

**Plan studiów I stopnia kierunku Turystyka i Rekreacja - specjalność turystyka przygodowa - stacjonarne**

| Przedmiot                                   | Ogółem godzin | Wykłady | Ćwiczenia | Ćwiczenia terenowe | I stopień 2025/2026 |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | ECTS ogółem |      |     |
|---------------------------------------------|---------------|---------|-----------|--------------------|---------------------|----|----------|-----|--------|------|--------|----------|---------|---|--------|------|--------|---|----|----------|-------|------|--------|----|---------|----|----|------|--------|---|----|----------|-------------|------|-----|
|                                             |               |         |           |                    | I rok               |    |          |     |        |      |        |          |         |   | II rok |      |        |   |    |          |       |      |        |    | III rok |    |    |      |        |   |    |          |             |      |     |
|                                             |               |         |           |                    | 13 tyg              |    |          |     |        | ECTS | 13 tyg |          |         |   |        | ECTS | 13 tyg |   |    |          |       | ECTS | 13 tyg |    |         |    |    | ECTS | 13 tyg |   |    |          |             | ECTS |     |
|                                             |               |         |           |                    | I sem               |    |          |     | II sem |      |        |          | III sem |   |        |      | IV sem |   |    |          | V sem |      |        |    | VI sem  |    |    |      |        |   |    |          |             |      |     |
|                                             |               |         |           |                    | W                   | Ćw | ćw. ter. | Egz | W      |      | Ćw     | ćw. ter. | Egz     | W | Ćw     |      | Egz    | W | Ćw | ćw. ter. | Egz   |      | W      | Ćw | Egz     | W  | Ćw |      | Egz    | W | Ćw | ćw. ter. |             |      | Egz |
| Grupa przedmiotów podstawowych              |               |         |           |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          |             |      |     |
| Ekologia i ochrona środowiska               | 55            | 13      | 26        | 16                 |                     |    |          |     |        |      | 26     | 26       |         | E | 4      |      |        |   |    | 13       | 26    | 16   | E      | 4  |         |    |    |      |        |   |    |          | 4           |      |     |
| Ekonomia                                    | 52            | 26      | 26        |                    |                     |    |          |     |        |      | 26     | 26       |         |   |        |      |        |   | 13 | 13       | E     | 2    |        |    |         |    |    |      |        |   |    |          | 4           |      |     |
| Encyklopedia prawa                          | 26            | 13      | 13        |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   | 13 | 13       | E     | 2    |        |    |         |    |    |      |        |   |    |          | 2           |      |     |
| Filozofia                                   | 13            | 13      |           |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   | 13 |          |       | 1    |        |    |         |    |    |      |        |   |    |          | 1           |      |     |
| Fizjologia pracy i wypoczynku               | 39            | 26      | 13        |                    |                     |    |          |     |        |      | 26     | 13       |         | E | 3      |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 3           |      |     |
| Organizacja i zarządzanie                   | 39            | 13      | 26        |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   | 13 | 26       | E     | 3    |        |    |         |    |    |      |        |   |    |          | 3           |      |     |
| Pedagogika czasu wolnego                    | 26            | 13      | 13        |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    | 13 | 13   |        | E | 2  |          | 2           |      |     |
| Podstawy marketingu w turystyce i rekreacji | 26            | 13      | 13        |                    |                     |    |          |     |        |      | 13     | 13       |         | E | 3      |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 3           |      |     |
| Psychologia                                 | 13            |         | 13        |                    |                     | 13 |          |     | 1      |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 1           |      |     |
| Socjologia                                  | 39            | 26      | 13        |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         | 26 | 13 | E    | 3      |   |    |          | 3           |      |     |
| Żywienie człowieka                          | 13            | 13      |           |                    | 13                  |    |          |     | 1      |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 1           |      |     |
| Grupa przedmiotów ogólnych                  |               |         |           |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          |             |      |     |
| Technologia informacyjna                    | 26            |         | 26        |                    |                     |    |          |     |        |      |        |          |         |   | 26     |      | 2      |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 2           |      |     |
| Wychowanie fizyczne                         | 60            |         | 60        |                    |                     | 13 |          |     |        |      | 13     |          |         |   | 8      |      |        |   |    | 13       |       |      |        |    |         |    |    | 13   |        |   |    |          | 0           |      |     |
| Komunikacja interpersonalna                 | 26            |         | 26        |                    |                     | 26 |          |     | 2      |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 2           |      |     |
| Grupa przedmiotów kierunkowych              |               |         |           |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          |             |      |     |
| Analiza rynku turystycznego                 | 26            | 13      | 13        |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   | 13 | 13       |       |      |        | 2  |         |    |    |      |        |   |    |          | 2           |      |     |
| Dziedzictwo przyrodnicze w turystyce        | 13            | 13      |           |                    | 13                  |    |          |     | 1      |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 1           |      |     |
| Edukacja międzykulturowa***                 | 13            | 13      |           |                    | 13                  |    |          |     | 1      |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 1           |      |     |
| Edukacja zdrowotna w turystyce i rekreacji  | 26            | 13      | 13        |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         | 13 | 13 |      |        | 2 |    |          | 2           |      |     |
| Ekonomika turystyki i rekreacji             | 39            | 13      | 26        |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         | 13 | 26 | E    | 3      |   |    |          | 3           |      |     |
| E-turystyka i nowe media                    | 13            |         | 13        |                    |                     |    |          |     |        |      |        |          |         |   | 13     |      | 1      |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 1           |      |     |
| Geografia turystyczna                       | 68            | 26      | 26        | 16                 | 26                  | 26 | 16       | E   | 5      |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 5           |      |     |
| Historia kultury i sztuki                   | 68            | 26      | 26        | 16                 |                     |    |          |     |        | 26   | 26     | 16       | E       | 5 |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 5           |      |     |
| Dzieje podróży                              | 13            | 13      |           |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    | 13 |      |        |   |    | 1        | 1           |      |     |
| Hotelarstwo                                 | 39            | 13      | 26        |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   | 13 | 26       |       |      | 3      |    |         |    |    |      |        |   |    |          | 3           |      |     |
| Krajoznawstwo                               | 68            | 26      | 26        | 16                 |                     |    |          |     |        |      |        |          |         |   |        |      |        |   | 26 | 26       | 16    | E    | 5      |    |         |    |    |      |        |   |    |          | 5           |      |     |
| Zagospodarowanie przestrzeni turystycznej   | 26            | 13      | 13        |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         | 13 | 13 | E    | 2      |   |    |          | 2           |      |     |
| Obsługa ruchu turystycznego                 | 39            | 13      | 26        |                    |                     |    |          |     |        |      |        |          |         |   | 13     | 26   | E      | 3 |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 3           |      |     |
| Podstawy pilotażu i przewodnictwa           | 39            | 13      | 26        |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         | 13 | 26 | E    | 3      |   |    |          | 3           |      |     |
| Podstawy rekreacji                          | 39            | 13      | 26        |                    | 13                  | 26 |          | E   | 3      |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 3           |      |     |
| Podstawy turystyki                          | 39            | 13      | 26        |                    | 13                  | 26 |          |     | 3      |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 3           |      |     |
| Protokół dyplomatyczny                      | 26            |         | 26        |                    |                     |    |          |     |        |      |        |          |         |   | 26     |      | 2      |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          | 2           |      |     |
| Wystąpienia publiczne                       | 13            | 13      |           |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         | 13 |    |      |        | 1 |    |          | 1           |      |     |
| Grupa przedmiotów wybieranych               |               |         |           |                    |                     |    |          |     |        |      |        |          |         |   |        |      |        |   |    |          |       |      |        |    |         |    |    |      |        |   |    |          |             |      |     |

[illegible]

