Name of the discipline (module)	Tourist and Recreational Activity
Code and name of the specialty	1-03 02 01 Physical Training with specialization 1-03 02 01 03 Sports and recreational, tourist and recreational activities
Course	4
Semester	7-8
The number of academic hours of the discipline (module): Lectures Seminars Practicals Laboratory Practicals	112 16 6 40 0
The form of control	Examination (8)
The number of credits	3

Basic concepts and classification of sports and wellness tourism. Legal and regulatory framework of the organization and carrying out camping. Concept of recreational activity, recreational resources and of natural recreational resources. Main point and typology of animation and leisure activity. Types and technique of animation programs. Methodical bases of the organization of camping and tourist meetings. Features of the organization of health-giving techniques in sanatoriums, boarding houses and rest houses.

The content of the subject matter is stated in the following sections:

1. Structure, content and forms of tourist and recreational activity.
2. Recreational activity.
3. Animation and leisure activity.
4. Technique of the organization and carrying out tourist and health-giving actions on recreational facilities.