

Theory of recreation, SSZB13-144, Patakiné Bősze Júlia

Oktatás célja

Aim of the subject

Gaining knowledge topics listed in the recreation theory and methodology, content, history and trends approach. In addition to the interpretation of theoretical and methodological foundations of the actualities topics.

Acquired competencies

Knowledge:

- Enhance knowledge of the theory of recreation and lifestyle culture, basic concepts, the question of interpretation, in terms of their development, and expanding knowledge asset systems, methods and procedures terms.
- Acquire knowledge in the field of physical recreation trends.
- Differentiated organizes knowledge in the field of recreation areas used methods and techniques.

Attitude:

- As in recreation and quality of life of modern approach, the views extend formal and informal medium itself.
- Seek lifelong and life -wide learning.
- During task performance respects the socio-cultural environment, the different age characteristics and rights of people with disabilities.

Abilities:

- Ability to classify the different motivations of physical recreational activities area, according to trends.
- Will be able to place the present and further knowledge in context of quality of life, lifestyle, leisure, culture and entertainment.
- Empowerment is a recreation than a theoretical science and practical activity manage system complexity.

Tantárgy tartalma

Major topics

The concept of recreation and historical aspects.

The impact of the development of civilization, lifestyle, recreational challenges and responses.

Physical recreation trends evolution and development.

Defining areas of aspects of the culture of recreation.

The main tools and methods of recreation.

The quality of life.

Desease and illness groups affecting the evolution of humans in the 21st century.

Planned teaching methods

The course will take place on a weekly basis as a 90-minute lecture. In connection with the curriculum themes of the lectures, students made mandatory tasks to be administered according to the specified proposals, which will receive a numerical and text evaluation.

Számonkérési és értékelési rendszere

Requirements and evaluation:

- a) Regular and active participation in the classroom. (Maximum of 3 absences will be accepted.)
- b) Essay writing a chosen sport and recreation relationship, connection points in a minimum of two to a maximum extent of 4 pages. Self sufficing work. Preparation criteria and upload deadline as published according to the NEPTUN system.
- c) Successfully written (over 50%) papers. (Two pieces, based on time and topics in proportion of the current semester dates announced).

The mode of assessment: *colloquium mark*

The colloquium of the type HKR "C" colloquium (the mark will be determined on the basis of continuous accountability).

Components is determined by the performance of her duties at the level of the year.

Mark fund after correct, according to a separate announcement.

The evaluation criteria:

The semester evaluation is made up of tree marks averaging.

In case of less than 50% of performance in any particular area, the first exam mark is unsatisfactory. Part of the task area can be improved by improving the occasion of the upcoming exam.

(essay % + classroom test 1 % + classroom test 2 %) / 3 = contact % for half-year

unsatisfactory (1) = 0-50 %

satisfactory (2) = 51-59 %

average (3) = 60-69 %

good (4) = 70-79 %

excellent (5) = 80-100 %

Irodalom

Compulsory literature

- ÁBRAHÁM, J. (2010) *Rekreációs Alapok*.
<https://atletikamagazin.files.wordpress.com/2014/12/rekreacios-alapok.pdf> Letöltés: 2016.01.20.
- BODA, E., HERPAINÉ LAKÓ, J. (2015) *A rekreáció elmélete és módszertana 2*. Eger: EKF Líceum Kiadó
- KOVÁCS, T. A. (2004) *A rekreáció elmélete és módszertana*. Budapest: Fitness Akadémia
- KOVÁCS, T. A. (2007) A rekreáció kultúrája. A rekreáció főbb alrendszerei. *Magyar Sporttudományi Szemle 2007/2.*, 13-24.
- KOVÁCS T. A. (2007) A rekreáció főbb irányzatai. Civilizációs kihívások, rekreációs válaszok. *Magyar Sporttudományi Szemle 2007/2.*, 3-12.
- RÉVÉSZ, L., MÜLLER, A., HERPAINÉ LAKÓ, J., BODA, E., BÍRÓ, M. (2015) *A rekreáció elmélete és módszertana 1*. Eger: EKF Líceum Kiadó