COURSE OUTLINE OUTDOOR EDUCATION. METHODS AND STRATEGIES

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	C603 SEMESTER 6 th				
COURSE TITLE	OUTDOOR EDUCATION. METHODS AND STRATEGIES				
TEACHING ACTIVITIES 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.		TEACHING HOURS PER WEEK	ECTS	CREDITS	
			3		6
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.					
COURSE TYPE Background, General Knowledge, Scientific Area, Skill Development	SCIENTIFIC AREA				
PREREQUISITES:	NO				
TEACHING & EXAMINATION	GREEK				
LANGUAGE:	ENGLISH (ERASMUS STUDENTS)				
COURSE OFFERED TO ERASMUS	YES				
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 examine and analyze issues related to the • fundamental principles of Outdoor Education. • Specifically, this course aims at both theoretical and practical training of students on issues related to the design, implementation, development and evaluation of Outdoor Activities programs, offered by public and private structures taking into account the specifics of each participant. • Also, through specialized intervention programs, people with motor, cognitive, emotional and / or social disabilities are given the opportunity to acquire skills that will allow them to enjoy their free time creatively, pleasantly and independently in the outdoor environment. Upon the completion of this course, students:

- 1. They will understand the basic principles that govern Outdoor Education.
- 2. They will be informed about the different forms of outdoor activities and will be prepared so that they can enter the market of leisure companies.
- 3. They will be provided with the necessary knowledge to be competitive in a field where there is no institutionalized related profession.
- 4. Will be able to organize and evaluate outdoor activity and sports adventure programs.

General Skills		
Name the desirable general skills upon successful con	npletion of the module	
Search, analysis and synthesis of data and information,	Project design and management	
ICT Use	Equity and Inclusion	
Adaptation to new situations	Respect for the natural environment	
Decision making	Sustainability	
Autonomous work	Demonstration of social, professional and moral responsibility	
Verking in an international environment	and sensitivity to gender issues	
Working in an interdisciplinary environment	Promoting free, creative and inductive reasoning	
Production of new research ideas	romoting free, creative and madelive reasoning	
 ICT Use Adaptation to new situations Decision making Autonomous work 		
Teamwork		
 Working in an international envi 	ronment	
 Working in an interdisciplinary environment 		
 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

3. COURSE CONTENT

Theoretical courses

1. Fundamental Principles of Outdoor Education: New Trends and Perspectives

2. Organization Planning Implementation and Evaluation of Outdoor Activities Programs in various educational environments

3. Experiential Education in a school environment

4. Safety instructions and management of medical emergencies in outdoor activities

5. Indicative individualized plans of experiential education in the countryside **Practical Courses:**

6. Enhancing team dynamics and social cohesion through outdoor activities

- 7. Orientation
- 8. Hiking Living in nature Adventure games

9. Wall and rock climbing

10. Mountain bike

11. Activities in the water (river - lake)

12. Cruise Sailing

13. Outdoor activities and professional prospects

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD	Face to face Lectures and practical applications as well		
Face to face, Distance learning, etc.	as distance learning		

USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) Use of ICT in Teaching, in Laboratory Education, in Communication with students	Use of ICT in Teaching and in Communication with students			
TEACHING ORGANIZATION	Activity		Workload/semester	
The ways and methods of teaching are described in detail	Lectures Seminars		39	
Lectures, Seminars, Laboratory Exercise, Field			10	
Exercise, Bibliographic research & analysis, Tutoring, Internshin (Placement), Clinical	Field Exercise	– Outdoor		
Exercise, Art Workshop, Interactive learning,	activities Educational			
Study visits, Study / creation, project, creation,	visits to outdoors service		66	
	companies in public and			
The supervised and unsupervised workload per activity is indicated here, so that total	private sector			-
workload per semester complies to ECTS	Study and individual		20	
standards.	Interactive learning and			-
	analysis of digital		15	
	material			
	Total		150	1
STUDENT EVALUATION	1. Final written examination (30%)		nination (30%)	
	2. Practical examination		on in outdoor	
Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test	environment (60%)		6)	
Short Answer Questions, Essay Development	3 Written assignment		nts (10%)	
Questions, Problem Solving, Written Assignment Essay / Report Oral Exam	S. WITCH assignments (10/0)			
Presentation in audience, Laboratory				
Report,Clinical examination of a patient,Artistic interpretation, Other/Others				
Please indicate all relevant information about the course assessment and how students are				

5. SUGGESTED BIBLIOGRAPHY

- 1. Carter, M. J., & Van Andel, G. E. (2019). Therapeutic recreation: A practical approach. Waveland press.
- 2. Dougherty, N. J. (Ed.). (1998). Outdoor recreation safety. Human Kinetics 1.
- 3. Ewert, A. W. (1989). Outdoor adventure pursuits: Foundations, models, and theories. Publishing Horizons. Inc.: Ohio, 49.
- 4. Harrison, G., & Erpelding, M. (2012). Outdoor program administration: Principles and practices. Human Kinetics.
- 5. O'Connell, T. S., Cuthbertson, B., & Goins, T. J. (2018). Leadership in Recreation and Leisure Services. Human Kinetics.
- 6. Pfister, R. E., & Tierney, P. T. (2009). Recreation, event, and tourism businesses: Start-up and sustainable operations. Human Kinetics.
- Θεοδωράκης, Γ. (2010). Άσκηση, ψυχική υγεία και ποιότητα ζωής. Εκδόσεις Χριστοδουλίδη, Θεσσαλονίκη.
- 8. Κουθούρης, Χ. (2009). Υπαίθριες δραστηριότητες αναψυχής-ακραία αθλήματαμάνατζμεντ υπηρεσιών-εκπαίδευση στελεχών. Θεσσαλονίκη: Χριστοδουλίδης.
- 9. Παιτσίνης Κώστα, Γ., Ματσούκα, Ο., Τριγώνης, Ι., & Τσίτσκαρη, Ε. (2015). Αθλητικός Τουρισμός και Υπαίθριες Δραστηριότητες.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Ourania Matsouka, Professor
Contact details:	oumatsou@phyed.duth.gr
Supervisors:	no
Evaluation methods:	Written examination with distance learning methods
Implementation Instructions:	The examination in the course will be carried out in subgroups of users 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. 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, 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. 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.