

COURSE OUTLINE LEISURE AND 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	C601	SEMESTER	5 th
COURSE TITLE	LEISURE AND 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
		3	6
<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>	SCIENTIFIC AREA SPECIALIZATION - MANDATORY SELECTION		
PREREQUISITES:	YES		
TEACHING & EXAMINATION LANGUAGE:	GREEK		
COURSE OFFERED TO ERASMUS STUDENTS:	NO		
COURSE URL:			

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

- to introduce students to the science of sports tourism (ST) and recreation
- to educate them on theoretical and practical issues regarding ST, the development of business plans and development of sport tourism destinations, administration of target groups / participants of ST activities and its related forms.

Other purposes are:

- a) the creation of appropriate conditions for research on ST and animation in Greece,
- b) the creation of appropriate conditions for professional activity in businesses and organizations involved in ST at national and international level,
- c) encourage / develop entrepreneurship in ST and d) make students who are specialized in "Sport Tourism and Recreation" able to organize sport and cultural events.

General Skills

Name the desirable general skills upon successful completion of the module

*Search, analysis and synthesis of data and information,
ICT Use*

*Project design and management
Equity and Inclusion*

<i>Adaptation to new situations</i>	<i>Respect for the natural environment</i>
<i>Decision making</i>	<i>Sustainability</i>
<i>Autonomous work</i>	<i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i>
<i>Teamwork</i>	<i>Critical thinking</i>
<i>Working in an international environment</i>	<i>Promoting free, creative and inductive reasoning</i>
<i>Working in an interdisciplinary environment</i>	
<i>Production of new research ideas</i>	

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

- 1. Understand the meaning and forms of ST and the motives that drive tourists to ST.*
- 2. Perform at a satisfactory level outdoor sports and animation activities.*
- 3. Define ST forms and develop a portfolio of activities for sports tourism businesses, organizations and cruisers.*
- 4. Design tourist period and develop the image of a sports tourism destination by creating a "brand name".*
- 5. Organize camps, sports events and cultural festivals.*
- 6. Evaluate the national and global conditions for the development of sports tourism and create tourists' networks between private and public sectors companies.*

3. COURSE CONTENT

- 1. Sports tourism and recreation worldwide. Reference to the Greek market.
Tourist Image - "Brands" at sport tourists destinations.
Economic and Social Impacts of Sports Tourism.
Tourist Nationalities - Seasonality of Tourism.*
- 2. Creating a portfolio of activities - Animation planning.
Animation practice.
Maritime tourism - Cruise tourism.
Accessibility and safety of exercise and recreation areas.*
- 3. Entrepreneurship in ST.
Staffing of companies ST.1
Staffing of companies ST.2
Attracting foreign and domestic markets. Presentations.*
- 4. LinkedIn-CV.
Motor recreational activities for all.*
- 5. Recreational activities and contact games.
Games of trust – cooperation.*
- 6. Activities provided by recreation companies.
Variations of games with Cricket equipment.
Variations of games with Hockey equipment.
Camping games.*
- 7. Activities with ropes.
Kinetic games in the pool.*
- 8. Traditional games.
Moderate intensity games for hotels (Croquet, Botsia).
Competitive games and sports.
Recreational activities for employees.*
- 9. Basic principles of recreation and leisure.
Qualifications of recreation professionals.
Communication characteristics.*

<p><i>Work incentives through recreation.</i></p> <p>10. <i>Volunteering.</i></p> <p>11. <i>Camping issues. Organization chart of camps.</i> <i>Organization of events - street movement.</i></p> <p>12. <i>Planning educational activities in the countryside.</i> <i>Recreational programs for children in the water.</i></p> <p>13. <i>Trends in gyms and wellness centers.</i> <i>Presentations of good practices.</i> <i>Future of Sports Tourism and Recreation.</i></p>
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4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Face to face Lectures and practical applications as well as distance learning			
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 and communication with students			
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>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.</i> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	Outcomes	Educational Activities	Assessment	Students Work Load (hours)
	They will understand and recognize the mean of sport tourism "ST", its forms and the motives that drive tourists to ST.	Lectures, demonstration & observation of digital material, study.	Intermediate controls by cognitive work papers through eclass.	39
	They will perform at satisfying level outdoor sports activities and distinguish for their special abilities in animation.	Practice, exercise & study.	Intermediate controls by appropriate motor tests.	41
	They will define sport tourism forms and will generate a portfolio of	Lectures, study, team work.	Intermediate controls with evaluations of a) intermediate	30

	activities for sports tourism businesses, organizations and cruisers.		practice lectures, b) designs of activity plans.	
	They will organize children camps as well as sports events and cultural festivals.	Meetings with tourism organizations, lectures, study.	Intermediate controls by cognitive work papers through eclass.	30
	They will design tourist period and the image of sports tourism destinations by putting on the map a "brand name" for each destination.	Lectures, study.	Analysis of material Final exams*	10
			TOTAL	150
<p>STUDENT EVALUATION</p> <p><i>Description of the evaluation process</i></p> <p><i>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</i></p> <p><i>Please indicate all relevant information about the course assessment and how students are informed</i></p>				
<ol style="list-style-type: none"> 1. Final written examination (50%) 2. Participation in class 15% 3. Participation in activity 15% 4. Written assignments (20%) <p>The final grade is calculated based on the above quota, when the student receives a grade greater than or equal to 5 (five) in the final exams.</p>				

5. SUGGESTED BIBLIOGRAPHY

1. Paitisinis-Costa, G. & Yfantidou, G. (2016). *The development of sport tourism*. e-book Kallipos, ISBN: 978-960-603-391-9, ID Eudoxus: 320325, URL: <http://hdl.handle.net/11419/4256>.
2. Alexandris, K. (2018). *Sports tourism administration*. Athens: Kyriakidis Bros. Publications SA
3. Sotiriadis M., Farsali I. (2009). *Alternative and special forms of tourism*. (ed.) Nikitopoulos E and Co. OE
4. Igoumenakis N., Kravaritis K., Lytras P. (1999). *Introduction to tourism*. (ed.) Nikitopoulos E and Co. OE

5. Lazana F. (2003). *Introduction to professional tourism*. (ed.) Nikitopoulos E and Co. OE
6. Kravaritis K., Papageorgiou A. (2007). *Professional tourism-Organization of conferences*. (ed.) Nikitopoulos E and Co. OE
7. Venetsanopoulou M. (2006). *The state contribution to tourism-alternative forms of tourism*. (ed.) Nikitopoulos E and Co. OE
8. Lytras P. (2002). *The society of recreation*. (ed.) Nikitopoulos E and Co. OE

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:	Supervision by teachers through teams
Evaluation methods:	Written examination with distance learning methods
Implementation Instructions:	<p>The examination in the course will be carried out in the e-class at the sector "Exercises", on the day according to the examination program announced by the Secretariat. The Supervision will take place by teachers through teams.</p> <p>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 will also take part in the examination with a camera and microphone, 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 0.25 to 3.0 points depending on the question category.</p>