poligrafii Instytutu Technologii Eksploatacji. Radom.

6. Type of course

Obligatory

Teaching team

Department of Recreation.

7. Course structure

Form	Number of hours	Semester	Year
Lecture	15	1	1
Classes	15	1	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

8. Assessment methods

Written test

9. Language of instruction

Polish

ECTS credits

3

1. Course title

Philosophy and the ethics

2. Course contents

The introduction in world of philosophical thought(the background the socio - political the Ancient Greece, Homer, Hezjod, myths, the language, society , first the relating the man matters)

The basic messages with field of philosophical anthropology (the man's, different conceptions the man's definition, man the intelligent creature)

Present philosophy about man (Existentialism, Personalizm, Postmodernizm)

The man's happiness (the conceptions of happiness, eastern philosophy and western about happiness, Arystoteles, Christianity)

Man and working (artistic works, search scientific, work)

Man in report from different (man social creature, it is friends theories (Platon, Arystoteles), love, social reports)

The theories of feelings (Arystoteles, Thomas from Aquinas, the present theories)

The problem of aggression(the aggression as human pathology the, cause of aggression, counteraction the aggression)

The ethicist (the problem of human values, individual good and the social good, ideals and the reality)

The aesthetics (the theories of art, beauty and the education)

The human freedom (the question of freedom, different conceptions of freedom, freedom and the rape, liberalism and the freedom)

The life the death and the suffering (the sense of life, balance of life, euthanasia?, cloning?, the interference in nature)

Right (natural right, right made up, right unwritten, lawlessness and anarchy)

Language (philosophical language, poetry, symbolic language, colloquial language)

Space of life (the theory, the experience, sensualism, materialism, theism)

3. Prerequisites

None

4. Learning outcomes

Understood connected problems during meeting be becomes undertaken wide with philosophical anthropology. The acquired in track of lectures knowledge should favourably influence on general culture and listeners' development as well as assure creating deeper humanism.

5. Recommended reading

TATARKIEWICZ W., *Historia Filozofii*, I-III, (Wyd. 15), Warszawa 1998.

PETTIT P., *Przewodnik Po Współczesnej Filozofii Politycznej*, Warszawa, 1998.

ŚWIEŻAWSKI S., *Dzieje Europejskiej Filozofii Klasycznej*, Warszawa-Wrocław, 2000.

REALE G., *Historia Filozofii Starożytnej*, I-III, Lublin, 1999.

GRATELOUP L., *Wędrowki Po Filozofii*, Wrocław 1999.

PALACZ R., *Klasycy Filozofii*, Warszawa 1987.

PLATON, *Dialogi*, Warszawa, 1988.

DAROWSKI R., *Filozofia Człowieka*, Kraków 1995.

6. Type of course

Obligatory

7. Teaching team

Institution of Philosophy and the Political Ideas

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15	2	1
Classes	15	2	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

written test, exam

10. Language of instruction

Polish

ECTS credits
1

1. Course title

Swimming (1 sem.)

2. Course contents

Safety regulations (BHP) during the classes, the swimming-pool regulations. The exercises accustoming to water. The technique of swimming crawl backstroke and on the breast, the breaststroke. Coordination of work of hands, legs and breath. Rescue service, the first aid to drowning man, towing.

3. Prerequisites

Participation in the classes, mastering the knowledge relating from the subjects of the classes.

4. Learning outcomes

Acquiring the ability of the basic styles swimming.

Providing the first aid to drowning man.

5. Recommended reading

Czabański B. Nauczanie techniki pływania; AWF Wrocław 1982

Dybińska E., Wójcicki A. Wskazówki metodyczne do nauczania pływania, AWF Kraków, 1986

Kalinowski A. Nauka pływania na obozach i koloniach; Warszawa 1973

Karpiński R. Pływanie – podstawy techniki pływania; AWF Wrocław 2000

Wiesner W. Nauczanie-uczenie się pływania, AWF Wrocław, 1981

Wiesner W. Metodyka ratownictwa wodnego; Wrocław 1981

6. Type of course

Obligatory

7. Teaching team

Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	15/12	1	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	30		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits
1

1. Course title

Swimming (2 sem.)

2. Course contents

Safety regulations (BHP) during the classes, the swimming-pool regulations. The exercises accustoming to water. The technique of swimming crawl backstroke and on the breast, the breaststroke. Coordination of work of hands, legs and breath. Rescue service, the first aid to drowning man, towing.

3. Prerequisites

Participation in the classes, mastering the knowledge relating from the subjects of the classes.

4. Learning outcomes

Acquire a knowledge of organizing a safe swimming lessons

Learning games and activities with water

Swimming skills in the back crawl

5. Recommended reading

Czabański B. Nauczanie techniki pływania; AWF Wrocław 1982

Dybińska E., Wójcicki A. Wskazówki metodyczne do nauczania pływania, AWF Kraków, 1986

Kalinowski A. Nauka pływania na obozach i koloniach; Warszawa 1973

Karpiński R. Pływanie – podstawy techniki pływania; AWF Wrocław 2000

Wiesner W. Nauczanie-uczenie się pływania, AWF Wrocław, 1981

Wiesner W. Metodyka ratownictwa wodnego; Wrocław 1981

6. Type of course

Obligatory

7. Teaching team

Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	15/12	2	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	30		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits
1

1. Course title

Physical education (1 sem.)

2. Course contents

Background exercises, disciplines, fun introductory games, systematics and methodology of teaching the various elements, parts of the game in attack and defense, the rules of the game, refereeing, organizing competitions

3. Prerequisites

Participation in occupance ,contents from themes possessed subsequent

4. Learning outcomes

A student acquires motor skills to play volleyball

- can perform a warm-up according to the rules
- can interpret the provisions of the game, can judge
- can develop rules of the competition, organize and conduct sports

5. Recommended reading

Busz.J. Szkolimy uniwersalnych siatkarzy; Wyd. Sport i Turystyka, Warszawa 1980

Papageogin A. Piłka siatkowa

Skrobański H. Piłka siatkowa

Superlak E. Piłka siatkowa, techniczno-taktyczne przygotowanie do gry; Wyd. BK W-w 2006

Uzarowicz J. Piłka siatkowa, technika; Kraków 1994

6. Type of course

Obligatory

7. Teaching team

Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	15/12	1	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	30		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits
1

1. Course title

Physical education (2 sem.)

2. Course contents

Concepts exercises and games, sports, team games, the objectives of the task, recreational games, the basic elements of technique and tactics of some games, rules and regulations, refereeing, organization of competitions (frisbee, badminton, floorball, korfbal).

3. Prerequisites

Participation in occupation, contents from topic of exercise possessed subsequent

4. Learning outcomes

The student learns basic skills techniques

- acquired skills in the organization of the competition
- is aware of the importance of games and physical culture in the man
- knows the rules, he can judge

5. Recommended reading

Bondarowicz M. Zabawy i gry ruchowe, AWF Warszawa 1986

Bondarowicz M., Staniszewski T. Podstawy teorii i metodyki zabaw i gier ruchowych. AWF Warszawa 2000

Mielniczuk M., Staniszewski T. Stare i nowe gry drużynowe. Talbit Warszawa 1999

Nawara H. Nawara U. Gry i zabawy integracyjne. AWF Wrocław 2001

Wołyniec J. (red.) Przepisy gier sportowych w zakresie podstawowym. Wyd. B. K. Wrocław 2006

6. Type of course

Obligatory

7. Teaching team

Department of recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	15/12	2	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	30		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits
1

1. Course title

Physical education (3 sem.)

2. Course contents

Improvement of concepts exercises and games, sports, team games, the objectives of the task, recreational games, improvement of the basic elements of technique and tactics of some games, rules and regulations, refereeing, organization of competitions.

3. Prerequisites

Participation in occupation, contents from topic of exercise possessed subsequent

4. Learning outcomes

The student learns basic skills techniques

- acquired skills in the organization of the competition
- is aware of the importance of games and physical culture in the man
- knows the rules, he can judge

5. Recommended reading

Bondarowicz M. Zabawy i gry ruchowe, AWF Warszawa 1986

Bondarowicz M., Staniszewski T. Podstawy teorii i metodyki zabaw i gier ruchowych. AWF Warszawa 2000

Mielniczuk M., Staniszewski T. Stare i nowe gry drużynowe. Talbit Warszawa 1999

Nawara H. Nawara U. Gry i zabawy integracyjne. AWF Wrocław 2001

Wołyniec J. (red.) Przepisy gier sportowych w zakresie podstawowym. Wyd. B. K. Wrocław 2006

6. Type of course

Obligatory

7. Teaching team

Department of recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	30/24	3	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	30		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits

1

1. Course title

Protection of intellectual property

2. Course contents

Introducing I. The intellectual goods as special kind of legal goods. The place of control of right intellectual property in system of Polish right. The catalogue of objects the copyright and the right of industrial property - the common questions. The origin and the meaning of settlement of international right of intellectual property (the Bern conventions, Parisian, general the as well as in. the agreement, which the side is Poland).

II. author's Right: The notion of work as well as his kinds. Subjects copyright. Kinds of works. Content copyright - author's personal rights as well as property; field of exploitation. The general principles of passage the author's say property, - the heirdom the copyright. Contract transferring author's authorizations as well as licence contracts. Collective management and protection copyright; The committee the copyright, schedules of the author's rewards; Fund of Promotion of Works. Protection copyright. Right related - subjects, content, using and giving instructions as well as protection. Protection of bases of data.

III. Right industrial property: The objects of industrial property; part of Patent Office of Polish Republic. Entitled to inventive projects subjects. Say to inventive projects content in range of personal authorizations and property. Say the general principles the protection to objects of industrial property.

3. Prerequisites

none

4. Learning outcomes

The student uses the terminology related to the theme object. The student knows the basic sources of student searches and interpret their own rules of industrial property rights in relation to possible situations. Students prepares basic documents (contracts, simple pleadings).

5. Recommended reading

1. Jezioro J. (2005) Prawo własności intelektualnej (w:) Posdtawy prawa cywilnego pod red. Gniewka E., Warszawa
2. Barta J., Czajkowska-Dabrowska M., Cwiąkański Z., Markiewicz R., Traple E. (2005) Prawo autorskie i prawa pokrewne, Kraków
3. Barta J., Markiewicz R. (2002) Ustawa o ochronie baz danych. Komentarz, Warszawa

6. Type of course

Obligatory

7. Teaching team

Department of Science of the Economy and the European Union

8. Course structure

Form	Number of hours	Semester	Year
Lecture	10	4	2
Classes			
Laboratory			
Project			
Seminar			
Other			
Total student's workload	30		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS Credits

2

1. Course title

Sociology

2. Course contentsLecture

Object and place of sociology in social science. Subdisciplines of sociology. Theoretical - methodological orientations in sociology. An individual and the society. Social bond and its elements. Social groups and institutions. Social personality of the individual. The role of sport in the process of personality creation. Sociological understanding of culture. Sport and culture. Theories of social structure. Social structure and physical culture. Social activeness. Sociology of spare time – place of tourism and recreation in everyday life of contemporary Poles. Man and tourism.

Classes

Groupwork- tasks related to the the issues mentioned in the scope of course topics.

3. Prerequisites

none

4. Learning outcomes

A student ought know how to describe the basic ideas of sociology and especially the sociology of touristic. Moreover, a student should be able to independently diagnose and interpret changes happening in society basing on his sociological competence.

5. Recommended reading

1. Giddens A. Socjologia, Warszawa 2004
2. Sztompka P. Socjologia. Analiza społeczeństwa, Kraków 2002
3. Szacka B., Wprowadzenie do socjologii, Warszawa 2003
4. Podemski K., Socjologia podróży, Poznań 2004,
5. Przeclawski K., Człowiek a turystyka. Zarys socjologii turystyki, Kraków 2001

6. Type of course

Obligatory

7. Teaching team

Department of Pedagogy and Sociology

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15	3	2
Classes	15	3	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

lecture – pass

classes – pass

10. Language of instruction

Polish

ECTS credits
1

1. Course title

Bases of safeties and sanitation of work and ergonomomy

2. Course contentsLecture

Work activity in human life. Basic problems of ergonomics. Material factors of work surrounding, Physiological basis of human work. Some ergonomic recommendations for the construction of work place. Informatics work place. Human nervous system and mental work. Ergonomic problems of elderly. Characteristics of physical culture ergonomics. Ergonomics of sport activity in closed surroundings and in open air. Ergonomics of sports equipment. Contemporary tendencies of improvement and expand of ergonomic activity. Methods of ergonomic research. General rules of occupational hygiene and safety. The principles of standardization of factors acting on human organism. Classification of work safety. Assessment methods of work safety. Occupational diseases. Work accidents. Principles of individual general and organizational protections. International organization acting in occupational hygiene and safety and ergonomics. Organization and legal system of occupational hygiene and safety in Poland.

3. Prerequisites

None

4. Learning outcomes

- has a proper knowledge of developmental lines of ergonomics.
- knows how to assess the ergonomic aspects of planning, organization and realization of physical education activity
- knows how to apply the principles of occupational hygiene and safety in practice
- has the basic knowledge on Polish and international activity in the field of ergonomics and occupational hygiene and safety

5. Recommended reading

1. Indulski JA, Jethon Z, Dawydzik LT (eds.): Zdrowie publiczne. Wybrane zagadnienia. Oficyna Wydawnicza Instytutu Medycyny Pracy w Łodzi, Łódź 2000
2. Koradecka D (ed.): Bezpieczeństwo pracy i ergonomia, v.I and II. Wydawnictwo CIOP, Warszawa 1999
3. Raczowski B.: Bhp w praktyce. Wydawnictwo ODDK w Gdańsku, Gdańsk 2007

6. Type of course

Obligatory

7. Teaching team

Department of Tourism and Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	10	5	3
Classes			
Laboratory			
Project			
Seminar			
Other			
Total student's workload	30		

9. Assessment methods

Written test

10. Language of instruction

Polish

ECTS credits
2

1. Course title

Information Technology

2. Course contents

Basis conceptions and definitions used in Computer Science. Elements of architecture and functioning of a computer. The introduction to the computer usage. The Basic characteristics of operational system Windows XP: functions of the operational system TOOL SOFTWARE (ANTIVIRUS PROGRAMS, ARCHIVE, DIAGNOSTIC AND OPTIMIZING)

Internet: characteristics, functions and usage of the Internet, the services available in Internet

Text editors on the example of WORD 2003: the edition of the complex documents (with many pages), charts, inserting of the graphics (advanced methods), the edition of the mathematical formulas, the table elements of documents (pagnations, headlines, Footer), creation of the contents and index (subscripts, superscripts), tabulator, numbering, bullets formatting a text in columns, the serial correspondence, forms, automation of the work, planning and creating professional documents and publications, computer composing of the compact descriptions

Computer data analysis (the area of usage of the data analysis), the rule of sheet's creation, types and structures of data, implementation and formatting of data, basic statistical analysis. The advanced topics: the elements of programming in CALCULATING SHEET, management of the sheets and folders, sheet as the data base (addition of the records, sorting and managing the lists, using filters, sheet for the group work, advanced formulas and functions, presentations of the graphical data- MICROSOFT MAP, presentations and preparations of large printed papers, advanced operations on lists (pivot tables, chart), macrodefinitions, preparations of algorithms of economic problems.

Work in program used for creating the presentations Power Point or FLASH. Preparing own presentation

3. Prerequisites

none

4. Learning outcomes

Student knows warranties informatique scholarship within the scope use the following recentness software. Student ministrations themselves utensils computerized and describes as well shapes a rough passage occurring on unlike article, whom can be dissolution with computer. Student is able to turn to profit information technology until arrangements own workshop working space intellectual (processing tenor, bases working space plate calculative bases in question)

5. Recommended reading

- Supranowicz R., Łozowski L. (2005) Systemy operacyjne Windows oraz Microsoft Office 2000 w praktyce, Wyd. PWSZ im. Witelona w Legnicy
- Bąk A. (2000) Wprowadzenie do informatyki dla ekonomistów, Wyd. AE, Wrocław
- Dec Z., Konieczny P. (2000) ABC...komputera, EDITION 2000, Kraków....

6. Type of course

Obligatory

7. Teaching team

Department of Basic Sciences

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	30/18	3	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

grade

10. Language of instruction

Polish

Basic subjects

ECTS credits

5

1. Course title

Economy

2. Course contents

Introduction to economy and economy. Supplies and them alternative uses. Implications of limitations of supplies rarity. The microeconomics and the macro-economics of Tool of economic analysis.

Market economy, market and his functions. Demand and supply. Determinants of demand and supply. The be shaping on market the prices the Typical connected with change of demand situations and supply. Minimum prices and maximum. The elasticity of demand (price mixed profitable) the Elasticity the price supply. The measurement and graphic the interpretation of elasticity. The punctual elasticity on curve of demand.

Basis of theory of enterprise. The form of enterprises the Aims of activity of enterprise. Receipts and costs. The balance and the bill of results. The size of production on growth of expenditures of given factor. Right of diminishing receipts. Costs in enterprise solid Costs and variables, average costs solid variables and total. Extreme costs. Relationships among average total cost and marginal. Costs in long period. The advantage and the disadvantage of scale of production. Manufacturer's economic decisions in conditions: perfect competition and monopolistic competition. The manufacturer's economic decisions in conditions of monopoly and the decision the correlative oligopolu. Conception of controversial markets.

Inflation, unemployment, kinds, results, fight with unemployment. Economic part of you. The bill and the determinants of national income. Measures of national income. Investments, economy. National product brutto and national income. Components of global demand.

Global demand, politician fiscal and foreign trade. You and global demand. Budget of you. Budget deficit. Politician fiscal. Public debt, foreign debt.

Money and present bank system. Functions of central bank. Commercial banks.

International trade and politician trade. Structure of world trade. Superiority komparatywne. International competitiveness of economy. The customs rates, GATT - the general arrangement in matter of customs fares and the trade.

3. Prerequisites

None

4. Learning outcomes

The student knows the general characteristics of market mechanisms and their determinants and the principles of economic choices of operators and, in particular economic decisions of the manufacturer. Characterized the basic mechanisms and modalities of the modern market economy and regulating the economic processes by the state through macroeconomic policy.

5. Recommended reading

Begg D., Fischer S., Dombush R. (1997) Mikroekonomia, Wyd. II PWE, Warszawa

Samuelson P.A., Nordhaus W.D. (1996) Ekonomia, tom I i II, PWN Warszawa

Czarny B., Czarny E., Bartkowiak R., Rapacki R. (1998) Podstawy ekonomii, PWE, Warszawa

6. Type of course

Obligatory

7. Teaching team

Department of Economy

8. Course structure

Form	Number of hours	Semester	Year
Lecture	30	2	1
Classes	15	2	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

lecture - written examination,

practice - grade

10. Language of instruction

Polish

ECTS credits

4

1. Course title

Physiology

2. Course contentsLecture

What is this the physiology? The general building of the cell. The chemical composition of the cell. Inside cellular physiological mechanisms: cellular integument and her meaning, intracellular metabolism. The meaning of nervous cells in the control of the man motive action. The transformation of the matter and hormonal control in the man organism. The part of blood in the man organism. The meaning of the processes of breathing in the liberation energy accumulated in the organism: to external the breathing and internal. The meaning of humours in the man organism: to constitutional the humours and electrolytes and the action of kidneys. The equilibrium acidic - basic : the constancy of the environment the system and her exchange internal under the influence effort physical and the buffer system to arrangement. Physiological processes of maintenance of the perpendicular attitude of the body. The physiological classification the effort physical: the effort dynamic and static, the notion of ruthless intensity and he relative effort physical. The energetistic balance of the organism in rest and effort physical.

Laboratory

Course and the species of the cramps of muscles of skeletal. The opinion of the recruitment of oxygen in the man organism. Efficiency physical and her meaning. Physiological was principle physical training. The influence of training on the organism - it was change for training in organs internal: arrangement the breathing, arrangement the active and passive movement. The optimization of ways it was rest and the prophylaxis of excessive fatigue.

3. Prerequisites

none

4. Learning outcomes

To familiarize students with the basic issues relating to human physiology. To acquaint students with the basic physiological tests and the functioning of the body during rest and work.

5. Recommended reading

1. Traczyk W.Z. (2000) Fizjologia człowieka w zarysie. Wydawnictwo Lekarskie PZWL, Warszawa.
2. Traczyk W.Z., Trzebski A. (2001) Fizjologia człowieka z elementami fizjologii stosowanej i klinicznej. Wydawnictwo Lekarskie PZWL, Warszawa.
3. Konturek S. (2003) Fizjologia człowieka. Wydawnictwo Uniwersytetu Jagiellońskiego. Kraków, tom 1, tom 2, tom 3, tom 4, tom 5

6. Type of course

Obligatory

7. Teaching team

Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15	2	1
Classes	15	2	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	120		

9. Assessment methods

Classes – grade

Exam- written test

10. Language of instruction

Polish

ECTS credits

3

1. Course title

The history of architecture and the art (1 sem.)

2. Course contents

Residential architecture in Europe

Sacred architecture

Ceramics and glass

It happens book

Heraldry

3. Prerequisites

none

4. Learning outcomes

The student should possess knowledge of basic issues and concepts of cultural history and art history (period, periods, trends and styles), and to understand the role of culture and art in human life. Presented during the course of the subject should give students a basic understanding of architecture, painting, sculpture, crafts

5. Recommended readingBiałostocki J., *Sztuka cenniejsza niż złoto. Opowieść o sztuce europejskiej naszej ery*, wyd. 2. Warszawa 1966. *Gotyk.**Architektura, rzeźba, malarstwo*, pod red. R. Tomana, Kolonia 2007.Kęłowski J., *Dzieje sztuki polskiej. Panorama zjawisk od zarania do współczesności*, Warszawa 1987.Koch W., *Style w architekturze. Arcydzieła budownictwa europejskiego od antyku po czasy współczesne*, Warszawa 1996.Kozakiewicz T., *Słownik terminologiczny sztuk pięknych*, Warszawa 2005.Pilch J., *Zabytki architektury Dolnego Śląska*, Wrocław 1978.Porębski M., Piwocki K., *Dzieje sztuki w zarysie*, t. 1-3, Warszawa 1987.*Sztuka baroku. Architektura, rzeźba, malarstwo*, pod red. R. Tomana, Kolonia 2007.*Sztuka świata*, t. 1-10, Warszawa 1989-1996 (materiał ilustracyjny).**6. Type of course**

Obligatory

Teaching team

Department of Tourism.

7. Course structure

Form	Number of hours	Semester	Year
Lecture	15/12	1	1
Classes	15/12	1	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

8. Assessment methods

written test, grade

9. Language of instruction

Polish

ECTS credits

3

1. Course title

The history of architecture and the art (2 sem.)

2. Course contents

Collecting in histories of culture and the art

Painting from the most former times to the present day

People's art

With histories of graphic arts and the bookish illustration

With histories of culture of material Poland

Locks of mediaeval Europe

Everyday life in mediaeval Europe and modern

3. Prerequisites

none

4. Learning outcomes

The student should possess knowledge of basic issues and concepts of cultural history and art history (period, periods, trends and styles), and to understand the role of culture and art in human life. Presented during the course of the subject should give students a basic understanding of architecture, painting, sculpture, crafts

5. Recommended readingBiałostocki J., *Sztuka cenniejsza niż złoto. Opowieść o sztuce europejskiej naszej ery*, wyd. 2. Warszawa 1966. *Gotyk.**Architektura, rzeźba, malarstwo*, pod red. R. Tomana, Kolonia 2007.Kęłowski J., *Dzieje sztuki polskiej. Panorama zjawisk od zarania do współczesności*, Warszawa 1987.Koch W., *Style w architekturze. Arcydzieła budownictwa europejskiego od antyku po czasy współczesne*, Warszawa 1996.Kozakiewicz T., *Słownik terminologiczny sztuk pięknych*, Warszawa 2005.Pilch J., *Zabytki architektury Dolnego Śląska*, Wrocław 1978.Porębski M., Piwocki K., *Dzieje sztuki w zarysie*, t. 1-3, Warszawa 1987.*Sztuka baroku. Architektura, rzeźba, malarstwo*, pod red. R. Tomana, Kolonia 2007.*Sztuka świata*, t. 1-10, Warszawa 1989-1996 (materiał ilustracyjny).**6. Type of course**

Obligatory

7. Teaching team

Department of Tourism.

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/12	2	1
Classes	15/12	2	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

written test, exam

10. Language of instruction

Polish

ECTS credits
3

1. Course title

Law

2. Course contents

Notion of sources of right. The source of right universally and internally valid;

The profile of legal acts universally valid { the constitution of, law, the ratified contracts the international, decrees, the acts of local right);

The profile of legal acts internally valid: the resolution of lower house and the ministers', instructions senate, resolution of the ministers' advice and president of the ministers' advice;

Right the legislative initiative, legislative mode, promulgation of law;

The general notion of system - the right as system of norms;

The notion of legal recipe and the legal norm; the kinds of norms;

The kinds of incompatibility between legal norms;

Hatches in almost and their kinds;

The kinds of interpretation of right: with regard on her making subjects (authentic, legal, efficient, declarative, doctrinal), with regard on way her execution (linguistic, system, functional), with regard on her result (literal, expanding, restricting);

The kinds of legal inferences: , resulting instrumental logical resulting; aksiology resulting: argumentum and simili (analog legis, analog iuris); inference and contario, argumentum and fortiori (inference and maiori ad minus, inference and minori ad maius);

The notion of legal relation and his elements;

The general profile of civil right;

The general profile of administrative right;

The general profile of penal right;

3. Prerequisites

none

4. Learning outcomes

To familiarize students with basic concepts, legal (legal provision, the rule of law, legal system, the interpretation of the law, the legal relationship); student can make a sheet of legal acts in force generally, and internally, students can make the basic characteristics of the branch of law (civil, administrative, criminal).

5. Recommended reading

Kazimierczyk S., Pulka Z. (2001) Wstęp do prawoznawstwa, Wrocław

Rot H. (1992 i nast.) Wstęp do nauk prawnych, Wrocław

Zawistowska H. (1999) Podstawy prawa w turystyce. Podręcznik dla szkół i licencjatów, Łódź

Stawecki T., Winczorek K. (2002) Wstęp do prawoznawstwa, Warszawa

6. Type of course

Obligatory

7. Teaching team

Department of General Theory of Law

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15	2	1
Classes	15	2	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits

5

1. Course title

Psychology

2. Course contents

The introduction in object of psychology.

Main directions in psychology.

Cognitive processes.

Emotional processes and justification.

Personality.

Defensive mechanisms.

Cognitive discord.

Psychology of group

3. Prerequisites

none

4. Learning outcomes

Student uses basic terminology and topic of psychology and in area of social science investigative technical colleges (technicians; techniques) applicable .

5. Recommended reading

Robbins S.P. (2001) Zasady zachowania w organizacji, Wyd. PWE, Warszawa

Hocki R.R. (2001) 40 prac badawczych, które zmieniły oblicze psychologii, Gdańskie Wydawnictwo Psychologiczne, Gdańsk

6. Type of course

Obligatory

7. Teaching team

Department of Psychology and the Social Communication

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15	1	1
Classes	15	1	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

Lecture - written examination,

classes - grade

10. Language of instruction

Polish

ECTS credits

5

1. Course title

Management

2. Course contents

Organization and management - directions, currents, conceptions

Direction of scientific management

Direction of administrative

School of interhuman relations

Conceptions of organizational game

Conception of organizational equilibrium

"New wave" and postmodernism in management

Management as art, practitioner and science

Organization in surroundings and her components

Management as decision process

Strategic management and operating management

Planning as function of management

Organization as process of formation of organizational structures

Personal function and motivating

3. Prerequisites

none

4. Learning outcomes

The student uses knowledge of the functioning of organizations and their management. Student distinguishes between the basic directions and management concepts from the beginning of scientific management on the concept of virtual organizations ending

5. Recommended reading

Przybyła M. (red) (2001) Organizacja i zarządzanie. Podstawy wiedzy menadżerskiej, Wyd. AE Wrocław

Kozłowski A.K., Piotrowski W. (red) (1996) Zarządzanie. Teoria i praktyka, PWN, Warszawa

Griffin R.W. (2001) Podstawy zarządzania organizacjami, PWN, Warszawa

6. Type of course

Obligatory

7. Teaching team

Department of Theory and the Organization of Management

8. Course structure

Form	Number of hours	Semester	Year
Lecture	30	1	1
Classes	15	1	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

lecture - written examination,

classes - grade

10. Language of instruction

Polish

ECTS credits

5

1. Course title

The ecology and the protection of environment

2. Course contents

The basic notions of ecology: definitions and notion. Range of investigations of ecology. Reports man -nature inhistorical context. Biosphere and her functions. The circulation of matter and the energy.

Biocenosis and her feature. Trophic chains, trophic levels, alimentary dependences. The propriety of ecosystems: biotic and abiotic ecological factors restrictive occurrence organisms. Tolerance, succession, homeostasis.

The population and her feature, structure of population, interactions between populations.

Global, regional the and local ecological problems the present of world.

The cause and the results of demographic growth, urbanization and the industrialization. The cause and the prognose results of global changes of climate. The deforestation of the ground and her results.

Impulsive defeats and ecological catastrophes, their influence on environment and man's economy.

The nature as object of touristic interest. Perception of natural environment. The natural environment as system of value.

The protection of nature and the scenery on world and in Poland.

The influence on bioclimate the components of environment and his wholesome values.

Forest ecosystems, meadow, their farm implements and utilization in tourism

3. Prerequisites

none

4. Learning outcomes

The student knows the basis of biological, psychological and social problems of the human ecosystem components of the ecosystem and the impact on the ability of human biological development in different periods. The student characterizes the fundamental issues of education to the environment.

5. Recommended reading

1. Jethon Z. (1995) – *Ekologia człowieka w wychowaniu fizycznym i sporcie*. Wydawnictwo AWF we Wrocławiu, Wrocław

2. Kolarzyk E. (2008) – *Wybrane problemy higieny i ekologii człowieka*. Wydawnictwo Uniwersytetu Jagiellońskiego, Kraków

3. Wolański N. (2007) – *Ekologia człowieka*. Wydawnictwo Naukowe PWN, Warszawa

6. Type of course

Obligatory

7. Teaching team

Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15	3	2
Classes	30	3	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

Written test

10. Language of instruction

Polish

Main subjects

ECTS credits
3

1. Course title

Touristic geography

2. Course contents

Lecture

Polish tourist regions and their effects.

Exercise

Definition of touristic, aim, investigation methods. History of touristic in Poland and world. Touristic as section of economy. Advantages of touristic. Touristic geography of Poland. Touristic geography of Lower Silesia.

Natural and anthropogenic Polish tourist regions.

3. Prerequisites

none

4. Learning outcomes

Ability use of literature of object, stock of memory knowledge from Polish touristic geography.

5. Recommended reading

Kanon krajoznawczy Polski, red. Łęcki W., Warszawa 2000.

Kruczek Z. Polska: geografia atrakcji turystycznych, Kraków 2002.

Lijewski T., Mikułowski B., Wyrzykowski J., Geografia turystyki Polski. Warszawa 2002.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	30	2	1
Classes	15	2	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits
3

1. Course title

Hotel industry

2. Course contentsLecture

Essence of hotel industry and feature . Place of hotel industry in tourism. History of development of (evolution of) hotel industry in the world and in Poland. Factors determining development (evolution) hotel industry. Development trends in modern hotel industry. Hotel favor (services) implement notion and specificity. Classification of hotel favor (services) favor (services) basic and it implement). Hotel objects and kind. Essence of timesharing. Essence of chain and hotel systems. Conditionality of functioning of legal hotel industry in Poland. Systems of categorization and in hotel industry recommendation.

Classes

Preparing proposals of categorization. Some specific hotel chains. A visit to the hotel.

3. Prerequisites

none

4. Learning outcomes

The student knows the characteristics, principles and mechanisms of functioning of hospitality establishments, the provisions of law relating to making and business in the hotel industry, knows how to prepare documents related to the categorization of hotel facilities.

5. Recommended reading

Nawrocka E., Oparka S.: *Hotel w XXI wieku. Zarządzanie w warunkach globalizacji*, Wydawnictwo Wyższej Szkoły Zarządzania „Edukacja”, Wrocław, 2007.

Milewska M., Włodarczyk B., *Hotelarstwo: podstawowe wiadomości*, Polskie Wydawnictwo Ekonomiczne, Warszawa 2009.

Hotelarstwo. Usługi-eksploatacja-zarządzanie. red. A. Panasiuk, D. Szostak, Wydawnictwo Naukowe PWN, Warszawa, 2008.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15	2	1
Classes	15	2	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

lecture - credit on opinion

classes - grade

10. Language of instruction

Polish

ECTS credits

3

1. Course title

Regional survey

2. Course contentsLecture

Regional survey and its connections with other science branch. History of regional survey in Poland and Europe, prominent persons of regional survey. Important tourist attractions in regions of Poland. Knowledge about museums and religious worship centre. Protection of nature. Touristic infrastructure, qualifications of persons working in touristic business (guide, pilot of excursion. Base of silesian geography touristic bottom, geography of religion, protection of nature, developing of touristic region).

Classes

Principles of touring stock-taking, reading of touristic map.

3. Prerequisites

none

4. Learning outcomes

The student is able to use tourist maps and read, display and promote the sightseeing attractions in the area where you live

5. Recommended reading

Kruczek Z., Kurek A., Nowacki M., Krajoznawstwo. Zarys teorii i metodyki, Kraków 2007

Krajoznawstwo na Dolnym Śląsku, red. Wyrzykowski J., Blacha R., Legnica 2004

6. Type of course

Obligatory

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15	1	1
Classes	15	1	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

lecture – credit with mark – presentation „Tourist attractions of chosen locality or microregion”

classes –grade

10. Language of instruction

Polish

ECTS credits

5

1. Course title

Basis (elements) of recreation

2. Course contentsLecture

Basic concepts of physical recreation and leisure issues of importance in the life of modern man. Types and functions of recreation. Discussion of forms of physical recreation and land for their implementation. Factors affecting recreation. Developing appropriate attitudes to recreation and to prepare students for theoretical programming and implementation of recreational activities.

Classes

Basic terms in the field of recreation and leisure elements of the process. Recreation in the human life cycle and as a source to meet their needs. Basic forms, methods and means of recreation. The image of an employee recreation. Barriers and restrictions on access to physical recreation and how to remove them. Determinants, manifestations and structure of the human motor skills;

3. Prerequisites

none

4. Learning outcomes

Student defines warranties notions in the way of leisure. Student knows bases programming as well realization jobs recreational. Student discriminates Role as well businesses promoter , trainer and animators leisure. Knows warranties ways and means , makes as well agent use the following on leisure.

5. Recommended reading

1. KozdrońE. (1999), Poradnik dla instruktora rekreacji ruchowej z zakresu teorii i metodyki i rekreacji, Warszawa
2. Kwilecka M., Brożek Z. (2007) Bezpośrednie funkcje rekreacji, Wyd. Wyższa Szkoła Ekonomiczna, Warszawa
3. Łobożewicz T., Wolańska T. (1994), Rekreacja ruchowa w rodzinie, T1 Biblioteka PTNKF, Warszawa
4. Toczek-Werner S. (2005) Podstawy rekreacji i turystyki, Wyd. AWF Wrocław
5. Demel M., Humen W.(1970), Wprowadzenie do rekreacji fizycznej, Warszawa

6. Type of course

Obligatory

7. Teaching team

Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15	1	1
Classes	30	1	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

Classes - grade

Exam – written test

10. Language of instruction

Polish

ECTS credits

5

1. Course title

Basis (elements) of tourism

2. Course contents

Basic notions and definitions in theory of tourism applicable. Modern trends of development of (evolution of) tourism and current kind and forms. Behavior touristic in natural environment - recreation. Motivations and tourist typology. Economic and social aspects of development of (evolution of) tourism. Functions and disfunctions of tourism. Development (evolution) of tourism. Determinants of tourism. Value touristic typology and examples of these values. Analysis of notion touristic attractiveness. Strong and weak parts of development of tourism in context of conditionality of internal factor. Chances and threats for development of (evolution of) tourism in context of conditionality of internal factor. Ecological conditionality of development of (evolution of) tourism. Main regions and touristic highlights polish. Tourist organizations in Poland

3. Prerequisites

none

4. Learning outcomes

The student understands the main theorem and the fundamental distinction between the categories and forms of tourism; knows the law relating to the phenomenon of tourism know and understand the determinants of stimulating the development of tourism.

the student is able to perceive, interpret and explain complex situations and the associated phenomenon of tourism development process; mastered the ability to demonstrate the strengths and weaknesses, opportunities and threats and the development of tourism in that area.

5. Recommended reading

Butowski L. *Organizacja turystyki w Polsce*. Warszawa, Lublin. Wydawnictwo Akademickie Wyższej Szkoły Społeczno-Przyrodniczej w Lublinie 2004.

Gaworecki W., *Turystyka*, PWE, Warszawa 2008.

Gołembski G. *Kompendium wiedzy o turystyce*, wyd. Naukowe PWN, Warszawa 2002.

Czerwieński J. *Podstawy turystyki*. PWSZ Legnica 2007

Toczek- Werner S. (red.), *Podstawy rekreacji i turystyki*. AWF Wrocław 2005.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism.

8. Course structure

Form	Number of hours	Semester	Year
Lecture	30	1	1
Classes	15	1	1
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

Lecture - written examination,

Practice - grade

10. Language of instruction

Polish

ECTS credits

4

1. Course title

The tourism and recreation in the summertime

2. Course contents

The basics of yachting-the main rules of yachting in the tourism and water recreation

Yachting in the open waters-the introduction to the programming and safe conducting lessons connected with yachting in the open waters in the camp conditions, holiday and the other sports events

The canoeing with the elements of the tourism- preparing students for the safe canoeing in the open waters and preparing for the independent realizing of the sports classes connected with the canoeing

The organizing a spare time-preparing students for realizing of the main cultural and entertaining forms on the classes with the young and adult people during the different sports events

The main forms of the physical activity-independent realizing the main sports classes in the open air

Recreational games-the main games in the open air, preparing to planning, programming and realization of the sports events in the open air

The active tourism and the knowledge connected with the country-the active tourism, cycling, preparing for planning, programming and realizing of the sports events

3. Prerequisites

Participation in occupance, contents from exercises possessed subsequent

4. Learning outcomes

The student acquires the ability to swim on yachts and kayaks, can stay safe on the boat

- can pursue their own tourism and recreation activities in the field

- is able to program and implement the package and a cultural and entertainment

- knows how to safely use the open water bodies

5. Recommended reading

Augustyniak P. Opis zagrożeń i podstawy udzielania pomocy w wodzie płynącej. Kraków 2001 r.

Błacha R., Bigiel W. Kultura fizyczna w środowisku przyrodniczym w okresie letnim. AWF Wrocław 2003

Burgiel R.K. Poradnik organizatora imprez sportowych i rekreacyjnych. ZG TKKF Warszawa 2000 r.

Drabik J. Kajakarstwo – teoria i praktyka. Sport i turystyka, rekreacja. AWF Gdańsk 1991 r.

Nawara H. Gry i zabawy integracyjne. AWF W-w 2001 r.

Czerwiński J. Turystyka. Wybrane zagadnienia. Wyd. PWSZ im. Angelusa Silesiusa w Wałbrzychu.

6. Type of course

Obligatory

7. Teaching team

Department of Recreation, Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	56	2	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	120		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits

4

1. Course title

The economics of tourism and the recreation

2. Course contents

The economics of tourism in system of economic sciences. The economics of tourism as investigative discipline of economy. Science about tourism. The basic definitions with range of tourism and the recreation. Reports between notions Tourism and recreation. The outline of history of tourism in Poland and on world. Touristic justifications: creature and typology. Motives of and behaviour and their influence on shape of touristic offer. Trends on Polish and world touristic market. The change of model of rest the Functions of tourism and the recreation, from special regard the economic function. The stages of touristic consumption and the results the economic tourisms. The influence of tourism on place of touristic reception. Touristic factor. The touristic economy as sector of national economy. Touristic market and his feature. The creature of demand on touristic services and recreational and his feature. The determining the size factors and the structure of demand on touristic services and recreational. Measures of touristic demand. The notion of touristic supply and her feature. The creature of touristic product and his components the Notion and the elements of touristic attractiveness of area. Chosen methods of investigation of touristic attractiveness area. The creature of touristic enterprise: his creature of, feature, the functions and the aims as well as the types.

3. Prerequisites

none

4. Learning outcomes

Students understand the issues of tourism and recreation, knows the new phenomena and trends in the modern tourist and recreation, can describe and analyze the supply and demand of tourism and recreation, solves the problems associated with the development of tourism and recreation in selected areas, apply the selected tools for the analysis of the market of tourist services and recreational

5. Recommended reading

1. *Kompendium wiedzy o turystyce*, red. G. Gołembski, Wydawnictwo Naukowe PWN, Warszawa-Poznań, 2002.
2. Gaworecki W.W., *Turystyka*, PWE, Warszawa, 2003.
3. *Turystyka*, red. W. Kurek, Wydawnictwo Naukowe PWN, Warszawa 2007.
4. Niezgoda A., Zmysłony P., *Popyt turystyczny. Uwarunkowania i perspektywy*, AE, Poznań 2006.
5. Alejziak W: *Turystyka w obliczu wyzwań XXI wieku*. Kraków, Wydawnictwo Albis 1999.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15	3	2
Classes	15	3	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	120		

9. Assessment methods

Classes – grade

Exam- written test

10. Language of instruction

Polish

ECTS credits

5

1. Course title

Tourist Service

2. Course contentsLecture

The organizations of tourist industry in Poland. National Tourist Administration and National Tourist Organization. The law in tourism. The tourist policy in Poland and in EU. The tour operator and travel agent service. The hotel service. The service in gastronomy industry. The service in the tourist information bureau. The role of the transport services in tourism. The role of the guide in the tourist service. The creating the tourist product – the package tour. The ethical codes in the tourism.

Classes

The programming of the tour package.

3. Prerequisites

There are no pre-requisites for this course.

4. Learning outcomes

Student has the knowledge and the practical skills in the subject of the methods and techniques of the tourist service, identifies the specific character of the service in the tour operator, travel agent, hotel, restaurant, information bureau, and during conducting the tours, student knows how to program the tourist service package.

5. Recommended reading

1. Obsługa ruchu turystycznego, red. Z. Kruczek, Krakowska Szkoła Hotelarska, Kraków 2004.
2. Obsługa ruchu turystycznego, red. B. Meyer, Wydawnictwo Naukowe PWN, Warszawa 2006.
3. *Turystyka*, red. W. Kurek, Wydawnictwo naukowe PWN, Warszawa 2007
4. *Kompendium pilota wycieczek*, red. Z. Kruczek. Kraków, Proksenia 2005.
5. *Kompendium wiedzy o turystyce*, red. G. Gołębowski, Wydawnictwo Naukowe PWN, Warszawa-Poznań 2002.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15	3	2
Classes	45	3	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

lecture – written test at the end of the course

practical classes – essays, written tests

10. Language of instruction

Polish

ECTS credits

5

1. Course title

Leisure time pedagogy

2. Course contentsLecture

Course Outline terminology. Pedagogy of leisure time as a component of pedagogy as the science of education. Objectives and tasks of pedagogy of free time. Leisure as a social problem. Aspects and functions of leisure time. Theories of free time. Leisure and its educational significance, health and culture. Leisure as part of everyday culture and the transmission of values from generation to generation. Free time over the centuries. Factors influencing leisure behavior.

The role of intentional and natural education in the socialization process of free time. The role of a graduate course in tourism and recreation in time management. Andragogy and continuing education. Adult Learning. University of the Third Age. Andragogy of tourism and recreation. Self-study (self-education) Pedagogy of leisure time and its relationship to recreation. Education for recreation. Determinants of participation in recreation. Media and leisure time.

Classes

The budget of free time in the budget of the day and week. Education for recreation. Determinants of participation in recreation. Media and leisure time. The role of family in education until the 19th century. The role of schools in the education to leisure time. The role of the local environment in the education to leisure time. Manifestations of inadequate leisure time. Youth subcultures. Sects.

3. Prerequisites

none

4. Learning outcomes

Student defines warranties notions ex subject matter article. Student clearing theories downtime steady on. Student is able to work out hand to various habitats pedagogic with respect to ward pending steady on taking into account packing list of age, sex, interest as well want virtual payee.

5. Recommended reading

1. Pięta J. (2004) Pedagogika czasu wolnego, Poznań
2. Tauber R.D., Siwiński W. (2002) Pedagogika czasu wolnego. Zarys wykładu, Wyd. AWF Poznań
3. Siwiński W. (1996) Wprowadzenie do teorii czasu wolnego i rekreacji ruchowej, Wyd. AWF Poznań
4. Wolańska T. (1988) Wychowanie do rekreacji fizycznej, Wyd. AWF Warszawa

6. Type of course

Obligatory

7. Teaching team

Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	30	3	2
Classes	15	3	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

Lectures – written exam,

Classes - grade

10. Language of instruction

Polish

ECTS credits

4

1. Course title

Tourism and recreation in winter time

2. Course contents**Theory:**

The safety in skiing and on occupations with organization of events as well as the games and the integrational parties on snow.

The part of equipment, clothes and the preparation of ski routs to skiing.

The part of preparation the conditional - skill to growing the skiing.

Grown in mountain natural environment the influence of skiing on functioning organism of the man's present.

The part of lanscape values during growing the ski tourism.

The basic messages with history of skiing.

The winter offer the touristic - recreational in range of motive activity in mountain areas.

Persons' marketing service using with ski tourism.

Practician

The science of basic techniques (angular, parallel) the skiing congressional.

Science of basic ways of movement on gear skis.

The science of basic forms of active rest across integration in natural environment in winter across game, the party and the integrations events.

3. Prerequisites

none

4. Learning outcomes

Student mastered skiing in at least sufficient. Students can arrange for a select group of recipients small form of winter recreation events or to carry out and play in the snow.

5. Recommended reading

1. Fąk T., Kaik A. (2004) Gry i zabawy integracyjne, Wyd. PWSZ im. Witelona w Legnicy
2. Bondarowicz B. (1996) Zabawy i gry ruchowe na cztery pory roku. Zima. Wyd. Bellona, Warszawa
3. Zatoń M. (1996) Podstawy narciarstwa zjazdowego, Wyd. Signum, Wrocław
4. Vysata K. (2002) Narciarstwo zjazdowe, Wyd. AWF Warszawa

6. Type of course

Obligatory

7. Teaching team

Department of Recreation, Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	56	3	2
Classes			
Laboratory			
Project			
Seminar			
Other	120		
Total student's workload			

9. Assessment methods

grade

10. Language of instruction

Polish

Lecture at choice

ECTS credits

2

1. Course title

Bioclimatology in tourism and recreation

2. Course contents**Lecture**

Main physical environmental factors influencing on the character of weather and on type of climate. Weather according to the climate type. Climate in Poland. Bioclimate and bioclimatic factors. Bioclimate and weather in Poland. Bioclimatic groups of factors and their influence on humans. Protective, overloading and stimulating types of climatic action. The importance of physical exercises for the positive effects of climatotherapy. The characteristics of the influence of biological aerosol on health. Bioclimatic and biometeorologic pathology. The importance of climate and weather for the tourist activity. The significance of the biometeorologic groups of factors for the planning of recreational activity. The characteristics of recreational and tourist activity in the tropical, cold and mountain climates.

3. Prerequisites

none

4. Learning outcomes

Presentation of the basic problems and definitions on meteorological and climatic events. Information on the effects of weather changes and climatic types on human health. Presentation of principles and methods of climatic application in climatotherapy.

5. Recommended reading

1. Jethon Z. (1995) – *Ekologia człowieka w wychowaniu fizycznym i sporcie*. Wydawnictwo AWF we Wrocławiu, Wrocław
2. Kochański J.W. (2002) – *Balneologia I hydroterapia* Wydawnictwo AWF we Wrocławiu. Wrocław.
3. Mroczka A. (2003) – *Zarys biometeorologii człowieka*. Wydawnictwo AWF w Krakowie, Kraków

6. Type of course

Elective

7. Teaching team

Department of Tourism and Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	5	3
Classes			
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

The written test

10. Language of instruction

Polish

ECTS credits

2

1. Course title

European cultural heritage UNESCO

2. Course contents

- The need to protect the cultural heritage of the idea and practice
- a world heritage definitions and conventions
- the list of UNESCO World Heritage and its role in the protection and management of historical sites
- World Heritage List, the criteria and procedure for entry on the list, the heritage at risk
- European sites inscribed on UNESCO's World Heritage List
- the concept of world cultural and natural heritage
- cultural diversity of the world
- the importance of cultural and natural heritage in the life of groups and societies
- UNESCO World Heritage List
- a list of endangered heritage
- intangible cultural heritage

3. Prerequisites

Basic knowledge about history of architecture

4. Learning outcomes

Student familiar with the idea of protection of cultural heritage; student can appreciate the importance of cultural traditions; student knows the most important European art and design objects inscribed on the UNESCO list of cultural monuments

5. Recommended reading

- Gawęł Ł. I inni, *Najpiękniejsze zabytki UNESCO*, Warszawa 2009.
- Szewczyk R., *Polska. Poland. Miejsca wpisane na Listę Światowego Dziedzictwa Kultury UNESCO*, Warszawa 2007
- www.unesco.pl/kultura/dziedzictwo-kulturowe/swiatowe-dziedzictwo/
- The World Heritage List (Lista Światowego Dziedzictwa Kultury) whc.unesco.org/list

6. Type of course

optional

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	6	3
Classes			
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

A written work and participation in class

10. Language of instruction

Polish

ECTS credits

3

1. Course title

European aristocratic families and their residences

2. Course contents

Royal residences in Poland

European monarch mansions

Castles of the Loire

Castles on the Rhine,

The royal and aristocratic residences in the Czech Republic

Italian Villas and Palaces

3. Prerequisites

General information gained from the school (history, cultural knowledge)

4. Learning outcomes

The student has knowledge of the architecture of European residential construction and operation of manors, aristocratic and monarchic, throughout history.

5. Recommended readingD'Archimbaud N., *Wersal*, Wydawnictwo ARKADY, Warszawa 2004.Bogucka M. i inni, *Dynastie panujące w Polsce*, Wrocław 2007.Bricard I., *Dynastie panujące Europy*, Warszawa 2007.Cloulas I., *Życie codzienne w zamkach nad Loarą w czasach renesansu*, Wydawnictwo Moderski i S-ka, Poznań 1999.Dzięciołowski R., Wąsowski A., *Pałace i dwory Kresów*, wyd. Świat Książki, Warszawa 2005.Guadalupi G. Reina G., *Zamki świata*, Wydawnictwo ARKADY, Warszawa 2007.Guerquin B., *Zamki w Polsce*, Wydawnictwo ARKADY, Warszawa 1984.Kuczman K., *Wzgórze wawelskie. Przewodnik*, Krajowa Agencja Wydawnicza, Kraków 1980.Lileyko J., *Zamek królewski w Warszawie*, Państwowe Wydawnictwo Naukowe, Warszawa 1986.Morelli M., *Królewskie pałace*, Warszawa 2007**6. Type of course**

optional

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	5	3
Classes			
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

Essay in the form of paper

10. Language of instruction

Polish

ECTS credits
2

1. Course title

Physiological aspects of human nutrition

2. Course contents

Lecture

Introduction. Basic definitions

Chemical composition of human food: basic and specific (biologically active) nutrients

Chemical composition of human food: antinutrients

Nutritive value of food: nourishing and dietetic properties of some nutrients – biological value of protein

Nutritive value of food: nourishing and dietetic properties of some nutrients – polyunsaturated fatty acids. structural carbohydrates (dietary fiber)

Food additives – their functions and the safety

Regulation of food intake - the role of hypothalamus. Physical and physiological theories: glucostatic by Mayeraminostatic by Melinkoff and lipostatic by Kennedy

A broad outline of gastro intestinal tract (GIT); enzymes of GIT and of GIT-linked glands (liver and pancreas)

Digestion of nutrients: protein and lipids

Digestion of nutrients: structural and non-structural carbohydrates

Nutritional requirement in human - ways of its expressing

Nutritional requirements as related to the age and the activity of human

Nutrition-dependent diseases

A diet and its understanding; regular (standard) and alternative diets. Nutritional habits of human

Final credit of a course

Classes

None

3. Prerequisites

None

4. Learning outcomes

During the lectures students acquire the basic knowledge on a human nutrition. They become familiar with anatomy and physiology of human alimentary duct and they build up skills dealing with the possibility of matching foods to the potential of nutrients utilization. The students having completed the course are capable to predict the adverse consequences of feeding human nutrients of low nutritive value and/or antinutrients as well. They can explain relations between the human diet and some nutrition-dependent diseases. The knowledge acquired during the course allows students to advise and recommend to whom it may concern a concrete diet and to work out a criticism towards irrational. however frequently advertised diets.

5. Recommended reading

1. Gawęcki J., Hryniewicz L. (red): Żywnienie człowieka. PWN, Warszawa 2000

2. Gertig H.: Żywność a zdrowie. PZWL, Warszawa 1996

3. Gertig H., Przysławski J.. Bromatologia. Zarys nauki o żywności i żywieniu. PZWL, Warszawa 2007

4. Kelller J.S.: Podstawy fizjologii żywienia człowieka. Wyd. SGGW, Warszawa 2000

5. Sikorski Z.E.: Chemiczne i funkcjonalne właściwości składników żywności. WNT, Warszawa 1994...

6. Type of course

Optional

7. Teaching team

Professor Richard K. Pisarski (Ph.D.)

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	4	2
Total student's workload	60		

9. Assessment methods

Credit with a mark

10. Language of instruction

Polish

ECTS credits
2

1. Course title

Basis of religion geography

2. Course contents

Lecture

The basis of doctrine, culture and territorial sitting of the cardinal religions in world and Poland.

3. Prerequisites

none

4. Learning outcomes

The ability to comparing of doctrinal and ethical principles of individual religions; introductions to the tollerary of religion and outlook differences.

5. Recommended reading

Jackowski A., Święta przestrzeń świata, Kraków 2003.

Malherbe M., Religie ludzkości, Kraków 1995.

Szczepankiewicz-Battek J., Kościoły protestanckie i ich rola społeczno-kulturowa, Wrocław 2005.

6. Type of course

optional

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	5	3
Classes			
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

credit with mark

10. Language of instruction

Polish

ECTS credits

2

1. Course title

Region and regionalism as an example of Lower Silesia

2. Course contentsLecture

repudiation territorial Silesian over the span of history

Silesian until year 1138

Silesian on years 1138-1335

Silesian on Czech monarchy 1335-1526

Silesian on Habsburgh 1526-1741

Silesian Prussian 1741-1918

Silesian on years 1918-1945

Silesian after 1945 year

3. Prerequisites

General historic knowledge from the school

4. Learning outcomes

The student defines the concepts related to regionalism, knows the history of cultural, political, economic, social and ethnic Silesia.

5. Recommended readingBednarek S., *W kręgu małych ojczyzn. Szkice regionalistyczne*, Wrocław-Ciechanów 1996.*Dolny Śląsk. Monografia historyczna* pod red. W. Wrzeńskiego, Wrocław 2006.*Dziedzictwo kulturowe Dolnego Śląska*, t. I pod red. Z. Kłodnickiego, Wrocław 1996.*Historia chłopów śląskich*. Opracowanie zbiorowe pod redakcją Stefana Inglota, Warszawa 1979.Kaczmarek M. i inni, *Wrocław. Dziedzictwo wieków*, Wrocław 1997.Mandziuk J., *Historia Kościoła katolickiego na Śląsku. Czasy reformacji protestanckiej, reformy katolickiej i kontrreformacji 1520-1742*. Tom 2, Warszawa 1995.Pilch J., *Leksykon zabytków Dolnego Śląska*, Warszawa 2005.**6. Type of course**

optional

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	4	2
Classes			
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

Essay in the form of paper.

10. Language of instruction

Polish

ECTS credits
2

1. Course title

Tourism in Germany

2. Course contents

Lecture

Basic information about tourism in Germany. Systematic view on tourism; measurement and data of tourism; touristic regions of Germany; organization of the promotion of tourism; tourism marketing; history of tourism in Germany

3. Prerequisites

none

4. Learning outcomes

Student is able to characterize: systematic view on tourism; measurement and data of tourism; touristic regions of Germany; organization of the promotion of tourism; tourism marketing; history of tourism in Germany

5. Recommended reading

Bieger Th. (2006) Tourismuslehre – Ein Grundriss; Mundt, J.W. 3rd edition

6. Type of course

Obligatory

7. Teaching team

Department of Pedagogics, Tourism and Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	30	6	3
Classes			
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

Written test

10. Language of instruction

English

Foreign languages

ECTS credits
1

1. Course title

Foreign language II: German

2. Course contents

Classes

- Booking the room in the hotel
- The rooms categories
- Description of the hotel
- Booking a hotel room for the seminar
- Ordering meals into the room
- Correspondence and telephone conversations
- Places in the hotel and near the hotel
- Ordering meals in the restaurants and the booking of tables
- Services in the hotel
- Free time in the hotel
- Free time in the city

3. Prerequisites

None

4. Learning outcomes

Acquisition of language abilities at level A2, describing selected professional situations, comparing, discussing survey results, analyzing tables, charts, statistics, providing main information presented in professional texts, presenting individual opinion and arguing it.

5. Recommended reading

1. Deutsch im Hotel, Lehrbuch und Arbeitsbuch, Langenscheid, 2003
2. Studio d A2, Funk, Kuhn, Demme, Cornelsen Verlag GmbH&Co. OHG, Berlin 2006

6. Type of course

Obligatory

7. Teaching team

Department of Psychology and Sociology of Education

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	30/24	4	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	30		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits
3

1. Course title

Foreign language II: French

2. Course contentsClasses

1. Travel – means of transport, itinerary, travel agency, the railway station, the airport, accommodation.
2. Free time, leisure, interests, sightseeing the city, going to the cinema, theatre.
3. Nature – climate, seasons of the year, weather forecast.
4. Shopping – (e.g. souvenir) and services, prices and money.
5. Meals – restaurant, holiday and parties.
6. Health - (at the doctor, chemists, healthy lifestyle)

3. Prerequisites

None

4. Learning outcomes

Acquisition of general language abilities at basic level A1, taking into account skills useful in situations of language communication appropriate for the faculty of Tourism and Recreation.

5. Recommended reading

1. "Le nouveau taxi 1"-podręcznik i ćwiczenia, R. Menand, G. Capelle, Hachette 2009
2. « Activé pour le cadre européen commun de référence niveau A1 », M. L. Parizé, E. Grandet, M. Corsain, CLE international, 2005.
3. « Tourisme.com » - S. Corbeau, Ch. Dubois, J.-L. Penfornis, CLE international, Paris, 2004
4. « Le français du tourisme », A.M. Calmy, Hachette, Paris, 2004

6. Type of course

Obligatory

7. Teaching team

Department of Psychology and Sociology of Education

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	60/24	5	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

Exam

10. Language of instruction

Polish

ECTS credits

1

1. Course title

Foreign language:II: French

2. Course contentsClasses

1. Greetings, making contact, introducing oneself, giving personal information, about family, friends, nationality and occupation, tabular and descriptive Curriculum Vitae.
2. Personal appearance, body parts, outfit, fashion, character features.
3. Daily schedule (e.g. workshops at university, faculty), free time, daily routine, interests, style of living.
4. Means of communication: telephone call, fax, letter, the internet.
5. The flat: room, dormitory description,
My town, city plan, location of buildings, asking /telling the way.

3. Prerequisites

None

4. Learning outcomes

Acquisition of general language abilities at basic level A1, taking into account skills useful in situations of language communication appropriate for the faculty of Tourism and Recreation.

5. Recommended reading

1. „Le nouveau taxi 1”-podręcznik i ćwiczenia, R. Menand, G. Capelle, Hachette 2009
2. « Activié pour le cadre européen commun de référence niveau A1 », M. L. Parizé, E. Grandet, M. Corsain, CLE international, 2005.
3. « Tourisme.com » - S. Corbeau, Ch. Dubois, J.-L. Penfornis, CLE international, Paris, 2004
4. « Le français du tourisme », A.M. Calmy, Hachette, Paris, 2004

6. Type of course

Obligatory

7. Teaching team

Department of Psychology and Sociology of Education

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	30/24	4	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	30		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits
1

1. Course title

English language A2

2. Course contentsClasses

- jobs in the hospitality industry
- places frequented by tourists
- holiday package tour organized
- travel agencies and tour operators
- travel sales process and role of the Internet
- types of transport and timetables
- numerals, date and time

3. Prerequisites

none

4. Learning outcomes

Students can talk about jobs in the hospitality industry, choose a profession for himself, talk, and to recommend a place attractive to tourists. Students can describe the rules of travel agencies, tour operators and the sales process and the role of the Internet in this process. The student knows how to read and prepare the schedule, know how to give the date and time of departure.

5. Recommended reading

1. Walker, R. *Tourism 1*, OUP 2009
2. Taylor, L. *International Express*, OUP 2003
3. Hopkins, A. *Work in Progress*, Longman 1998

6. Type of course

Obligatory

7. Teaching team

Department of Psychology and Sociology of Education

8. Course structure

Form	Number of hours	Semester	Year
Lecture			2
Classes	60/24	3	
Laboratory			
Project			
Seminar			
Other	30		
Total student's workload			

9. Assessment methods

Semester test, written work (descriptions, dialogue), presentations

10. Language of instruction

Polish

Common subjects for specialty

ECTS credits

5

1. Course title

Communication in tourism and hotel sector (Social communicating in tourism and recreation)

2. Course contents

Communication as social process. The creature the, definitions, of feature and the elements of process of communication

The theories and the directions of investigations of communicating the men over process. Communication models. The system of political communication and mass, the centres of mass communication and their part in society, the social functions of medias. The systems of organizational communication and the public communication. Psychological conditioning of effectiveness of communicating, basic features of interpersonal transport. Interpersonal verbal transport and non - verbal . Communicating between cultures. Transport in education, in pedagogy, in tourism and recreation.

The strategies and the technique of exerting on men the influence. The outline of theory of propaganda, technician of advertisement, public the relations.

3. Prerequisites

none

4. Learning outcomes

Student knows and student distinguishes principles and conditions effecting intercommunication in definite social interactions in society student, student characterizes chosen manner devolution information distinguish inefficacious and proper (suitable) manners of intercommunication subjects of educational processes educators and pupils. Student is able to identify communication barriers, manipulations and propaganda

5. Recommended reading

Nęcki Z. (1996) Komunikacja międzyludzka, Wyd. Profesjonalnej Szkoły Biznesu, Kraków.

Grzesiuk L., Trzebińska E. (1978) Jak ludzie porozumiewają się, Nasza Księgarnia, Warszawa

Lemmermann H. (1995) Szkoła retoryki, Wyd. Astrum, Wrocław

6. Type of course

Obligatory

7. Teaching team

Department of the Sociology and the Social Communication

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	4	2
Classes	15/8	4	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

Lecture - written examination

Classes - grade

10. Language of instruction

Polish

ECTS credits
3

1. Course title

Marketing of Tourist and Recreation Services

2. Course contentsLecture

Basic categories of marketing. Genesis of the marketing. The nature of marketing in tourism and recreation. The process of marketing in tourism and recreation enterprises. The organization of marketing. Marketing management in tourist and recreation enterprises. The marketing research in tourism and recreation. The tourist and recreational service consumer behaviour. Market segmentation. Marketing mix in tourism and recreation. Product, price, place, promotion and people.

Classes

Marketing research methods, analysis of case studies on marketing mix in tourism.

3. Prerequisites

There are no pre-requisites for this course.

4. Learning outcomes

The student knows the basic categories of marketing, has practical skills in the use of marketing mix instruments in the field of tourism and recreational services, can apply the chosen methods of marketing research (surveys, interviews).

5. Recommended reading

1. Altkorn J., *Marketing w turystyce*, PWE, Warszawa 2005.
2. *Marketing usług turystycznych*, red. A. Panasiuk, Wyd. nauk. PWN, Warszawa 2005.
3. *Marketing usług turystycznych*, red. D. Dudkiewicz, ALMAMER Wyższa Szkoła Ekonomiczna, Warszawa 2009
4. Briggs S., *Marketing w turystyce*, PWE, Warszawa 2003.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	4	2
Classes	15/8	4	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

lecture – written test at the end of the course

classes – essays, written tests

10. Language of instruction

Polish

ECTS credits
1

1. Course title

Graduation seminar (1 sem.)

2. Course contents

Clarification of rules for writing theses, the contents of the substantive work; editorial page. The importance of critical thinking. Knowledge of research methods used in pedagogy. Selection and formulation of the subject work. Define the purpose of work. The project work plan. Ethical aspects of writing a thesis risks and consequences of committing plagiarism. Code of ethics investigator. The study of literature, collection and preparation of materials for work.

3. Prerequisites

none

4. Learning outcomes

Student defines thesis of the problem, formulates the purpose and scope of the development, review the literature and selected research methods.

5. Recommended reading

1. Palka S. (1999) Pedagogika w stanie tworzenia, Wyd. UJ, Kraków
2. Palka S. (2003) Pedagogika w stanie tworzenia. Kontynuacje, Wyd. UJ, Kraków
3. Palka S. (2006) Metodologia badania. Praktyka pedagogiczna. GWP, Gdańsk

6. Type of course

Obligatory

7. Teaching team

Department of Recreation, Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes			
Laboratory			
Project			
Seminar	15/10	4	2
Other			
Total student's workload	30		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits
3

1. Course title

The touristic and recreation developments.

2. Course contents

Lecture

The division of touristic developments: hotels, catering industry, recreation industry, in the different countries. The transport in tourism. The touristic-trails and the principles of this marking out.

Classes

The classification of hotel and catering industry (by the standard and prices).

3. Prerequisites

credit of the subject “hotel industry”

4. Learning outcomes

The ability to use the mass-media information (specially Internet) of the touristic and recreation developments.

5. Recommended reading

Czerwiński J., Podstawy turystyki, Legnica 2007.

Różycki P., Zarys wiedzy o turystyce, Kraków 2006.

Kowalczyk A., Geografia turystyki, Warszawa 2002.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	4	2
Classes	15/8	4	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

credit with mark

10. Language of instruction

Polish

ECTS credits

2

1. Course title

Silesia - regional geography and touristic (1 sem.)

2. Course contents

- general knowledge of the region
- urban and rural settlements
- geographical regions of Silesia

3. Prerequisites

Knowledge from the average school (geography, history)

4. Learning outcomes

Students know the conditions of tourism development of Silesia, Silesian tourist attractions and land use in tourism

5. Recommended reading

1. Czerwiński J., *Dolny Śląsk*, Wydawnictwo Sport i Turystyka, Warszawa 1999.
2. *Dolny Śląsk. Śląsk Opolski. Atlas*, Wydawnictwo Kartograficzne EKO-GRAF, Wrocław 2005.
3. Kondracki J., *Geografia regionalna Polski*, Wydawnictwo Naukowe PWN, Warszawa 2002.
4. Lijewski T., Mikułowski B., Wyrzykowski J., *Geografia turystyki Polski*, PWE, Warszawa 2002.
5. Łuczyński R.M., *Zamki, dwory i pałace*, Legnica 2008.
6. Mazurski K.R., *Geografia turystyczna Sudetów*, Oficyna Wydawnicza Sudety, Wrocław 2003.
7. *Słownik geografii turystycznej Sudetów* pod redakcją Marka Staffy, t 1-21, Warszawa-Kraków 1989-1993, Wrocław 1993-2008.
8. „Sudety. Przyroda. Kultura. Historia”, miesięcznik Oficyny Wydawniczej ATUT, Wrocław 2001-
9. *Encyklopedia Wrocławia*, red. J. Harasimowicz, Wrocław 2006.
10. *Przyroda Dolnego Śląska*, praca zbiorowa pod red. J. Fabiszewskiego, Wrocław 2005.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	5	3
Classes	15/8	5	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits

2

1. Course title

Silesia - regional geography and touristic (2 sem.)

2. Course contents

- history of silesian tourist management
- effects and tourist resources of the region
- Silesian showplaces
- literature hiking, channels of touristic information

3. Prerequisites

Knowledge from the average school (geography, history)

4. Learning outcomes

Student is able to find out in different sources message items of Silesian showplaces and attraction.

Students know the conditions of tourism development of Silesia, Silesian tourist attractions and land use in tourism

5. Recommended reading

1. Czerwiński J., *Dolny Śląsk*, Wydawnictwo Sport i Turystyka, Warszawa 1999.
2. *Dolny Śląsk. Śląsk Opolski. Atlas*, Wydawnictwo Kartograficzne EKO-GRAF, Wrocław 2005.
3. Kondracki J., *Geografia regionalna Polski*, Wydawnictwo Naukowe PWN, Warszawa 2002.
4. Lijewski T., Mikułowski B., Wyrzykowski J., *Geografia turystyki Polski*, PWE, Warszawa 2002.
5. Łuczyński R.M., *Zamki, dwory i pałace*, Legnica 2008.
6. Mazurski K.R., *Geografia turystyczna Sudetów*, Oficyna Wydawnicza Sudety, Wrocław 2003.
7. *Słownik geografii turystycznej Sudetów* pod redakcją Marka Staffy, t 1-21, Warszawa-Kraków 1989-1993, Wrocław 1993-2008.
8. „Sudety. Przyroda. Kultura. Historia”, miesięcznik Oficyny Wydawniczej ATUT, Wrocław 2001-
9. *Encyklopedia Wrocławia*, red. J. Harasimowicz, Wrocław 2006.
10. *Przyroda Dolnego Śląska*, praca zbiorowa pod red. J. Fabiszewskiego, Wrocław 2005.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	6	3
Classes	15/8	6	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

Written exam

10. Language of instruction

Polish

ECTS credits
3

1. Course title

Organization and management touring events (practical exercises)

2. Course contents

Lecture

The planning, preparing and executing of touring events (financial and content-related)

Classes

The preparing and executing of touristic excursion (3 days)

3. Prerequisites

Pass of course “touristic management”

4. Learning outcomes

The ability to preparing agenda, itinerary and calculation of touring events, the basic of work as guide.

5. Recommended reading

Obsługa ruchu turystycznego, red. Kruczek Z., Kraków 2000.

Obsługa ruchu turystycznego, red. Meyer B., Warszawa 2008.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	30	6	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

Credit with mark

10. Language of instruction

Polish

ECTS Credits

1

1. Course title

Graduate seminar (2 sem.)

2. Course contents

Editing and editorial of graduate work. Methods, techniques and investigative instruments. Methodological and essential manners of development of results of carried research.

3. Prerequisites

none

4. Learning outcomes

The student develops a research tool selected. The student develops the structure of substantive and methodological work.

5. Recommended reading

Palka S. (1999) Pedagogika w stanie tworzenia, Wyd. UJ, Kraków

Węglińska M. (1997) Jak pisać pracę magisterską. Oficyna Wydawnicza „Impuls”, Kraków

Łobocki M. (1999) Wprowadzenie do metodologii badań pedagogicznych. Oficyna Wydawnicza „Impuls”, Kraków

Łobocki M. (1984) Metody badań pedagogicznych. Wyd.5, Warszawa

6. Type of course

Obligatory

7. Teaching team

Department of Recreation, Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes			
Laboratory			
Project			
Seminar	30/20	5	3
Other			
Total student's workload	30		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS Credits

1

1. Course title

Graduate seminar (3 sem.)

2. Course contents

Presentation and discussion of final results of the tests. Determination of the final version of all the work broken down by chapters.

3. Prerequisites

none

4. Learning outcomes

Student presents autoreferat occur. The student develops the final version of the thesis.

5. Recommended reading

1. Palka S. (1999) Pedagogika w stanie tworzenia, Wyd. UJ, Kraków

2. Węglińska M. (1997) Jak pisać pracę magisterską. Oficyna Wydawnicza „Impuls”, Kraków

3. Łobocki M. (1999) Wprowadzenie do metodologii badań pedagogicznych. Oficyna Wydawnicza „Impuls”, Kraków

4. Łobocki M. (1984) Metody badań pedagogicznych. Wyd.5, Warszawa

6. Type of course

Obligatory

7. Teaching team

Department of Recreation, Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes			
Laboratory			
Project			
Seminar	30/20	6	3
Other			
Total student's workload	30		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits
2

1. Course title

Active tourism (1 sem.)

2. Course contents

Basic notions and definitions in range of active tourism applicable . Modern trends of development (evolution) active tourism and current kind and forms. Economic and social aspects of development of (evolution of) active tourism. Elements of touristic developing in range of active tourism. Main regions and touristic highlights in range of active tourism in Poland. Organizations and associations in range of active tourism in Poland.

3. Prerequisites

none

4. Learning outcomes

The student knows the basic forms of active tourism, the principles of organizing and conducting events in the active tourism. The student describes the factors of development of active tourism (social, economic, special effects once the principle of selecting the right equipment). The student knows the basic principles of security and assistance force in the events of active tourism.

5. Recommended reading

1. Barman B., Siller T. (1996), *Trekking*. Wydawnictwo Znak, Kraków.
2. Czerwieński J. (2007) *Podstawy turystyki*. PWSZ Legnica
3. Grobelny J. [red.] (2006) *Obozy wędrowne*. AWF Wrocław
4. Łobożewicz T., (1983), *Turystyka kwalifikowana*. Wydawnictwo PTTK Kraj.
5. McManners Hugh, (1995), *Z plecakiem przez świat: ABC Trekking*. Wydawnictwo Galaktyka”
6. Merski J. (2002). *Turystyka kwalifikowana*. Wyższa szkoła ekonomiczna w Warszawie.
7. Toczek-Werner S. (red.) (2007), *Podstawy rekreacji i turystyki*. Wrocław, Wydawnictwo Akademii Wychowania Fizycznego.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism, Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	5	3
Classes	15/8	5	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

Papers and work for a class, written examination

10. Language of instruction

Polish

ECTS credits

3

1. Course title

Active tourism (2 sem.)

2. Course contents

Detailed discussion of chosen form of active tourism (bicycle, walk, canoe, nautical, ski, horse). Safety and sanitation in tourism. Principles of clothes and selection of touristic equipment. Roving camp as typical form of tourism qualified . System of touristic route in Poland. Help map and in field navigation equipment.

3. Prerequisites

none

4. Learning outcomes

Student will take possession knowledge about specialistic value of Poland; student is able to program events of active tourism polish; is able to select proper center of realization of performance of active tourism.

5. Recommended reading

1. Barman B., Siller T. (1996), *Trekking*. Wydawnictwo Znak, Kraków.
2. Czerwieński J. (2007) *Podstawy turystyki*. PWSZ Legnica
3. Grobelny J. [red.] (2006) *Obozy wędrownie*. AWF Wrocław
4. Łobożewicz T., (1983), *Turystyka kwalifikowana*. Wydawnictwo PTTK Kraj.
5. McManners Hugh, (1995), *Z plecakiem przez świat: ABC Trekking*. Wydawnictwo Galaktyka”
6. Merski J. (2002). *Turystyka kwalifikowana*. Wyższa szkoła ekonomiczna w Warszawie.
7. Toczek-Werner S. (red.) (2007), *Podstawy rekreacji i turystyki*. Wrocław, Wydawnictwo Akademii Wychowania Fizycznego.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism, Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	6	3
Classes	15/8	6	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

Abstracts and credit's work, written examination

10. Language of instruction

Polish

ECTS credits
5

1. Course title

Tourism and recreation in country areas

2. Course contents

Lecture

Agrotourism in Poland and abroad, the types of farm tourism, sport and recreation in rural areas and small towns.

Classes

Features of agrotouristic farms, foundation and conduct in respect essential and financial.

3. Prerequisites

none

4. Learning outcomes

The student is able to draft its own financial content and farms, is able to assess the standards of rural tourism offer available in the media.

5. Recommended reading

Sznajder M., Przezbórska L., Agroturystyka, Warszawa 2006.

Zaręba D., Ekoturystyka, Warszawa 2008.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	30/14	5	3
Classes	15/10	5	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

Written exam

10. Language of instruction

Polish

**Subjects for specialty:
Tourism and recreation organisation**

ECTS credits
2

1. Course title

Motion recreation and improvement of movement (1 sem.)

2. Course contents

Historic view of games (basketball and soccer), basic elements of techniques, games and fun perfecting technique, regulations of games and ability to judging, other forms of games to basketball and soccer.

3. Prerequisites

none

4. Learning outcomes

- Students acquires basic motor skills - sports games can be used as a form of recreation
- consciously knows how to perform a warm-up
- knows the rules of the game,
- knows how to judge and organize a competition

5. Recommended reading

1. Paluszek K. Nowoczesne nauczanie gry w piłkę nożną. AWF Wrocław 1996
2. Pocięgiel J. Piłka nożna przepisy gry – komentuje sędzia. Warszawa 2003
3. Talaga J. Piłka nożna - program szkolenia dzieci i młodzieży. Sport i Turystyka. Warszawa 1988
4. Huciński T., Jakubiak R. Koszykówka – metodyka nauczania i doskonalenia podstaw. Wrocław 2005
5. Janas R., Poznański R. Technika koszykówki. Częstochowa 2004
6. Przepisy gry w koszykówkę. Podręcznik sędziego. FIBA 2000

6. Type of course

Obligatory

7. Teaching team

Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture			2
Classes	30/15	4	
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits

5

1. Course title

The theory and the methodology of recreation

2. Course contentsLecture

Theory and methodology of recreation. Essence and conditionality of leisure time behavior's of information society. Determinants of leisure time behavior's: philosophical, educational, biological, cognitive, cultural, psychological, economic, ideological. Educational aspects of free times and recreation. Programing and classification of recreation performance. Safety in recreation. Basic legal binding acts in recreation. Sanitary (healthy) training about special requirements recreation of motor person. Methods and techniques of research in sphere of motor recreation applicable

Classes

Employment of basic form, center (means) and in motor recreation methods applicable . Performance of principles of recreation organizations and attendance (service activities). Programing and control of motor recreation individual sanitary (healthy) training planned . Profile of animator of recreation and role socially -professional ; center of (means of) mass intercommunication but motor recreation

3. Prerequisites

none

4. Learning outcomes

Student is able to characterize methods, forms and center (means) use in recreation with their taking into consideration distribution. Student is able to process project of recreation performance for concrete recipient (receiver) (century (age), sex, professional group). Student is able to employ learned principles of sanitary (healthy) training in processed by for chosen recipient (receiver) plan of sanitary (healthy) training.

5. Recommended reading

1. Dąbrowski A (red.) (2006) Zarys teorii rekreacji ruchowej, Zakład Wydawniczy DrukTur, Warszawa
2. Kielbasiewicz- Drozdowska I., Siwiński W. (red) (2001) Teoria i metodyka rekreacji, Wyd. AWF, Poznań
3. Kozdoń E. (1999) Poradnik dla instruktora rekreacji ruchowej z zakresu teorii i metodyki rekreacji, Warszawa
4. Pilawska A., Pilawski A. (1999) Zarys metodyki rekreacji ruchowej, Wyd. Górnośląska Wyższa Szkoła Handlowa, Katowice
5. Toczek – Werner S. , (2004) Podstawy rekreacji i turystyki, Wyd. AWF Wrocław

6. Type of course

Obligatory

7. Teaching team

Department of Recreation.

8. Course structure

Form	Number of hours	Semester	Year
Lecture	30/16	4	2
Classes	30/16	4	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

Lecture - written exam,
classes - grade

10. Language of instruction

Polish

ECTS credits

5

1. Course title

Hygiene and Health Promotion

2. Course contentsLecture

The development of meaning and definition of health. Description of factors determining health. The determinants creating life style. Eating habits and nutrition status. The significance of physical activity for health. Global effects of natural environment contamination. Greenhouse effects. Contamination of the atmosphere, water and soil. Characteristics of water existing in the environment. The description of physical, chemical, biological and psychological hazards. The establishing possibilities to create of maximal allowed level of hazardous factors influences. The principles of work security and work hygiene. The specificity of hygienic problems of sportive and tourist environments. The establishing of recovery and the doping problem in tourism and recreation. Main problems of travel medicine. Basic problems of hygiene of foreign climatic zones.

Classes

The usage of life style estimation in programming of prophylactic actions. Environmental biomonitoring. Methods of hazard estimation in environment. Aims and tasks of WHO prophylactic programs and the National Health Program. Physical training of elderly people. The estimation of energetic and nutritional values of meals. The estimation of body build and body composition. The estimation of minimum of physical activity.

3. Prerequisites

none

4. Learning outcomes

Receiving information on main hazards in global environment and in Poland. Description of methods for environmental factors assessment and their action on humans. Recognition of methods for creation of activity in health promotion.

5. Recommended reading

1. Indulski J.A., Jethon Z., Dawydzik L.T. (2000) – *Zdrowie publiczne – wybrane zagadnienia*. Oficyna Wydawnicza Instytutu Medycyny Pracy w Łodzi, Łódź
2. Jethon Z. (1995) – *Ekologia człowieka w wychowaniu fizycznym i sporcie*. Wydawnictwo AWF we Wrocławiu, Wrocław
3. Jethon Z., Grzybowski A. (2000) – *Medycyna zapobiegawcza i środowiskowa*. Wydawnictwo Lekarskie PZWL, Warszawa

6. Type of course

Obligatory

7. Teaching team

Department of Tourism and Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	30/14	5	3
Classes	15/10	5	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

exam

10. Language of instruction

Polish

ECTS credits
2

1. Course title

Motion recreation and improvement of movement (2 sem.)

2. Course contentsClasses

Getting to know the indications and contraindications to aerobic and anaerobic exercise. The use of physical shape: the balls, fitball exercises, exercises on the plains, small choreography, power exercises using your own body resistance, partner, utensils and appliances are on the gym equipment.

3. Prerequisites

none

4. Learning outcomes

The student knows the basic means for development of physical fitness: mastering basic steps in aerobics and basic strength exercises (individual and pairs).

5. Recommended reading

1. Olex-Zarychta D. (2005) *Fitness. Teoretyczne i metodyczne podstawy prowadzenia zajęć*. Katowice
2. Grodzka-Kubiak E. (2002) *Aerobik czy fitness*. DDK Edition, Poznań
3. Stefaniak T. (1997), *Atlas uniwersalnych ćwiczeń siłowych – część I*. BK Wrocław
4. Stefaniak T. (1997), *Atlas uniwersalnych ćwiczeń siłowych – część II*. BK Wrocław
5. Orzech J. (2002), *Podstawy treningu siły mięśniowej – tom I*. Wydawnictwo „Sport i rehabilitacja” Tarnów

6. Type of course

Obligatory

7. Teaching team

Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	30/15	5	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits
2

1. Course title

Tourism and recreation of persons with disabilities

2. Course contents

Lecture

Types of disability, its causes, restrictions on tourism and recreation due to disability

Classes

The organization of tourist events and sports and recreation activities for various types of disability.

3. Prerequisites

none

4. Learning outcomes

Shaping empathy and tolerance towards persons with various types of disabilities . Student is able to choose appropriate exercises and excursion's programme correspondent to different type of disabilities .

5. Recommended reading

1. Turystyka i rekreacja osób niepełnosprawnych, red. Łobożewicz T., Warszawa 2000.

2. Skalska T., Turystyka osób niepełnosprawnych. Ograniczenia i możliwości rozwoju, Warszawa 2003.

6. Type of course

Obligatory

7. Teaching team

Department of Tourism, Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	6	3
Classes	15/8	6	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits
3

1. Course title

Programming and implementation of health training

2. Course contentsLecture

Acquainting students with the basic concepts, assumptions and objectives of health training: health creation, prevention of civilization diseases development or formation, rehabilitation and treatment of diseases.

Discussion on the principles of training planning and programming, recommended training methods and the basic parameters of the training loads. Detailed analysis of health training key elements.

Classes

The use of shaping physical fitness training resources, forms and methods which are focused on health (training speed, the elements of yoga, pilates and relaxation techniques). Constructing a training unit and the registration of health training charges. Preparing a draft of individual health training by students.

3. Prerequisites

None

4. Learning outcomes

- the student defines basic concepts of health training
- the student knows the assumptions, principles and objectives of health training
- the student knows the means, forms and methods used in health training
- the student can design a health training tailored to individual needs

5. Recommended reading

1. Ellsworth A. (2011), Pilates : krok po kroku. Głucholazy: Oficyna AKA
2. Jaskólski A., Jaskólska A. (2009), Podstawy fizjologii wysiłku fizycznego z zarysem fizjologii człowieka. Wyd. 3 zm. i uzup., Wrocław: AWF
3. Kulmatycki L. (2004), Joga dla zdrowia, podręcznik ćwiczeń. Warszawa: KSIĄŻKA I WIEDZA
4. Kulmatycki L. (2002), Lekcja relaksacji. Wyd. 2. - Wrocław: AWF
5. Kuński H. (2003) Trening zdrowotny osób dorosłych. Warszawa: Agencja Wydawnicza MEDSPORTPRESS
6. Kuński H., Janiszewski M. (1999), Medycyna aktywności ruchowej dla pedagogów. Łódź: Wydawnictwo Uniwersytetu Łódzkiego
7. Maciantowicz J., Nowak P. (2002), Bieganie: sposób na zdrowe życie. Wrocław: AWF
8. Znaczenie aktywności ruchowej dla zdrowia (2005), red. Murawska-Ciałowicz E, Zatoń M. Wrocław: AWF (Studia i Monografie Akademia Wychowania Fizycznego we Wrocławiu)

6. Type of course

Obligatory

7. Teaching team

Department of Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/12	6	2
Classes	15/12	6	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

The lecture - written exam

Classes - grade (current control, student project)

10. Language of instruction

Polish

**Subjects for specialty:
Tourism and hotel management**

ECTS credits
3

1. Course title

IT in tourism and recreation

2. Course contents

Electronic systems in tourism and recreation. Discussion of properties, facilities, structures. Information technology systems support tourism. Discussion, examples, functions. IT tools (software) to: service accommodation and service travel agencies, tour operators handling.

Computer reservation systems of regional and supra-regional. Discussion, operating principles, range. Computer programs of information for travel agents. Internet Tools for tourism and recreation. Web resources.

3. Prerequisites

none

4. Learning outcomes

The student uses the tools and systems in practical applications for tourism and recreation.

5. Recommended reading

Rajca P., Pancewicz M. (2000) Windows Millenium Editio, Wyd. Helion

Graf J. (2000) MS Word dla każdego, Wyd. Helion

Kowalczyk G. (2000) Exel 2000 PL. Ćwiczenia praktyczne, Wyd. Helion

6. Type of course

Obligatory

7. Teaching team

Department of Computer Systems

8. Course structure

Form	Number of hours	Semester	Year
Lecture			2
Classes	30/14	4	
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

grade

10. Language of instruction

Polish

ECTS credits

4

1. Course title

Organization of work and quality management in hotel industry

2. Course contentsLecture

Company hotelier as an organization. Definitions of economic activity, business, entrepreneur. Types, objectives and functions of the company. The process of setting up a company. Hospitality business management. Management functions: planning, organizing, motivating and control. The role of the human factor in the hotel industry. Features of employee accommodation hospitality. Model hospitality. Good manners in the hotel. Basic skills in handling guests. Standards of attendance (service activities). Structure of organizational hotel. Characteristic of basic position in hotel industry. Management human resources. Work of manager in touristic sector (trade). Estimate of result of work of hotel staff. Motivating for work. Chosen legal questions related with work in hotel industry. Employment of informatics in hotel industry. Manners of estimates of functioning of dormitory objects (meter utilization object).

Classes

Practical training in the creation of the organizational structure of the object hospitality. Examples and application of standards in the hotel (best practice). The use of hotel facilities measures of utilization in practice. History of hotel industry and its analysis. Hotel industry's services quality assessment.. Structure and duties of individual hotel departments. Quality management systems being used in hotel industry. Hotel standards as a part of creating high quality services.

3. Prerequisites

none

4. Learning outcomes

Student knows principles and in hotel industry specificity of management, especially in range of management staff, scheme of organizational hotel knows (be able) to compose and plan of organization of work towards of chosen hotel, it uses meters of utilization of hotel objects.Students know sorts of hospitality services. They can define hotel structure, all posts in a hotel and its specifications and know ISO standards and general standards in hotel industry.

5. Recommended reading

1. Mitura E., Koniuszewska E., *Ekonomika i organizacja pracy w hotelarstwie*, Difin, Warszawa 2006
2. Pląder D. (red.): *Organizacja pracy w hotelarstwie*. Krakowska Szkoła Hotelarska, Kraków 2001
3. Duda J., Krzywda S, *Obsługa konsumenta w hotelarstwie : podręcznik do nauki zawodu technik hotelarstwa*, Wydawnictwo REA, Warszawa 2007
4. *Organizacja pracy w hotelarstwie* (red.) G. Wolak, Krakowska Szkoła Hotelarska, Kraków 2006

6. Type of course

Obligatory

7. Teaching team

Department of Tourism

8. Course structure

Form	Number of hours	Semester	Year
Lecture	30/14	4	2
Classes	15/10	4	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	120		

9. Assessment methods

Lectures – written exam

Classes - grade

10. Language of instruction

Polish

ECTS credits
3

1. Course title

Guide-working

2. Course contents

Lecture

The tasks of guide-working, law-principles in the different countries. The guide-licence and exams.

Classes

The ethic of guide-working. Psychological principles of the working with people-groups, the extremal situations in touristic.

3. Prerequisites

none

4. Learning outcomes

The basic ability to guide-working.

5. Recommended reading

Kompendium pilota wycieczek, red. Kruczek Z., Kraków 2005.

Kompendium wiedzy o turystyce, red. Gołembski G., Warszawa 2006.

6. Type of course

Obligatory (in specialisation: hotel industry)

7. Teaching team

Department of tourismus.

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	4	2
Classes	15/8	4	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

credit with mark

10. Language of instruction

Polish

ECTS credits
2

1. Course title

The turistic geography of world

2. Course contents

Lecture

The selected problems of touristic geography of world, the political, medical, social and natural barriers of touristic developments in various regions of world.

Classes

The selected problems of touristic, regional and political geography of world.

3. Prerequisites

none

4. Learning outcomes

The ability to use the medial-information to estimate of risk in trips in various regions of world.

5. Recommended reading

Kowalczyk A., Geografia turystyki, Warszawa 2002.

Geografia turystyczna świata, red. Warszńska J., cz. 1 i 2, Warszawa 2000.

6. Type of course

Obligatory (in specialisation in tourism and hotel industry)

7. Teaching team

Department of tourismus.

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	4	2
Classes	15/8	4	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

Credit with mark

10. Language of instruction

Polish

ECTS credits
3

1. Course title

Hotel equipment and its exploitation

2. Course contents

Equipment of customer service areas. Basic rules of architectonic design. Technical infrastructure and repairs in a hotel. Adapting hotel for disabled people.

3. Prerequisites

None

4. Learning outcomes

According to actual law regulations the students can define procedures of building, modernization and equipping of the hospitality facility. They are aware how to adapt it for disabled people and know how to look after that type of guests.

5. Recommended reading

1. Pansiuk Aleksander „Hotelarstwo, usługi eksploatacja zarządzanie”
2. Zenon Błądek „Hotele – programowanie, projektowanie wyposażanie”

6. Type of course

Obligatory

7. Teaching team

Department of Tourism.

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	4	2
Classes	15/8	4	2
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

Essey/ written task

Test

10. Language of instruction

Polish

ECTS credits
5

1. Course title

Hotel Management

2. Course contentsClasses

Hotel Management – main goals of these classes are: to acquaint the students with a classification of hospitality facilities, getting to know hotel management standards and internal structure of the company including controlling and HR policy.

3. Prerequisites

None

4. Learning outcomes

Students know the types of hospitality facilities and can define the classification procedure according to actual law regulations. They can introduce hotel management methods and techniques such as HR, finance, security etc.

5. Recommended reading

Bogdan Włodarczyk, Mariola Milewska „Hotelarstwo Podstawowe wiadomości ”

6. Type of course

Obligatory

7. Teaching team

Department of Tourism.

8. Course structure

Form	Number of hours	Semester	Year
Lecture	30/14	5	3
Classes	15/10	5	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	150		

9. Assessment methods

Essey/ written task

Test

10. Language of instruction

Polish

ECTS Credits

2

1. Course title

Gastronomy in tourism and hotel management

2. Course contentsClasses

Types of gastronomy locations. Functional room setup in a gastronomy location. Law regulations in mass-feeding gastronomy location. Guests service. Types of diplomatic catering events. Exceptional items of HACCAP. Catering services in accommodation objects.

3. Prerequisites

None

4. Learning outcomes

The student must be able to distinguish between the scope of services provided by all the types of catering. Student must know all service systems in the gastronomy locations. Student must be able to present and discuss all kinds of catering events being organized by hotel's catering department.

5. Recommended reading

1. Arkuszyński C. *Gastronomia hotelowa*
2. Dominik P. *Gastronomia we współczesnym hotelu*
3. Polskie Wydawnictwo Ekonomiczne *Zarządzanie hotelarstwem i gastronomią*
4. Duda J. *Obsługa konsumenta*
5. Szajna R., Ławnicza D. *Obsługa gości.*

6. Type of course

Obligatory

7. Teaching team

Department of Tourism.

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	30/14	5	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

Essey/ written task

Test

10. Language of instruction

Polish

ECTS credits

3

1. Course title

Hygiene in tourist and hotel industries

2. Course contentsLecture

The description of factors determining health. Types of healthy behavior. Life style and quality of life. The condition of natural environment. The dusty and gaseous contamination of the atmosphere. Global effects of the contamination of atmosphere. Classification of the superficial water quality. Methods of water purification. Kinds of chemical hazards. The metabolism of xenobiotics in the organism. Kinds of physical hazards. Kinds of biological hazards. Environmental characteristics in relation to tourist and hotel industries. Basic problems of indoor hygiene. Sanitary problems in hotel buildings. The principles of collective nourishment. Possibilities of evaluation of energetic and nutritional value of daily meals.

Classes

Principles and methods of evaluation of daily collective menu. The specificity of nourishment in tourism. The hygienic needs for tourist events organization. Types of health hazard in foreign climatic regions. Law principles for hygiene of accommodation, Disinfection, disinsection and deratization. Hygienic methods for security estimation of environments.

3. Prerequisites

none

4. Learning outcomes

Receiving of knowledge on the mechanisms of natural environmental influences on human organism. The recognition of environmental health hazards and the possibility of health protection. The recognition of basic hygienic principles for creation of accommodation and nourishment in tourist and hotel industries.

5. Recommended reading

1. Indulski J.A., Jethon Z., Dawydzik L.T. (2000) – *Zdrowie publiczne – wybrane zagadnienia*. Oficyna Wydawnicza Instytutu Medycyny Pracy w Łodzi, Łódź
2. Jethon Z., Grzybowski A. (2000) – *Medycyna zapobiegawcza I środowiskowa*. Wydawnictwo Lekarskie PZWL, Warszawa
3. Szczepanowska E., Sokolowski M. (2008) – *Aktywność fizyczne I odżywianie jako uwarunkowanie promocji zdrowia*. Wydawnictwo WWTiZ w Poznaniu. Poznań

6. Type of course

Obligatory

7. Teaching team

Department of Tourism and Recreation

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	5	3
Classes	15/8	5	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

The written test

10. Language of instruction

Polish

ECTS credits
3

1. Course title

Accounting and finance of tourism and hotel industry

2. Course contents

Creature management finances firms

Taxation firms

Accounts by way of arrangement informative- evidency

Rating, valuation as well entering assets

Clearing business as well funds (Accounts and Cash)

Capitals

Rating price

Revenue as well them entering

Establishment of financial results and its breakdown

3. Prerequisites

none

4. Learning outcomes

Student describes basic rules and principles of sponsorship of activities of economic records. Student classifies, it documents and it records (write down) events in light of theory of account and principles of records book . Student characterizes principles of installation of financial results and balance presentation of asset and liability and choice of (election of) source of sponsorship.

5. Recommended reading

1. Gmytrasiewicz M., Karmańska A.. (2003) Rachunkowość finansowa, Wyd. Difin, Warszawa

2. Matuszewicz J. (2003) Rachunkowość od podstaw, Wyd. Finanse – Serwis, Warszawa

3. Matuszewicz J. (2002) Zbiór zadań do podręcznika Rachunkowość od podstaw, Wyd. Finanse – Serwis, Warszawa

6. Type of course

Obligatory

7. Teaching team

Department of Accountancy, Finance and Quantitative Methods

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	5	3
Classes	15/8	5	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	90		

9. Assessment methods

Classes – credit

Lectures – written exam

10. Language of instruction

Polish

ECTS credits
2

1. Course title

Customer service in hotel industry

2. Course contentsClasses

Customer service in hotel industry. Front desk – its tasks and equipment. Duties and tasks of the receptionists. Personal culture of the employees. Code of ethics. Professional customer service. Guest's types of personality and his expectations. Difficult clients – how to handle concerns and complaints. References and recommendations – what to do to get a long-standing customer who will recommend our services.

3. Prerequisites

None

4. Learning outcomes

Students know the tasks and the structure of the front desk. They can name and define all steps of check-in and check-out. They also know the duties related to hotel's client and are aware how to handle complaints. Students know and can talk over law regulations and rules of the occupational safety and health.

5. Recommended reading

1. Renata Szajna Danuta Ławnicza „Obsługa gości
2. Praca zbiorowa „Organizacja pracy w hotelarstwie”

6. Type of course

Obligatory

7. Teaching team

Department of Tourism.

8. Course structure

Form	Number of hours	Semester	Year
Lecture			
Classes	15/8	6	3
Laboratory			
Project			
Seminar			
Other			
Total student's workload	60		

9. Assessment methods

Essey/ written task

Test

10. Language of instruction

Polish

ECTS credits

2

1. Course title

Basic aspects of human nutrition

2. Course contents

Introduction. Basic definitions

Chemical composition of human food: basic and specific (biologically active) nutrients

Chemical composition of human food: antinutrients

Nutritive value of food: nourishing and dietetic properties of some nutrients – biological value of protein

Nutritive value of food: nourishing and dietetic properties of some nutrients – polyunsaturated fatty acids. structural carbohydrates (dietary fiber)

Food additives – their functions and the safety

Regulation of food intake - the role of hypothalamus. Physical and physiological theories: glucostatic by Mayer aminostatic by Melinkoff and lipostatic by Kennedy

A broad outline of gastro intestinal tract (GIT); enzymes of GIT and of GIT-linked glands (liver and pancreas)

Digestion of nutrients: protein and lipids

Digestion of nutrients: structural and non-structural carbohydrates

Nutritional requirement in human - ways of its expressing

Nutritional requirements as related to the age and the activity of human

Nutrition-dependent diseases

A diet and its understanding; regular (standard) and alternative diets. Nutritional habits of human

Final credit of a course

3. Prerequisites

None

4. Learning outcomes

During the lectures students acquire the basic knowledge on a human nutrition. They become familiar with anatomy and physiology of human alimentary duct and they build up skills dealing with the possibility of matching foods to the potential of nutrients utilization. The students having completed the course are capable to predict the adverse consequences of feeding human nutrients of low nutritive value and/or antinutrients as well. They can explain relations between the human diet and some nutrition-dependent diseases. The knowledge acquired during the course allows students to advise and recommend to whom it may concern a concrete diet and to work out a criticism towards irrational, however frequently advertised diets.

5. Recommended reading

Gawęcki J., Hryniewiecki L. (red): Żywnienie człowieka. PWN, Warszawa 2000

Gertig H.: Żywność a zdrowie. PZWL, Warszawa 1996

Gertig H., Przysławski J.. Bromatologia. Zarys nauki o żywności i żywieniu. PZWL, Warszawa 2007

Keller J.S.: Podstawy fizjologii żywienia człowieka. Wyd. SGGW, Warszawa 2000

Sikorski Z.E.: Chemiczne i funkcjonalne właściwości składników żywności. WNT, Warszawa 1994

6. Type of course

Optional

7. Teaching team

Professor Richard K. Pisarski (Ph.D.)

8. Course structure

Form	Number of hours	Semester	Year
Lecture	15/8	5	3
Classes	15/8	5	3
Total student's workload	60		

9. Assessment methods

Credit with a mark

10. Language of instruction

Polish