

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SUBJECT CARD**

Name in Polish : TURYSTYKA GÓRSKA
Name in English : HIKING
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033152
Group of courses : NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES

1. Absence of medical contraindications to participate actively in the classes.
2. Possessing proper outfits taking into consideration different weather conditions.
3. Good condition.

SUBJECT OBJECTIVES

- C1: Realising the need of regular physical activity.
 C2: Getting familiar with safe ways of going on mountain hiking trails.
 C3: Improvement of the general fitness.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: A student knows safe ways of going on mountain hiking trails.
 PEK_W02: Getting know a map and a guide books of planned tour surroundings.

Relating to skills:

PEK_U01: A student can use tourist maps and identify (basing on a map), the most characteristic objects that are on the route.
 PEK_U02: A student can choose right clothing, equipment and food taking into consideration weather, a season, a length of a route and its difficulty.
 PEK_U03: A student can adjust a pace of hike to her/his abilities.

Relating to social competences:

PEK_K01: Determined to achieve a goal.
 PEK_K02: A student is aware of co-responsibility for people accompanying an expedition.

PROGRAMME CONTENT

Form of classes - lecture		Number of hours
Cl. 1	Organizational meeting: discussion on medical contraindications for hiking and mountain safety rules binding in a classroom. Assessment criteria, doing the classes and justify absences. Discussion on the planned sites and dates of travel.	2
Cl. 2-14	Tours on mountain hiking trails	26
Cl. 15	Semester's summary - discussion on activity, assessments	2
Total hours		30

TEACHING TOOLS USED

N1. Practical exercises.
N2. Lecture.

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT

Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Oral answer
F2	PEK_U01, U02, U03	Checking the acquired abilities in practice.
C: Attendance, activity and attitude in classes including arithmetic mean derived from F1 and F2.		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

[1] Touristic maps and guide books concerning surroundings of the planned tours.

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)

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