

COURSE OUTLINE GAMES AND SPORT RECREATION

1. GENERAL

SCHOOL	PHYSICAL EDUCATION SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C053	SEMESTER	5 th -6 th
COURSE TITLE	GAMES AND SPORT RECREATION		
TEACHING ACTIVITIES <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>		TEACHING HOURS PER WEEK	ECTS CREDITS
		2	3
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Skill Development		
PREREQUISITES:	No		
TEACHING & EXAMINATION LANGUAGE:	Greek		
COURSE OFFERED TO ERASMUS STUDENTS:	No		
COURSE URL:	https://eclass.duth.gr/courses/KOM02204/		

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

The aim of the course is for students

- *to understand the importance of the role of sport leisure and recreation in the quality of life of individuals through the physiological and psychological dimension. In addition,*
- *to know the structure and operation of leisure and leisure service organizations,*
- *to be able to develop and evaluate mobile entertainment and leisure programs.*
- *To know the importance and types of sports recreation as well as alternative forms of its development*
- *To understand tourism and will learn how to manage and promote sports leisure and tourism activities and how to organize, manage, operate a camp and / or sports camp, so that they can work there as executives (seasonal or permanent staff)*
- *To be trained in new technologies and will learn about their usefulness and how to use them for marketing, organizing and managing a sports tourism business. Finally, students will learn how they can build the necessary*

qualifications required by the market of sports tourism and leisure and how they can successfully promote them, in order to facilitate finding a job.

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,

ICT Use

Adaptation to new situations

Decision making

Autonomous work

Teamwork

Working in an international environment

Working in an interdisciplinary environment

Production of new research ideas

Project design and management

Equity and Inclusion

Respect for the natural environment

Sustainability

Demonstration of social, professional and moral responsibility and sensitivity to gender issues

Critical thinking

Promoting free, creative and inductive reasoning

- *Search, analysis and synthesis of data and information, ICT Use*
- *Adaptation to new situations*
- *Decision making*
- *Autonomous work*
- *Teamwork*
- *Working in an interdisciplinary environment*
- *Project design and management*
- *Equity and Inclusion*
- *Demonstration of social, professional and moral responsibility and sensitivity to gender issues*
- *Critical thinking*
- *Promoting free, creative and inductive reasoning*

3. COURSE CONTENT

1. *Leisure, Recreation and Play: An introduction.*
2. *Leisure, Recreation and the individual.*
3. *Leisure, Recreation and Quality of life.*
4. *Leisure, Recreation in different population.*
5. *Developing leisure Programs.*
6. *Research and Evaluation in leisure activities.*
7. *Professional and carrier orienteering in the market in leisure and recreation.*
8. *Companies providing recreation services.*
9. *Hiking, mountaineering and technical climbing.*
10. *Games of orienteering.*
11. *Sailing as a mean for leisure and recreation.*
12. *Recreation and sports camps.*
13. *Administrating a trip with outdoor recreational activities.*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	1. Face to face Lectures and practical applications as well as distance learning 2. Two educational visits to sports and recreation organizations.	
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching	
TEACHING ORGANIZATION <i>The ways and methods of teaching are</i>	Activity	Workload/semester

<p>described in detail. Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</p> <p>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</p>	Lectures	26
	Field Exercise	22
	Study and individual works	14
	Interactive learning and analysis of digital material	13
	Total	75
<p>STUDENT EVALUATION Description of the evaluation process</p> <p>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</p> <p>Please indicate all relevant information about the course assessment and how students are informed</p>	<ol style="list-style-type: none"> 1. Participation in the courses 2. Active participation in the practical part and in the educational activities that are implemented within the course 3. Progress tests in theory and practice 4. Elaboration of individual and group work 5. Final exams 	

5. SUGGESTED BIBLIOGRAPHY

1. Costa G., Matsouka O., Trigonis I., Tsitskari E. (2016). *Sports Recreation and Leisure*. Publications Hellenic Academic Electronic Books and Aids - "Kallipos" Repository.
2. Carley Sutton, Christine Williams, John Buswell, Keith Donne (2020). *Management of quality services in leisure, events, tourism and sports*. Propompos Publications.
3. Spengler John, Connaughton Daniel, Pittman Andrew (2016). *Risk management in sports and leisure*. Disigma Publications.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Ioannis Trigonis
Contact details:	itrigon@phyed.duth.gr
Supervisors:	NO
Evaluation methods:	Written examination with distance learning methods
Implementation Instructions:	<p>The examination in the course will be carried out in the e-class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat. The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance methods.</p> <p>Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They</p>

	<p>will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified.</p> <p>Each student should answer multiple choice questions, free text development, critical thinking. Each of the questions is graded from 0.5 to 2.0 points depending on the question category.</p>
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