

SYLLABUS

Discipline	Recreation and Leisure Studies, Spa Medicine
Lecturer	Liudmyla Aleksieienko-Lemovska, Professor at the Department of Social Sciences and Humanities, PhD in Pedagogy, Associate Professor
Lecturer's profile	https://is.gd/CvVkg8
Consultations: On-campus consultations Online consultations	Thursday from 3 p.m. to 4 p.m.
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E-mail	lyudmilalemovska@ie.u.edu.ua
Discipline page	https://classroom.google.com/c/NzEwMjE0ODY2OTY0
Form of final control	Exam
Brief discipline annotation	The Recreation and Leisure Studies, Spa Medicine discipline is designed for training Bachelor's students in the knowledge area: 24 Service Sector, specialty: 242 Tourism and Recreation, in the Tourism educational program. The discipline provides students with the necessary theoretical knowledge and introduces them to the key aspects of leisure studies and sanatorium and resort treatment, the classification and characteristics of resort resources, leading therapeutic methodologies, and the specifics of health and wellness tourism. The course takes into account both modern global and national experience in sanatorium and resort management.
Background for studying discipline	The Recreation and Leisure Studies, Spa Medicine discipline is related to the following subjects: Tourist Country Studies, History of Tourism, Geography of Tourism, Country Studies, Tourist and Recreational Resources of the World, Recreational Geography with Basics of Recreation and Leisure Studies.
Goal and objectives of the discipline	<p>The goal of the Recreation and Leisure Studies, Spa Medicine discipline is to provide students with the understanding of the place and role of resort studies as a science within the national intersectoral healthcare system, scientific knowledge of the principles, means, forms, types, and stages of adaptation of human body's functional systems to natural and climatic therapeutic factors, as well as knowledge of the historical and current state of the sanatorium and resort industry in Ukraine and worldwide.</p> <p>Objectives of the course:</p> <ul style="list-style-type: none"> – to acquire scientific knowledge and expand the practice of utilizing natural resources for human health and well-being; – to develop skills in working with regulatory and directive documents, as well as statistical materials; – to introduce the principles of resort management and organization; – to plan a dynamic and professional national tourism policy, which is a key factor in the successful functioning of Ukraine's sanatorium and resort industry.

Learning outcomes	<p>Acquired knowledge will allow students to know:</p> <ul style="list-style-type: none"> ✓ the goal and objectives of the discipline, its structure and curriculum to develop the most appropriate path for individual learning; ✓ stages of formation and development of resort studies. ✓ key definitions and terminological concepts in recreation and leisure studies, spa medicine; ✓ the regional specialization of resorts in both Ukraine and the world. ✓ the ability to assess the main types of resorts in Ukraine and globally. <p>be able to:</p> <ul style="list-style-type: none"> ✓ justify and explain the definition of key concepts and categories; ✓ independently find and analyze sources of information related to resort complexes worldwide and the development of recreation in different regions; ✓ acquire a basic level of geospatial knowledge for professional resort tour operations; ✓ apply acquired theoretical knowledge in professional activities and practice. ✓ analyze the main factors and prerequisites for the recreational and resort development of territories. ✓ assess the current state, trends, and prospects for the development of sanatorium and resort treatment on global, national, and regional scales. ✓ identify contemporary issues of the functioning and development of sanatorium and resort areas. ✓ evaluate the main types of resorts in Ukraine and worldwide, determining their therapeutic profile and specialization. 																																																											
ECTS credits	The discipline consists of 3 credits, 2 content modules, and an exam as a form of final control. Total amount of hours – 90 (including 48 class hours and 42 hours of students' independent work).																																																											
Discipline structure	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; text-align: center;">Topics</th> <th style="width: 10%; text-align: center;">Lectures</th> <th style="width: 10%; text-align: center;">Practical classes</th> <th style="width: 10%; text-align: center;">Seminars</th> <th style="width: 10%; text-align: center;">Independent work</th> </tr> </thead> <tbody> <tr> <td colspan="5" style="text-align: center;">1. THEORY AND METHODOLOGY OF RECREATION AND LEISURE STUDIES AND SPA MEDICINE</td> </tr> <tr> <td>Resorts as a key segment of the tourism industry</td> <td style="text-align: center;">4</td> <td style="text-align: center;">3</td> <td></td> <td style="text-align: center;">7</td> </tr> <tr> <td>History of sanatorium and resort development</td> <td style="text-align: center;">4</td> <td style="text-align: center;">3</td> <td></td> <td style="text-align: center;">3</td> </tr> <tr> <td>Fundamentals of medical climatology</td> <td style="text-align: center;">3</td> <td style="text-align: center;">2</td> <td></td> <td style="text-align: center;">5</td> </tr> <tr> <td>Therapeutic resort factors and types of therapy in resort practice</td> <td style="text-align: center;">3</td> <td style="text-align: center;">2</td> <td></td> <td style="text-align: center;">6</td> </tr> <tr> <td colspan="5" style="text-align: center;">2. FUNDAMENTALS OF SANATORIUM AND RESORT TREATMENT</td> </tr> <tr> <td>Features of disease treatment in resort conditions</td> <td style="text-align: center;">4</td> <td style="text-align: center;">2</td> <td></td> <td style="text-align: center;">5</td> </tr> <tr> <td>Management of sanatorium and resort institutions and activities</td> <td style="text-align: center;">4</td> <td style="text-align: center;">2</td> <td></td> <td style="text-align: center;">5</td> </tr> <tr> <td>Organization of leisure activities at sanatorium and resort institutions</td> <td style="text-align: center;">3</td> <td style="text-align: center;">3</td> <td></td> <td style="text-align: center;">4</td> </tr> <tr> <td>Ensuring the quality and efficiency of sanatorium and resort institutions</td> <td style="text-align: center;">3</td> <td style="text-align: center;">3</td> <td></td> <td style="text-align: center;">7</td> </tr> </tbody> </table>					Topics	Lectures	Practical classes	Seminars	Independent work	1. THEORY AND METHODOLOGY OF RECREATION AND LEISURE STUDIES AND SPA MEDICINE					Resorts as a key segment of the tourism industry	4	3		7	History of sanatorium and resort development	4	3		3	Fundamentals of medical climatology	3	2		5	Therapeutic resort factors and types of therapy in resort practice	3	2		6	2. FUNDAMENTALS OF SANATORIUM AND RESORT TREATMENT					Features of disease treatment in resort conditions	4	2		5	Management of sanatorium and resort institutions and activities	4	2		5	Organization of leisure activities at sanatorium and resort institutions	3	3		4	Ensuring the quality and efficiency of sanatorium and resort institutions	3	3		7
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<p>List of obligatory tasks</p>	<p><i>Reveal an issue (prepare a report / presentation) according to the topic:</i></p> <p>Resorts as a key segment of the tourism industry. Resort studies: definition, objectives, and areas. History of sanatorium and resort development. Features of sanatorium and resort services at the present stage. Fundamentals of medical climatology. Climate and weather types and their impact on the human body: adaptation, acclimatization, hardening. Resort landscapes and their use for recreational purposes. Fundamentals of balneology and balneotechnics. Therapeutic effects of freshwater on the human body. Hydrotherapy. Balneotechnics: subject, objectives, technological schemes. Therapeutic mud: concept and classification. Methods of conducting mud therapy procedures. Clay therapy in resort practice. Psammotherapy. Types of therapeutic clay and their use in resort practice. Thermotherapy in sanatorium and resort treatment. Paraffin therapy. Ozokerite therapy. Therapeutic effects of steam. Phytotherapy: concept, therapeutic forms. Apitherapy: treatment with honey and beekeeping products. Preformed and rare therapeutic resort factors. Physiotherapy: concept and essence. Methods of apparatus-based physiotherapy. Therapeutic physical culture. Therapeutic massage. Fundamentals of therapeutic physical culture (TPC). Forms of TPC activities. Features of disease treatment in a resort setting. Types of sanatorium and resort institutions. Management of sanatorium and resort institutions. Management of sanatorium and resort activities. Leisure organization at sanatorium and resort institutions: animation services.</p>
<p>List of selective tasks</p>	<p><i>Reveal an issue (prepare a report / presentation) according to the topic:</i></p> <p>Resorts: concept, functions, types, and infrastructure. Resort industry in the healthcare system and health and wellness tourism. Key stages in the development of the national resort industry. Concept and objectives of medical climatology. Key methods of climatotherapy. Definition and key concepts of balneology. Key methods of balneological treatment. Fundamentals of mud therapy. Healing effects of therapeutic mud on the human body. Medicinal properties and chemical composition of clay. Psammotherapy. Thermotherapy: concept, essence, and types. Treatment with naftalan oil. Phytotherapy and apitherapy in resort practice. Healing properties of honey and its use in human diseases. Artificial physical factors used in resort medical practice. Application of rare and unconventional treatment methods. Physical activity in a resort setting. Massage as part of sanatorium and resort treatment. Specific features of sanatorium and resort treatment. Functional structure of sanatorium and resort institutions and their material and technical facilities. Legal regulation of sanatorium and resort institutions. Personnel composition of sanatorium and resort facilities. Ensuring the quality and efficiency of sanatorium and resort institutions.</p>

Discipline features	Period of teaching	Semester	Interdisciplinary integration	Year of study	Courses: general training/professional training/elective
	1 st semester	3 rd semester	available	2 nd year	General training
Technical and software support / equipment	Access to the Internet, laptop, tablet, smartphone or PC.				
Assessment system and requirements General system of discipline assessment	<p>The discipline includes the current and final control of student knowledge. Current assessment of student knowledge is conducted within a semester in the following forms: oral questioning of students during practical classes and assessment of their knowledge level; check of correctness of solved practical problems; rapid survey (oral or written).</p> <p>The results of current control of student knowledge are assessed in general (due to all forms of works) ranging from 0 to 60 points.</p> <p>Students are admitted to final control if they fulfil the requirements of the training program and obtain at least 36 points for the current learning activities.</p> <p>Final assessment of student knowledge is conducted in the form of an exam. The final grade is given according to the total rating of students: QR Code: https://ieu.edu.ua/docs/pol-mark-esb.pdf</p> <p>Correlation between national and ECTS grades and student rating: QR Code: https://ieu.edu.ua/docs/pol-mark-esb.pdf</p>				
Admission to final control	<p>The minimum amount of points that should be obtained by students for current educational activities during a semester to be admitted to the final control is 36 points. The grade for the discipline is defined as a sum of the final points for current activities and the points for the final control and is expressed due to the multipoint scale.</p> <p>The grade for the discipline ending with the Pass/Fail test is defined as the sum of points for current educational activities (at least 36), points for individual work of students (no more than 6), and points for the exam (at least 24).</p> <p>The overall points of the discipline are 100.</p> <p>The total grade for the discipline is given according to the national and European scale. The final control in the form of an exam is carried out after learning all the topics of the discipline. The exam takes place according to the schedule.</p> <p>QR Code: https://ieu.edu.ua/docs/050.pdf</p>				
Discipline policy	<p>Teaching of the academic discipline is based on cutting-edge educational technologies aimed at: increasing the level of students' interest in the course; providing theoretical and practical knowledge of the discipline.</p> <p>To activate learning and cognitive activity of students while learning the academic discipline, one applies:</p> <ul style="list-style-type: none"> ➤ individual, group, and blended modes of study; ➤ systems of reproductive and interactive methods, which are an integral part of student-centered, competency-based, and developing educational technologies: presentations, test assignments, discussions, modeling, analysis of specific situations, case studies, business game, discussion, debates, information and communication technologies, brainstorm method, heuristic question method, Socratic method, micro-teaching, interviewing, etc. 				

Policy of absence and late task performance	<p>Students who miss the current control <i>for valid reasons</i> confirmed by documents have the right to take current control within two weeks after returning to studying. Students who have missed classes <i>without valid reasons</i>, have not participated in current control activities, have not liquidated academic failure are not admitted to the final semester control of this discipline. In this case, an academic staff member puts a mark ‘non-admission’ in the exam record.</p> <p>Repeated taking of the exam in the discipline is appointed in case of accomplishing all types of educational, independent (individual) work stipulated by the working program of the academic discipline and is carried out according to the approved schedule of academic failure liquidation.</p> <p>QR Code: https://ieu.edu.ua/docs/050.pdf</p>
Academic integrity policy	<p>Participants in the educational process rely on the academic integrity principles: QR Code: https://ieu.edu.ua/docs/011.pdf</p>
Internationalization	<p>Students obtain information about international conferences where they can participate. Materials prepared for presentation or printing are checked and corrected by the lecturer.</p>
Recommended sources of information	<p style="text-align: center;">Primary literature</p> <ol style="list-style-type: none"> 1. L.V. Aleksieienko-Lemovska. Influence of Historical and Geographical Factors on the Development of Global Tourism and Resort Industry. Current Issues of Science, Education, and Society: Experience and Prospects: Proceedings of the International Scientific Conference. – Kremenchuk, July 29, 2023. – Kremenchuk: CFEND, 2023. – P. 53-55. 2. L.V. Aleksieienko-Lemovska. Current Issues of Health Tourism and Recreational and Entertainment Technologies: Prospects for Industry Development. Proceedings of the International Scientific Conference: State, Problems, and Prospects for the Development of Science, Education, and Technologies. – Kremenchuk: TSFEND, August 29, 2023. – P. 63-65. 3. K.E. Bilenkyi, V.V. Yezhov. Climatological and Resort Characteristics of Ukraine // Resorts and Sanatoriums of Ukraine: Scientific and Practical Handbook. – K.: Foligrant Publishing House, 2009. – 432 p. 4. H.M. Zavarika. Resort Industry: Study Guide / H.M. Zavarika. – K.: Center for Educational Literature, 2015. – 264 p. 5. O.M. Kravets. Resort Studies: Textbook / O.M. Kravets, A.A. Riabiev; O.M. Beketov National University of Urban Economy in Kharkiv. – Kharkiv: O.M. Beketov NUUEKh, 2017. – 167 p. 6. Resort Studies and Resorts of Ukraine: Study Guide / Compiled by S.M. Malakhova, O.O. Cherepok, N.H. Volokh. – Zaporizhzhia: ZSMU, 2019. – 105 p. http://dspace.zsmu.edu.ua/bitstream/123456789/9487/1/Kurortolohiya ta kurorty Ukrayiny 7. Resort Studies and Resorts of Ukraine: Study Guide / S.M. Malakhova, O.O. Cherepok, N.H. Volokh. – Zaporizhzhia: ZSMU, 2019. – 105 p. 8. Y. Kushniruk. Recreation and Leisure Studies: Study Guide. Rivne: NUWEE, 2015. 148 p. http://ep3.nuwm.edu.ua/4684/1/V45.pdf 9. Medical and Health Tourism (International and National Aspects). Study Guide. M.P. Malska, O.Y. Bordun, N.V. Antoniuk. 2023. – 234 p. 10. L.M. Niemets. Tourist and Recreational Resources of the World: Educational and Methodical Guide / L.M. Niemets, H.O. Kulieshova, A.V. Sokolenko. – Kharkiv, V.N. Karazin Kharkiv National University, 2015. – 102 p. https://tourlib.net/books_ukr/njemec.htm 11. Recreology: Basic Lecture Notes. Vinnytsia, 2017. https://ir.vtei.edu.ua/g.php?fname=26125.pdf

12. V.I. Stafiiichuk. *Recreology: Study Guide* / V.I. Stafiiichuk. – Kherson: OLDI PLUS, 2017. – 428 p.

13. Kirilina V.M., Kolesnikova N.V., Kolesnikov N.G. The spa-health resort and tourist-recreational facilities of the region: the methodological aspects of their development. *Vopr Kurortol Fizioter Lech Fiz Kult.* May-Jun 2016;93(3) :62-65. doi: 10.17116/kurort2016362 -

Additional literature

1. L.V. Aleksieienko-Lemovska. Psychological Aspects of Recreational Activities and Spa Medicine: Impact on the Psychosocial State of Tourists. Priority Development Paths in Science and Education: Proceedings of the 9th International Scientific Conference: Lviv, July 29-30, 2023. – Lviv: Lviv Scientific Forum, 2023. Pp. 27-29.

2. O.H. Kornus. Sanatorium and Resort Services in Sumy Region / O.H. Kornus // Proceedings of the Scientific Conference on the Results of Scientific and Methodical Work of Departments of Sumy State Pedagogical University named after A. S. Makarenko in 2016. – Sumy: Sumy State Pedagogical University, 2017. P. 127.

3. A.S. Puhach, O.H. Kornus. Features of Territorial Organization of Sanatorium and Resort Activities in Ukraine // Proceedings of the All-Ukrainian Scientific Conference (Sumy, October 12-14, 2018) / Sumy State Pedagogical University named after A.S. Makarenko, Sumy Branch of the Ukrainian Geographic Society; [Compiler: A.O. Kornus]. Sumy, 2018. P. 161-167.

4. B.T. Pushkar, Z.M. Pushkar. Territorial Organization of Recreational Economy in the Region. Ternopil: Vektor, 2014. 196 p.
<http://dspace.wunu.edu.ua/bitstream/pdf>

5. N.Y. Skrypnyk, A.M. Serdiuk. *Recreational Geography: Study Guide*. K.: Center for Educational Literature, 2013. 296 p.
https://cul.com.ua/preview/rekr_geo.pdf

6. Tourist Spa Medicine. Lecture Notes / I.D. Boiko, L.A. Savranchuk – Chernivtsi: Ruta, 2007. 116 p.

7. N.V. Fomenko. *Recreational Resources and Spa Medicine: Study Guide* / V.N. Fomenko. – Kyiv: Center for Educational Literature, 2007. 312 p.

Information resources

1. State Agency of Ukraine for Tourism and Resorts:

<http://www.tourism.gov.ua/ua/>

2. Resorts and sanatoriums in Ukraine: <http://sanikur.com/>

3. Resorts of Ukraine: <http://www.medkurort.com.ua/healingresorts.html>

4. Climatotherapy: <http://www.medtour.info/aboutresorts/classification/balneo10/balneo10>

5. Official website of the State Agency of Ukraine for Tourism and Resorts: <http://www.tourism.gov.ua>

6. On Resorts: Law of Ukraine dd. October 5, 2000, No. 2026 – III: <http://zakon4.rada.gov.ua/laws/show/2026-14>

7. World Tourism Organization: <http://www.worldtourism>

8. World Travel & Tourism Council: <http://www.wttc.org/eng/Home/>

9. Encyclopedia of Earth: <https://editors.eol.org/>

10. National Geographic: <https://www.nationalgeographic.com/>

11. The International Ecotourism Society (TIES): <https://www.ecotourism.org/>

12. United Nations World Tourism Organization (UNWTO): <https://www.unwto.org/>

13. Global Sustainable Tourism Council (GSTC): <https://www.gstcouncil.org/>

14. International Union for Conservation of Nature (IUCN): <https://www.iucn.org/>

15. World Wildlife Fund (WWF): <https://www.worldwildlife.org/>

16. UNESCO World Heritage Centre: <https://whc.unesco.org/>

17. Ecological Society of America (ESA): <https://www.esa.org/>

**Tips on
successful
study during
the course**

If you want to succeed in this discipline, you should:

- ✓ Think about your future career, set your goals and priorities properly.
- ✓ Seek additional information, details and facts. Learn how to use information correctly.
- ✓ Be ambitious and think big: create models, hypotheses, find logical relationships.
- ✓ Expand your horizons, read lecture notes and books, listen to lectures, ask questions and get feedback.
- ✓ Be active in a group, work as part of a team, and develop leadership skills.
- ✓ Take part in conferences, scientific activities, create projects, solve case studies; develop a portfolio.

We wish you interesting studies and professional development.
Good luck!