

DESCRIPTION OF THE COURSE OF STUDY FOR EXCHANGE STUDENTS

Name of the course in	English	Pedagogy of leisure time
	Polish	Pedagogika czasu wolnego

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1 Field of study	Pedagogy
1.2 Level of study	First-cycle studies (bachelor degree)

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1 Language of instruction	English/Polish
2.2 Semesters in which the course of study is offered	III
2.3 ECTS credits	2

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	Lecture, exercise, e-learning
3.2. Form of assessment	Pass with grade

4. OBJECTIVES, SYLLABUS CONTENT

4.1. Course objectives

Lecture:

- C1. Getting to know additional definitions of free time pedagogy
- C2. Getting to know the basic social and educational problems related to the use of free time.

Exercise:

- C1. Showing the attractiveness of modern ways of actively spending free time.
- C2. Knowledge of how to use free time with forms of activity conducive to the development of human personality.
- C3. Developing basic methodological skills in planning and organizing tourist activities of school children and youth (school trips).

E-learning:

- C.1 Showing the importance of physical recreation in the upbringing and education of children and school youth.
- C2. Getting to know the specifics of participation in school trips for children and young people with disabilities.

4.2. Detailed syllabus

Lecture:

1. Introduction to the subject. Item card. Basic definitions and concepts in free time pedagogy. The importance of free time pedagogy in the area of pedagogy as a science.
2. The history of free time in the process of upbringing and education of children and school youth. Contemporary forms of spending free time. Basic principles of organizing and conducting cultural, entertainment and sports and recreational activities in free time.
3. Preventing the inappropriate use of free time by children and school youth. Summary and end of class

Exercise:

1. Introduction to the subject. Item card. Getting to know the subject of the exercises. Required literature and supplementary literature.
2. Explanation of basic concepts related to the subject. Definitions of free time. Free time as a functioning phenomenon in the life of an individual and society.
3. Terminological arrangements. Pedagogy and free time pedagogy. What is a time budget. The selflessness of human actions.
4. Educational environment and its influence on the upbringing process while spending free time. The importance of rest for human health. What rest is and what it is not. Forms of recreation.
5. Work on yourself and its educational importance. Fun and its importance in human life. Fun features. The role of the play process in human life.
6. Modern ways of actively spending free time (tourism, sport, recreation). Mass media and planning the free time budget by children and school youth.
7. Trip as one of the basic forms of tourist and sightseeing activity. Goals of school trips. Types of school trips. School partners in activities promoting active recreation among children and youth.
8. The importance of the Internet and social messaging in spending free time. Reasons for the popularity of the Internet among children and school youth. Advantages and threats of using the Internet.
9. Cultural institutions and their role in managing free time (cinema, museum, theater, philharmonic hall, art galleries and photography). Ways of using free time adapted to specific, individual human needs (self-education, collecting, social activity).
10. Various aspects of the interpretation of statistical data on free time. Analysis of students' final papers. Summary

and assessment of classes.

E-learning:

1. The importance of physical recreation in the process of upbringing and education of children and school youth. Planning an optimal model of activities motivating children and adolescents to physical activity, taking into account age and environmental differences and cognitive.

2. A trip in the school's teaching and educational process. Methodology for organizing tourist activities for people with disabilities.

3. The role of physical recreation in health promotion. Summary and end of classes.