

Документ подписан простой электронной подписью

Информация о владельце:

ФИО: Шебзухова Татьяна Александровна

Должность: Директор Пятигорского института (филиал) Северо-Кавказского
федерального университета

Дата подписания: 19.09.2023 14:03:54

Уникальный программный ключ:

d74ce93cd40e39275c3ba2f58486412a1c8ef96f

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF RUSSIAN FEDERATION
Federal State Autonomous Educational Institution for Higher Education
«NORTH-CAUCASUS FEDERAL UNIVERSITY»
Pyatigorsk Institute (branch) NCFU

Methodical recommendations for practical lessons on the discipline

«Оздоровительный туризм / Wellness tourism »

Direction of training / specialty: 43.03.02 Tourism / International Tourism

(for full-time education)

(ELECTRONIC DOCUMENT)

Pyatigorsk, 2021

CONTENT

1. EXPLANATORY NOTE.....	3
2. PLAN OF PRACTICAL CLASSES.....	4
3. LIST OF RECOMMENDED LITERATURE.....	8

1. EXPLANATORY NOTE

Discipline « Оздоровительный туризм / Wellness tourism » mastered by students within 108 hours. Part of this time (40,5 hours) is allocated to independent or extracurricular work of students, another part (40,5 hours) is classroom forms of work (lectures and practical classes), which are organized directly by the teacher.

Practical lesson is the most important form of knowledge assimilation. Its three structural parts are obvious: the pre-seminar (preparation for the lesson), the seminar itself (discussion of the topic in the group) and the final part (post-seminar work of students to eliminate the gaps in knowledge that have been discovered).

Not only the seminar, but also the preceding and concluding parts of it are necessary links in an integral system of assimilation of the topic brought up for discussion.

The seminar is a means of checking knowledge, practicing the skills of independent study of materials in the discipline, working with literature, the ability to logically and consistently present the material learned. Speaking at a seminar, students should show the ability to highlight the main provisions, illustrate their application, and also draw practically significant conclusions from theoretical provisions.

For all the topics of the seminars, a list of the most important questions necessary for assimilation is given, as well as a list of basic and additional literature necessary for study.

For better assimilation of the material, it is necessary to keep a summary in a separate notebook. Such a synopsis can be in the form of an answer plan for each question of the topic, and in some cases, a short answer (with links to the relevant source: normative material or literature).

At the seminar, much attention is paid to considering not only theoretical issues, but also to the implementation of practical tasks aimed at developing teamwork skills. For each seminar lesson, the student selects materials from the methodological literature, the media, the Internet.

If the listener has not prepared for the seminar or missed it for some reason (including illness), he is obliged to report on this topic to the teacher leading the lesson in the group after hours. If you have any difficulties in studying the course, you must visit the consultation of the teacher leading the lesson, in accordance with the schedule of consultations that is available at the Department of T&HB.

In preparation for seminars on all topics, students should study:

- the basic literature recommended in the plan of seminars;
- additional literature recommended in terms of seminars;
- Internet sources.

2. PLAN OF PRACTICAL CLASSES

Practical Class № 1. Introductory course. Introduction to the discipline. Subject, methods and objectives of the discipline. Definition of concepts and terms.

Purpose: get acquainted with the discipline "Health tourism", with the basic concepts and terms.

Organizational form of the lesson: conversation.

Issues for discussion:

1. History and development of international resort areas.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 2. Introductory course. Introduction to the discipline. Subject, methods and objectives of the discipline. Definition of concepts and terms.

Purpose: get acquainted with the discipline "Health tourism", with the basic concepts and terms.

Organizational form of the lesson: conversation.

Issues for discussion:

1. Organization of health services in the world.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 3. The geography of health tourism in the world.

Purpose: to study the geography of health tourism in the world.

Organizational form of the lesson: conversation, round table.

Issues for discussion:

1. Resorts as the basis of health services in the pre-Soviet and Soviet periods

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 4. The geography of health tourism in the world.

Purpose: to study the geography of health tourism in the world.

Organizational form of the lesson: conversation.

Issues for discussion:

1. Formation of the health tourism market in the post-Soviet period.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 5. The history of the development of health tourism in Russia.

Purpose: to study history of the development of health tourism in Russia.

Organizational form of the lesson: conversation.

Issues for discussion:

1. Get acquainted with concepts and definitions; based on the results of the work, draw up a table of values for health and medical tourism.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 6. The history of the development of health tourism in Russia.

Purpose: to study history of the development of health tourism in Russia.

Organizational form of the lesson: conversation.

Issues for discussion:

1. To study and outline the topic: The history of the development of health tourism in the world and in Russia.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 7. The current state and prospects for the development of health services in the world.

Purpose: study current state and prospects for the development of health services in the world.

Organizational form of the lesson: conversation.

Issues for discussion:

1. 1. Mission and goals of creating wellness centers in accommodation facilities.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 8. The current state and prospects for the development of health services in the world.

Purpose: study current state and prospects for the development of health services in the world.

Organizational form of the lesson: conversation.

Issues for discussion:

1. Organization and technology of fitness centers, bowling centers, tennis courts, golf courses in hotels.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 9. Resorts as a major part of the wellness industry.

Purpose: to study resorts as a major part of the wellness industry.

Organizational form of the lesson: conversation.

Issues for discussion:

1. Leading Russian resorts: resorts of Altai, Sochi, CMW.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 10. Resorts as a major part of the wellness industry.

Purpose: to study resorts as a major part of the wellness industry.

Organizational form of the lesson: conversation.

Issues for discussion:

1. Leading foreign resorts.
2. Organization of health services in the Czech resorts, the Dead Sea, in the resorts of Germany, Turkey, Egypt, Tunisia.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 11. Recreational foundations of health tourism in Russia.

Purpose: to study recreational foundations of health tourism in Russia.

Organizational form of the lesson: conversation.

Issues for discussion:

1. Leading Russian resorts: resorts of Altai, Sochi, CMW.
2. Segmentation of the resort market in Russia.
3. Classification of health resorts by methods of health improvement and treatment

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 12. Recreational foundations of health tourism in Russia.

Purpose: to study recreational foundations of health tourism in Russia.

Organizational form of the lesson: conversation.

Issues for discussion:

1. The place of spa services in the health service system.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 13. Organization of wellness services.

Purpose: to study organization of wellness services.

Organizational form of the lesson: conversation.

Issues for discussion:

1. International experience in organizing health services: global trends. Regulatory framework for health services.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 14. Organization of wellness services.

Purpose: to study organization of wellness services.

Organizational form of the lesson: conversation.

Issues for discussion:

1. Technical regulations and standards to ensure the quality and safety of the provision of health services.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 15. Wellness and SPA as the latest health technologies.

Purpose: to study Wellness and SPA as the latest health technologies.

Organizational form of the lesson: conversation.

Issues for discussion:

1. Wellness and SPA as the main health and wellness technologies.
2. Concepts, types and categories of SPA.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 16. Wellness and SPA as the latest health technologies.

Purpose: to study Wellness and SPA as the latest health technologies.

Organizational form of the lesson: conversation, round table.

Issues for discussion:

1. Tourist SPA programs abroad: specifics and features

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 17. Features of SPA services in a resort destination.

Purpose: to study features of SPA services in a resort destination.

Organizational form of the lesson: conversation.

Issues for discussion:

1. SPA services in health resort activities: medical and health aspects.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

Practical Class № 18. Features of SPA services in a resort destination.

Purpose: to study features of SPA services in a resort destination.

Organizational form of the lesson: conversation.

Issues for discussion:

1. Organization of SPA services in the hotels of the resort region.

Guidelines: To prepare for this workshop, you need to familiarize yourself with the training sources.

3. LIST OF RECOMMENDED LITERATURE:

List of main literature:

1. Alexandrova, A. Yu. International tourism. Textbook / A.Yu. Alexandrova. - M.: KnoRus, 2016. - 460 p.
2. Bugorsky, V.P. Organization of the tourist industry. Legal foundations: a textbook for secondary vocational education / V.P. Bugorsky. - Moscow: Yurayt Publishing House, 2021. - 165 p.
3. Guba, D. V. Health tourism: resorts and service: textbook / D. V. Guba, Yu. S. Voronov. - Moscow: Sport, 2020. - 240 p.

List of additional literature:

1. Orlovskaya, V.P. Technology and organization of the tourism enterprise: textbook / V.P. Orlovskaya; ed. E.I. Bogdanov. - Moscow: INFRA-M, 2021. - 176 p.
2. Durovich, A.P. Organization of tourism: a tutorial / A.P. Durovich. - Minsk: RIPO, 2020. - 295 p.

List of educational and methodological support for independent work of students in discipline:

1. Methodical recommendations for the implementation of practical work in the discipline «Оздоровительный туризм / Wellness tourism» in the direction of training 43.03.02 Tourism
2. Methodical recommendations for students on the organization and conduct of independent work in the discipline «Оздоровительный туризм / Wellness tourism» for students in the direction of training 43.03.02 Tourism.

The list of resources of the information and telecommunication network «Internet», necessary for mastering the discipline:

1. <https://e.lanbook.com/> - Electronic library system Lan;
2. <http://biblioclub.ru/> - Electronic library system «University library on-line»;
3. <http://www.iprbookshop.ru/> - Electronic library system IPRbooks