

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

FUNDAMENTALS OF LEISURE TIME AND RECREATION

COURSE CODE:

N321

ECTS CREDITS

7

RESPONSIBLE FOR THE COURSE:

NAME	MATSOUKA OURANIA	
POSITION	LECTURER	
SECTOR	SPORT MANAGEMENT – PHYSICAL EDUCATION IN SCHOOLS AND RECREATION	
OFFICE	B2-2	
TEL. / E-MAIL	XX 30 25310 39706	oumatsou@phyed.duth.gr
CO-INSTRUCTORS	Trigonis J., Costa G., Tsitskari E.	

SEMESTER:

1ST 2ND 3RD 4TH
5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
DIRECTION
SPECIALIZATION
PREREQUIZITE FOR SPECIALIZATION
ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

(only for 3rd & 4th year courses)

TOURISM RECREATION AND
DANCE

SPECIALIZATION *(only for 3rd & 4th year courses)*

LANGUAGE OF TEACHING:

GREEK [X]

ENGLISH []

AIM OF THE COURSE (*content and acquired skills*)

The purpose of the class is to introduce to the students the art and the science of Recreation. Also the class aims to explain the role of leisure time to contemporary society and the creation of recreation companies. During the class students will be introduced to leisure theories and how they influence the sports and recreation industry.

COURSE CONTENTS (*outline – titles of lectures*)

1. The fundamentals of recreation and leisure.
2. Definitions of leisure, work, recreation.
3. The history of leisure and recreation from the ancient times.
4. The motives, wants and needs of recreation.
5. Human behavior towards leisure.
6. Unorganized leisure and play towards free play and organized games.
7. Leisure participation throughout the life span.
8. The quality of life in respect to leisure and work.
9. The leisure and recreation industry.
10. Managing recreation private companies.
11. How to evaluate the recreation industry.
12. The outdoor companies and their role to the leisure industry.
13. Future trends in the leisure and recreation

TEACHING METHOD (*lectures – labs – practice etc*)

Theory Lectures in the classroom using multi media.
Two educational visits to organizations that offer leisure and recreation services.
Quest speakers from the field.

ASSESSMENT METHOD(-S)

One term paper.
One group project.
Final examination.

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:

1. Be familiar with the basic theories of leisure time and their influence on new forms of exercise of each age
2. Know and comprehend the role of in leisure time in the modern society.
3. Be acquainted with the management of Public and Private Organisations that are developed in the field of leisure activities.
4. Develop methods of evaluation on recreation services.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Be familiar with the basic	<i>Lectures, and</i>	Med test of	25

theories of leisure time and their influence on new forms of exercise of each age	<i>annotation of digital material, study in the house</i>	cognitive evaluation by written quiz.	
Know and comprehend the role of in leisure time in the modern society.	<i>Lectures, and annotation of digital material, study in the house</i>	Med test of cognitive evaluation by written quiz.	25
Be acquainted with the management of Public and Private Organisations that are developed in the field of leisure activities.	<i>Lectures, study in the house, Visit public and private organisations of recreation services, work in groups</i>	Evaluation of written plan which concerns the management of Public or private organizations.	80
Develop methods of evaluation on recreation services	<i>Lectures, proposals for evaluation of recreation services, study in the house</i>	Oral presentations and final exams.	80
		TOTAL	210

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Edginton, C. R., Hudson, S. D., & Lankford, S. V. (2001). Managing recreation, parks, and leisure services: An introduction. Champaign, IL: Sagamore Publishing.
2. Iso-Ahola, S. 1980. The Social Psychology of Leisure and Recreation. Dubuque, Iowa: Wm. C. Brown Publishers.