

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM

COURSE TITLE:

Special topics in recreation and dance

COURSE CODE:

N326

E.C.T.S. CREDITS

7

RESPONSIBLE FOR THE COURSE:

NAME	Dimitris Goulimaris	
POSITION	Assistant Professor	
SECTOR	Sports Management, School Physical Education & Recreation	
OFFICE	B2 - 12	
TEL. / E-MAIL	25310 - 39672	dgoulima@phyed.duth.gr
CO-INSTRUCTORS		

SEMESTER: 1st 2nd 3rd 4th
 5th 6th 7th 8th

COURSE TYPE: Obligatory
 Direction
 Specialization
 Prerequisite for specialization
 Elective (*open*)

HOURS (per week): 2

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

Sports, Recreation & Dance

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

LANGUAGE OF TEACHING: GREEK ENGLISH

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

The aim of this course is to provide students with knowledge on: a) sports recreation and dancing, b) styles and trends that dominate the field of sports recreation, eco tourism and adventure sports tourism, c) issues relating to dance as a form of culture, spectacle and entertainment, a means of nonverbal communication, an educational process and an object of distance learning, and a therapeutic tool in order to prepare them to become professionally competitive in the tourism and sports industry.

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

1. Introduction to sports recreation and sports for all.
2. Distance learning and motor skills.
3. Recreation & dance: contribution to Greek culture and tourism.
4. Future trends in outdoor activities.
5. The semantics of motion - Non-verbal communication.
6. Professional rights and sports recreation.
7. Therapeutic use of dance and sports leisure I.
8. Therapeutic use of dance and sports leisure II.
9. Education and outdoor activities.
10. Aesthetics.
11. The concept of entrepreneurship.
12. Creativity and innovation in dance and recreational activities.
13. Culture, tradition and pop culture - The culture in postindustrial West.

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

Lectures supported by audio visual means.

ASSESSMENT METHOD(S):

1. Individual project.
2. Progress test.
3. Final exams.

LEARNING OUTCOMES

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

1. Recognize styles and trends that dominate the field of sports recreation, eco tourism and adventure sports tourism.
2. Recognize dance as a form of culture, spectacle and entertainment, an object of distance learning, a therapeutic tool, a means of nonverbal communication and as an educational process.
3. Be professionally competitive in the tourist and sport market.

LEARNING OUTCOMES – CONTINUED:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Recognition of styles and trends that dominate the field of sports recreation, eco tourism and adventure sports tourism.	Lectures, home study.	Intermediate control with written tests of cognitive evaluation.	40
Recognition of dance as a form of culture, spectacle and entertainment, an object of distance learning, a therapeutic tool, a means of nonverbal communication and as an educational	Lectures, home study.	Intermediate control with written tests of cognitive evaluation, written work and final	100

process.		examination.	
Become professionally competitive in the tourism and sport market.	Lectures, home study.	Intermediate control with written tests of cognitive evaluation, written work, final exams.	70
		TOTAL	210

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Ewert, W.A. (1986). Outdoor adventure pursuits: foundation, models and theories. Columbus, OH: Publishing Horizons, Inc.
2. Dougherty, N.J. (1998). Outdoor recreation safety. Champaign, IL: Human Kinetics.
3. Weed, M. & Bull, C. (2004). Sports Tourism: Participants, Policy and Providers. Oxford: Elsevier.
4. Standeven, J., De Knop, P. Sports tourism. Champaign, IL: Human Kinetics.
5. Billmann, S.C. (1997). When the dance cures. Athens: Greek Letters.
6. Billmann, S.C. (1995). Dance therapy with the primitive expression. Athens: Way of life.
7. Payne. H. (1992). Dance movement therapy: theory and practice. London: Routledge.