

## COURSE OUTLINE

<b>RESPONSIBLE OF THE COURSE</b>	OURANIA MATSOULA, Professor D.P.E.S.S. – D.U.T.H.
----------------------------------	---

### 1. GENERAL

<b>SCHOOL</b>	PHYSICAL EDUCATION & SPORT SCIENCES		
<b>DEPARTMENT</b>	PHYSICAL EDUCATION & SPORT SCIENCES		
<b>LEVEL OF STUDIES</b>	POSTGRADUATE PROGRAMME		
<b>COURSE CODE</b>	<b>T204</b>	<b>SEMESTER</b>	<b>2<sup>th</sup></b>
<b>COURSE TITLE</b>	ALTERNATIVE SPORTS, TOURISM AND LEISURE ACTIVITIES. NEW TRENDS – APPROACHES		
<b>TEACHING ACTIVITIES</b> <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>		<b>TEACHING HOURS PER WEEK</b>	<b>ECTS CREDITS</b>
		2	7,5
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skill Development</i>	MINOR COURSE		
<b>PREREQUISITES:</b>	No		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	Greek		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	No		
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/PHYED7A105/">https://eclass.duth.gr/courses/PHYED7A105/</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b> <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>
<p>The aim of the course is to examine and analyze issues related to the fundamental principles of sustainable development and alternative forms of tourism. Specifically, this course aims at both theoretical and practical training of students on issues related to the design, implementation, development and evaluation of programs of alternative forms of tourism and recreation practice, offered by public and private structures, taking into account the particularities of each participant. Through the offered programs, people with motor, cognitive, emotional and / or social limitations are given the opportunity to acquire skills that will allow them to enjoy their free time creatively, pleasantly and independently.</p> <p>The objectives of the course are:</p> <p>a) to create conditions for research activity on alternative sports and recreation activities in a variety of environments;</p> <p>b) to create the appropriate conditions for professional activity in enterprises, public and private bodies offering sports and leisure programs.</p> <p><b>After the successful completion of the course students will be able to:</b></p> <ol style="list-style-type: none"> <li>1. To know and understand the fundamental principles of sustainable development and alternative forms of tourism.</li> <li>2. To Identify, record and evaluate the specific abilities of population groups (target groups).</li> <li>3. To know and describe the operation of Public and Private structures providing services for alternative forms of tourism and recreation programs at national and international level.</li> <li>4. To produce research activity and collaborations at national and international level.</li> </ol>

### 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
- Equity and Inclusion
- Demonstration of social, professional and moral responsibility and sensitivity to gender issues
- Critical thinking

### 3. COURSE CONTENT

1. Introduction to sustainable development and alternative forms of tourism.
2. Sustainable development and alternative forms of Tourism-Good practices in Greece and abroad.
3. We are playing and building the future for 2030 based on the 17 sustainable development goals.
4. Sports leisure activities in protected areas.
5. Opportunities and challenges in the organization of sports and recreation in the post-Covid -19 era.
6. Sports Industry and the Elderly.
7. Basic principles of therapeutic recreation
8. The dynamics of the Group through play in social integration.
9. Understanding Participants
10. Therapeutic Recreation and Psychotropic Drug Addicts
11. Therapeutic Recreation and Pediatric Oncology Populations
12. Applications of Research Methods- The SWOT Analysis.
13. Presentations of scientific articles with emphasis on the good practices at national and international level.

### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	1. Face to face Lectures and practical applications as well as distance learning 2. Practical classes	
<b>USE OF INFORMATION &amp; COMMUNICATIONS TECHNOLOGY (ICT)</b> <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching	
<b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail.  Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research &amp; 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>	<b>Activity</b>	<b>Workload/semester</b>
	Lectures	40
	Study and analysis of literature	30
	Study and individual works,	38
	Seminars	30
	Presentations	50
		<b>188</b>
<b>STUDENT EVALUATION</b> <i>Description of the evaluation process</i>	1. Presentation (20%) 2. Final written examination (80%)	

*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*

*Please indicate all relevant information about the course assessment and how students are informed*

## 5. SUGGESTED BIBLIOGRAPHY

1. Capra, F. (2007). Sustainable living, ecological literacy, and the breath of life. *Canadian Journal of Environmental Education (CJEE)*, 12(1), 9-18.
2. Carter, M. J., & Van Andel, G. E. (2019). *Therapeutic recreation: A practical approach*. Waveland press.
3. De la Vega, L. R., & Toscano, W. N. (Eds.). (2018). *Handbook of leisure, physical activity, sports, recreation and quality of life*. Springer International Publishing.
4. Human Kinetics (Organization). (2010). *Dimensions of leisure for life: Individuals and society*. Human Kinetics.
5. Hurd, A. R., & Anderson, D. M. (2010). *The park and recreation professional's handbook*. Human Kinetics.
6. Kauffman, R. (2010). *Career development in recreation, parks and tourism: a positioning approach*. Human Kinetics Publishers Inc.
7. Lang, M. (2011). *Applied research and evaluation methods in recreation*.
8. Nani, S., Matsouka, O., & Antoniou, P. (2019). Can ten weeks intervention with exergames contribute to better subjective vitality and physical health?. *Sport Sciences for Health*, 15(1), 43-47.
9. Nani, S., Matsouka, O., Theodorakis, Y., & Antoniou, P. (2019). Exergames and implications on quality of life in pediatric oncology patients: A preliminary qualitative study. *Journal of Physical Education and Sport*, 19, 262-267
10. Nani, S., Matsouka, O., Theodorakis, Y., Antoniou, P. Perceived Benefits of a Therapeutic Exercise program through digital interactive games among children with cancer (2019) *Hellenic Journal of Nursing*, 58 (1), pp. 64-70.
11. Nani, S., Matsouka, O., Tsitskari, E., & Avgerinos, A. (2017). The role of physical activity in life happiness of Greek drug abusers participating in a treatment program. *Sport sciences for health*, 13(1), 25-32.
12. Pfister, R. E., & Tierney, P. T. (2009). *Recreation, event, and tourism businesses: Start-up and sustainable operations*. Human Kinetics.
13. Robertson, T., & Long, T. (2008). *Foundations of therapeutic recreation*. Human Kinetics.
14. Russell, R. V., & Jamieson, L. M. (2008). *Leisure program planning and delivery*. Human Kinetics.
15. Αυθίνος, Ι. (2006). Άσκηση, άθληση, κινητική αναψυχή: οργανωτική διάσταση.
16. Θεοδωράκης, Γ. (2010). Άσκηση, ψυχική υγεία και ποιότητα ζωής. Εκδόσεις Χριστοδουλίδη, Θεσσαλονίκη.
17. Κουθούρης, Χ. (2006). «Σχόλη», «Αναψυχή» & «Αθλητισμός»: Εννοιολογική Συσχέτιση των Όρων. *Inquiries in Sport & Physical Education*, 4(1), 68-77.
18. Παιτσίνης Κώστα, Γ., Μαρσούκα, 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

<b>Teacher (full name):</b>	OURANIA MATSOUKA, Professor, D.P.E.S.S. – D.U.T.H.
<b>Contact details:</b>	<a href="mailto:oumatsou@phyed.duth.gr">oumatsou@phyed.duth.gr</a>
<b>Supervisors: (1)</b>	NO
<b>Evaluation methods: (2)</b>	Written examination with distance learning methods
<b>Implementation Instructions: (3)</b>	<p>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.</p> <p>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 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>

- (1) Please write YES or NO
- (2) Note down the evaluation methods used by the teacher, e.g.
- *written assignment* or/and exercises
  - written or oral examination with distance learning methods, provided that the integrity and reliability of the examination are ensured.
- (3) In the **Implementation Instructions** section, the teacher notes down clear instructions to the students:
- a) in case of **written assignment and / or exercises**: the deadline (e.g. the last week of the semester), the means of submission, the grading system, the grade percentage of the assignment in the final grade and any other necessary information.
- b) in case of **oral examination with distance learning methods**: the instructions for conducting the examination (e.g. in groups of X people), the way of administration of the questions to be answered, the distance learning platforms to be used, the technical means for the implementation of the examination (microphone, camera, word processor, internet connection, communication platform), the hyperlinks for the examination, the duration of the exam, the grading system, the percentage of the oral exam in the final grade, the ways in which the inviolability and reliability of the exam are ensured and any other necessary information.
- c) in case of **written examination with distance learning methods**: the way of administration of the questions to be answered, the way of submitting the answers, the duration of the exam, the grading system, the percentage of the written exam of the exam in the final grade, the ways in which the integrity and reliability of the exam are ensured and any other necessary information.
- There should be an attached list with the Student Registration Numbers only of students eligible to participate in the examination.