

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM

COURSE TITLE:

RECREATION IN AGING

COURSE CODE:

N325

CREDITS (E.C.T.S.)

7

RESPONSIBLE FOR THE COURSE:

NAME	MATSOUKA OURANIA	
POSITION	LECTURER	
SECTOR	SPORT MANAGEMENT, PHYSICAL EDUCATION IN SCHOOLS AND RECREATION	
OFFICE	B 2-2	
TEL. / E-MAIL	30 25310 39706	oumatsou@phyed.duth.gr
CO-INSTRUCTORS	GEORGE COSTA, TRIGONIS IOANNIS	

SEMESTER:

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

COURSE TYPE:

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

HOURS (per week):

2

DIRECTION

GROUPED SPECIALIZATION**

(only for 3rd & 4th year courses)

ΑΘΛΗΤΙΚΗ ΑΝΑΨΥΧΗ ΚΑΙ ΧΟΡΟΣ	
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SPECIALIZATION *(only for 3rd & 4th year courses)*

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LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*acquired skills & learning outcome*)

The aim of the subject is to provide knowledge concerning the aging processes that affect the life styles of the older population, as well as the theories of aging that stem out of these processes and the application of these theories in the field of recreation. More specifically, this subject concerns the biological, psychological, and sociological changes that are experienced by the elderly and provides suitable recreation programs and policies that will assist them to cope with these changes, and which will lead them to a successful aging.

COURSE CONTENTS (*outline – titles of lectures*)

1. Active Elderly. Current image of the elderly.
2. Theoretical perspectives of successful Aging.
3. Social Participation and Aging.
4. Volunteerism in Aging.
5. Physical activity and Aging (Gero-kinisiology)
6. Older women and Recreation.
7. Obstacles in older people's participation.
8. Benefits from participation.
9. Attitudes and Motivation for participation.
10. Older people's education for recreation.
11. Technology and Recreation in Elderly
12. Recreation Policies and Programs in Aging.
13. Principles of programs and training methods.

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

Lectures

ASSESSMENT METHOD(-S)

Essays

Examinations

LEARNING OUTCOMES

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

1. **Be familiar** with the basic aging processes (biological, psychological, and sociological changes) that affect the life styles of the older population.
2. **Know and comprehend** the theories of aging that stem out of these processes and the application of these theories in the field of recreation.
3. **Be acquainted with** the management and evaluation of suitable recreation programs that will assist them to cope with these changes, and which will lead them to a successful aging.

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 aging processes (biological,	Lectures, and annotation of digital	Midterm test of cognitive	50

psychological, and sociological changes) that affect the life styles of the older population.	material, study in the house	evaluation by written quiz.	
Know and comprehend the theories of aging that stem out of these processes and the application of these theories in the field of recreation.	Lectures, study in the house, Visit organisations that provide recreation programs in the elderly	Midterm test of Cognitive evaluation by written quiz.	50
Be acquainted with the management and evaluation of suitable recreation programs that will assist them to cope with these changes, and which will lead them to a successful aging.	Lectures, proposals for management and evaluation of recreational programs for the elderly, study in the house	Oral presentations and final exams.	110
		TOTAL	210

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Jones, C., Rose, D. J. (2004). Physical Activity Instruction of Older Adults.
2. Teague, M. L. & MacNeil, R. D. (1992). Aging and Leisure : Vitality in Later Life. Publisher: McGraw-Hill College.
3. Teague, M. L.(Editor), Kearns, D., Mc Gree, V. L.(1997) Health Promotion: Achieving High-Level Wellness in the Later Years. Publisher: McGraw-Hil College.
4. Elliott, J. E. & Sorg-Elliott, J. A. (1991). Recreation programming and Activities for Older adults. Venture Publishing, INC