

Recreation Theory, Sports in Alternative Environment

Language of instruction:	English
Form of teaching:	Practice
Class hours per week:	1 L + 2P
Credits (ECTS):	3
Course description:	<p>The course provides a comprehensive picture of the connections and modern interpretation of health, lifestyle, quality of life and recreation. It explores the relationship and social embeddedness of leisure, lifestyle and recreation. Students should be able to integrate their acquired knowledge in accordance with diverse environmental factors. Be aware of the basic conditions for practicing leisure sports and sports recreation in an alternative environment. They should be able to think creatively by considering and respecting natural forces. The students should get to know easy-to-learn forms of movement that can be used for everyday recreational activities and sports activities in their free time. The knowledge to be acquired is based on exploiting the possibility of a high degree of diversity and on transferable knowledge.</p>
Assessment methods:	<p>Active participation, 1 written test during the semester (the satisfactory level is at least 50%). An oral or written presentation on a part of the subject must be prepared during the semester. The written tests are based on the lectures and the recommended readings. Drafting of 2 sessions based on the specified criteria.</p>
Teaching period:	Fall semester