

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Sport leisure and recreation

COURSE CODE:

N044

E.C.T.S. CREDITS

3

RESPONSIBLE FOR THE COURSE:

NAME	Ioannis Trigonis
POSITION	E.E.D.I.P.
SECTOR	Sport Management, School Physical Education & Recreation
OFFICE	B2 - 1
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CO-INSTRUCTORS	Ourania Matsouka, Assistant Professor

SEMESTER:

1 st	<input type="checkbox"/>	2 nd	<input type="checkbox"/>	3 rd	<input type="checkbox"/>	4 th	<input checked="" type="checkbox"/>
5 th	<input type="checkbox"/>	6 th	<input type="checkbox"/>	7 th	<input type="checkbox"/>	8 th	<input type="checkbox"/>

COURSE TYPE:

Obligatory	<input type="checkbox"/>
Direction	<input type="checkbox"/>
Specialization	<input type="checkbox"/>
Prerequisite for specialization	<input checked="" type="checkbox"/>
Elective (<i>open</i>)	<input type="checkbox"/>

HOURS (*per week*):

2

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

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

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TEACHING LANGUAGE:

Greek

English

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

The student will be able to understand: 1) the important role that leisure and recreation play in the life of human being through physiological and psychological context and 2) the needed structure of the organization that provides leisure services. Also the student will be able to plan and evaluate leisure programs.

COURSE CONTENTS (*outline – titles of lectures*):

1. Leisure, recreation and play: an introduction.
2. Leisure, recreation and the individual.
3. Leisure, recreation and quality of life.
4. Leisure, recreation in different population.
5. Developing leisure programs.
6. Research and evaluation in leisure activities.
7. Professional and carrier orienteering in the market in leisure and recreation.
8. Companies providing recreation services.
9. Hiking, mountaineering and technical climbing.
10. Games of orienteering.
11. Sailing as a mean for leisure and recreation.
12. Recreation and sports camps.
13. Administrating a trip with outdoor recreational activities.

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

1. Lectures in the classroom with the support of the technology, such as Power point.
2. Two educational visits to sports and recreation organization.
3. Presentation of data research about outdoor sports and recreation.

ASSESSMENT METHOD(S):

1. Semester paper.
2. Group projects.
2. Mid term exams.
3. Final exam.

LEARNING OUTCOMES:

- Upon the completion of this course the students will be able to:
1. Comprehend the importance of role of athletic entertainment and recreation in the life of individuals via the physiologic and psychological dimension.
 2. Know the structure and the operation of organizations offering leisure and recreation services.
 3. Develop and evaluate programs of kinetic entertainment and recreation.
 4. Organise outdoor recreation activities for all ages.

LEARNING OUTCOMES – CONTINUED:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Student Work Load (hours)</i>
Comprehension of the importance of the athletic entertainment and recreation role in the life of individuals	Lectures, demonstration and annotation of digital material, home study.	Intermediary controls with written tests of cognitive	20

via the physiologic and psychological dimension.		evaluation.	
Knowledge of the structure and operation of organizations offering leisure and recreation services.	Practical exercises, lab exercises, home study.	Intermediary controls with kinetic tests.	20
Ability to develop and evaluate programs of kinetic entertainment and recreation.	Lectures, group work, home study.	Intermediary controls evaluating: a) intermediary practical teachings, b) the development of an athletic recreation program.	20
Capability to organise outdoor recreation activities for all ages.	Lectures, practical exercises, development of two (2) group works, home study..	Intermediary work, final individual examinations.	30
		TOTAL	90

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Nikitaras, N. (2004). Outdoor life. Athens: Telethrion.
2. Cordes, K. & Ibrahim, H. (1996). Application in recreation & leisure for today and the future. New York: McGraw-Hill.
3. Class notes.