

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Outdoor activities – Adventure pursuits

COURSE CODE:

N502

E.C.T.S. CREDITS

8

RESPONSIBLE FOR THE COURSE:

NAME	Ourania Matsouka		
POSITION	Lecturer		
SECTOR	Sports Management, School Physical Education & Recreation		
OFFICE	B2 - 2		
TEL. / E-MAIL	25310 - 39706	oumatsou@phyed.duth.gr	
CO-INSTRUCTORS	George Costa, Associate Professor Giannis Trigonis, EEDIP		

SEMESTER:

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

COURSE TYPE:

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

HOURS (per week):

4

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

Sport Recreation & Dance	
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SPECIALIZATION (only for 3rd & 4th year courses):

Sport Tourism & Recreation

LANGUAGE OF TEACHING: GREEK ENGLISH

AIM OF THE COURSE (content and acquired skills):

The aim of this course is to: a) educate the students on the importance of the outdoor activities, b) lead them into experiencing outdoor activities and adventure pursuits and c) make them able to plan develop and evaluate leisure programs.
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COURSE CONTENTS (*outline – titles of lectures*):

1. Introduction to outdoor adventure pursuits.
2. History of outdoor adventure programming.
3. Models and theories of outdoor adventure pursuits.
4. Environmental education.
5. Outdoor adventure pursuits and education.
6. Experiential learning: new trends and perspectives.
7. Group dynamics.
8. Team building pursuits.
9. Adventure pursuits.
10. Hiking.
11. Camping.
12. Rock / wall climbing and rappelling.
13. Mountain biking.
14. Whitewater activities.
15. Sailing activities and scuba diving.
16. The benefits of outdoors adventure pursuits.
17. Outdoor adventure pursuits and therapeutic recreation.
18. Outdoor adventure pursuits and different populations.
19. Developing outdoor adventure programs.
20. Safety guidelines for outdoors recreational activities.
21. Managing medical emergencies.
22. Legal responsibility and outdoor pursuits.
23. Risk management - Motivations in outdoor adventure pursuits.
24. Research and evaluation in outdoor pursuits.
25. Trends in outdoor adventure pursuits.
26. The professionalization of outdoor adventure.

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

1. Lectures with the support of multi media.
2. Educational visits to organizations that offer leisure and recreation services.
3. Quest speakers.

ASSESSMENT METHOD(S):

1. One term paper.
2. One group project.
3. Final exams.

LEARNING OUTCOMES:

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

1. Comprehend the basic theories of outdoor activities and adventure pursuits.
2. Comprehend the different kinds of outdoor activities and adventure pursuits.
3. Know the management of public and private organizations that offer outdoor activities and adventure pursuits.
4. Develop methods of evaluation on outdoor recreation services.

LEARNING OUTCOMES – CONTINUED:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Student Work Load (hours)</i>
Comprehension of the basic theories of outdoor activities and adventure pursuits.	Lectures, annotation of digital material, home study.	Midterm test of cognitive evaluation (written quiz).	25
Comprehend the different kinds of outdoor activities and adventure pursuits.	Lectures, annotation of digital material, group work in outdoor environment, home study.	Midterm test of Cognitive evaluation (written quiz).	25
Knowledge of the management of public and private organizations offering outdoor activities and adventure pursuits.	Lectures, visits in public and private organizations offering recreation services, home study.	Evaluation of written plan regarding the management of public / private outdoor recreation services.	90
Development of methods for evaluating outdoor recreation services.	Lectures, proposals for evaluation of recreation services, home study.	Presentations, final exams.	100
		TOTAL	240

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Ewert, A. (1989). Outdoor adventure pursuits: Foundations, models, and theories. Worthington, OH: Publishing. Horizons, Inc.
2. Dougherty, N.J. (1998). Outdoor recreation safety. Champaign, IL: Human Kinetics.