

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Sport for All

COURSE CODE:

N505

E.C.T.S. CREDITS

8

RESPONSIBLE FOR THE COURSE:

NAME	Ioannis Trigonis		
POSITION	E.E.D.I.P.		
SECTOR	Sport Management, School Physical Education & Recreation		
OFFICE	B2 - 1		
TEL. / E-MAIL	25310 - 39701	itrigon@phyed.duth.gr	
CO-INSTRUCTORS	George Costa, Associate Professor		

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 type="checkbox"/>	7 th	<input type="checkbox"/>	8 th	<input checked="" type="checkbox"/>

COURSE TYPE:

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

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

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.
6. Sports and education.
7. Sport for all and health.
8. Exercise in the labour space.
9. Economy and sports.
10. Tourism and sport for all.
11. Women and exercise.
12. Outdoor activities.
13. Fitness for the elderly.
14. Aerobically Natural Situation.
15. Fitness and strength.
16. Sports and weight control.
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.
26. Evaluation of programs.

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:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Comprehension of the forms and variations of sport for all.	Lectures, home study.	Intermediate control with written test.	40
Ability to research bibliographical references for collection of information relevant to sport for all programs.	Visit at the library.	Intermediate controls with written test.	40
Ability to execute outdoor activities in satisfactory way.	Lectures, group work home study.	Intermediate evaluation of sport for all programs.	40
Excellence in animation.	Practical applications of programs, group work, home study.	Intermediate evaluation of animation programs.	40
Production of a portfolio of activities for sport / recreation activities for all ages.	Practical applications of programs, group work, home study.	Lectures, individual work, home study	40
Ability to evaluate the conditions for the development of kinetic recreation programs in private and public organizations.	Lectures, group work home study	Final exams.	40
		TOTAL	240

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Torkildsen, G. (2005). Leisure and recreation management. London: Routledge.
2. Costa, L., & Miragaya, A. (2002). Worldwide experiences and trends in sport for all. UK: Meyer and Meyer Sport.
3. Cabeza, M.C. (2000). Leisure and human development. Bilbao, Spain: University of Deusto.
4. Standeven, I., Hardmant, M. & Fisher, D. (1991). Sport for all into the 90s. Aachen, Germany: Meyer and Meyer Verlag.
5. Oja, P. & Telama, R. (1991). Sport for all. Amsterdam: Elsevier Science Publishers.