### Democritus University of Thrace
#### Department of Physical Education & Sport Science

**Undergraduate Program of Study**

**Course Title:** Sport for All

<table>
<thead>
<tr>
<th>Course Code</th>
<th>E.C.T.S. Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>N505</td>
<td>8</td>
</tr>
</tbody>
</table>

**Responsible for the Course:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Ioannis Trigonis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Position</td>
<td>E.E.D.P.</td>
</tr>
<tr>
<td>Sector</td>
<td>Sport Management, School Physical Education &amp; Recreation</td>
</tr>
<tr>
<td>Office</td>
<td>B2 - 1</td>
</tr>
<tr>
<td>Tel./Email</td>
<td>25310 - 39701</td>
</tr>
<tr>
<td>Co-Instructors</td>
<td>George Costa, Associate Professor</td>
</tr>
</tbody>
</table>

**Semester:**

<table>
<thead>
<tr>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
<th>4th</th>
<th>5th</th>
<th>6th</th>
<th>7th</th>
<th>8th</th>
</tr>
</thead>
</table>

**Course Type:**

- Obligatory: [ ]
- Direction: [ ]
- Specialization: [X]
- Prerequisite for specialization: [ ]
- Elective (open): [ ]

**Hours (per week):** 4

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

- Recreation & Dance

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

- Sport Tourism & Recreation

**Language of Teaching:**

- Greek [X]
- English [ ]
AIM OF THE COURSE (content and acquired skills):
The aim of the course is to examine issues regarding physical activity and sport in leisure time, such as the development of sport for all in modern times, the influencing sociopolitical factors, the benefits deriving from exercise, the factors inhibiting participation and the programs that can be developed for specific groups of people (i.e., elderly, people with heart problems, obese people, etc.).

COURSE CONTENTS (outline – titles of lectures):
1. Leisure, recreation, game.
2. Sport for all.
3. Retrospection and development.
4. Exercise and human needs.
5. Sport for all in the circle of life.
7. Sport for all and health.
8. Exercise in the labour space.
9. Economy and sports.
10. Tourism and sport for all.
12. Outdoor activities.
13. Fitness for the elderly.
15. Fitness and strength.
17. Religion and sport for all.
18. Corporate fitness.
19. Therapeutic recreation.
20. Sport for all and way of life.
21. Aerobic programs for fitness.
22. Principles of training.
23. Programs for walking.
24. Programs for swimming.
25. Programs for bicycling.

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

ASSESSMENT METHOD(S):
1. Participation in class  20%
2. Participation in activity  10%
3. Participation in the meetings / visits  10%
4. Final exams  60%

LEARNING OUTCOMES:
Upon the completion of this course the students will be able to:
1. Comprehend the forms and variations of sport for all.
2. Research bibliographical references for collection of information relevant to sport for all programs.
3. Execute outdoor activities in satisfactory way.
4. Excel in animation.
5. Produce a portfolio of activities for sport / recreation activities for all ages.
6. Evaluate the conditions for the development of kinetic recreation programs in private and public organizations.

**LEARNING OUTCOMES – CONTINUED:**

<table>
<thead>
<tr>
<th>Learning Outcomes</th>
<th>Educational Activities</th>
<th>Assessment</th>
<th>Students Work Load ( hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehension of the forms and variations of sport for all.</td>
<td>Lectures, home study.</td>
<td>Intermediate control with written test.</td>
<td>40</td>
</tr>
<tr>
<td>Ability to research bibliographical references for collection of information relevant to sport for all programs.</td>
<td>Visit at the library.</td>
<td>Intermediate controls with written test.</td>
<td>40</td>
</tr>
<tr>
<td>Ability to execute outdoor activities in satisfactory way.</td>
<td>Lectures, group work home study.</td>
<td>Intermediate evaluation of sport for all programs.</td>
<td>40</td>
</tr>
<tr>
<td>Excellence in animation.</td>
<td>Practical applications of programs, group work, home study.</td>
<td>Intermediate evaluation of animation programs.</td>
<td>40</td>
</tr>
<tr>
<td>Production of a portfolio of activities for sport / recreation activities for all ages.</td>
<td>Practical applications of programs, group work, home study.</td>
<td>Lectures, individual work, home study</td>
<td>40</td>
</tr>
<tr>
<td>Ability to evaluate the conditions for the development of kinetic recreation programs in private and public organizations.</td>
<td>Lectures, group work home study.</td>
<td>Final exams.</td>
<td>40</td>
</tr>
</tbody>
</table>

**TOTAL** 240

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**