

COURSE MODULE OUTLINE

(1) General information

SCHOOL	SCHOOL OF SOCIAL SCIENCES		
PROGRAM COURSE	SPORT MANAGEMENT		
LEVEL OF STUDY	POSTGRADUATE		
COURSE UNIT CODE	DATH 40	YEAR	2 nd
COURSE TITLE	SPORT RECREATION		
INDEPENDENT TEACHING ACTIVITIES <i>in case credits are awarded for separate components/parts of the course, e.g. in lectures, laboratory exercises, etc. If credits are awarded for the entire course, give the weekly teaching hours and the total credits</i>		WEEKLY TEACHING HOURS	CREDITS
		21-22	10
<i>Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4</i>			
COURSE TYPE Compulsory, Optional, Optional mandatory	OPTIONAL		
PREREQUISITE COURSES:	NO		
LANGUAGE OF INSTRUCTION AND EXAMS:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
COURSE WEBSITE (URL)	https://www.eap.gr/education/postgraduate/biannual/sports-administration/topics/#d40		

(2) LEARNING OUTCOMES

Learning Outcomes

The course learning outcomes, specific knowledge, skills and competences of an appropriate (certain) level, which students will acquire upon successful completion of the course, are described in detail. It is necessary to consult:

APPENDIX A

- Description of the level of learning outcomes for each level of study, in accordance with the European Higher Education Qualifications' Framework.
- Descriptive indicators for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and

APPENDIX B

- Guidelines for writing Learning Outcomes

Upon completion of DATH 40 the students will be able to:

- understand the basic principles of leisure and sports recreation
- analyse the process of organising sports leisure and outdoor activities companies
- plan, organise and evaluate sports and leisure programmes
- develop risk management programmes in sport and leisure
- apply specialised techniques for the effective management of sports leisure programmes.

(2) COURSE CONTENT

General Competences

Taking into consideration the general competences that students/graduates must acquire (as those are described in the Diploma Supplement and are mentioned below), at which of the following does the course attendance aim?

Search for, analysis and synthesis of data and information by the use of appropriate technologies,

Adapting to new situations

Decision-making

Individual/Independent work

Group/Team work

Working in an international environment

Working in an interdisciplinary environment (Other.....citizenship, spiritual freedom, social innovative research awareness, altruism etc.)

Project planning and management

Respect for diversity and multiculturalism

Environmental awareness

Social, professional and ethical responsibility and sensitivity to gender issues

Critical thinking

Development of free, creative and inductive thinking

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1. Search for, analysis and synthesis of data and information by the use of appropriate technologies
2. Respect for diversity and multiculturalism
3. Decision-making
4. Individual/Independent work
5. Social, professional and ethical responsibility and sensitivity to gender issues
6. Critical thinking
7. Development of free, creative and inductive thinking
8. Working in an interdisciplinary environment

This unit introduces students to the basic and fundamental principles and theories of leisure and sports recreation. The aim of the module is to present ways of designing, implementing and evaluating sport and exercise programmes for all. Among the topics discussed in the unit are the organisation of adventure sports, occupational sports and

therapeutic recreation societies.

(3) TEACHING METHODS--ASSESSMENT

MODES OF DELIVERY <i>Face-to-face, in-class lecturing, distance teaching and distance learning etc.</i>	Distance education with three Group Counseling Meetings (OSS) during the academic year on weekends.	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGY <i>Use of ICT in teaching, Laboratory Education, Communication with students</i>	- Remote meetings tools (webex) - Use of Presentation software (e.g. power point) - Use of Specialized software in the subjects under study. - Additionally, the students use office automation tools, web browsers and e-reader for digital books.	
COURSE DESIGN <i>Description of teaching techniques, practices and methods: Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, Internship, Art Workshop, Interactive teaching, Educational visits, projects, Essay writing, Artistic creativity, etc.</i> <i>The study hours for each learning activity as well as the hours of self-directed study are given following the principles of the ECTS.</i>	Activity/Method	Annual workload
	3 OSS (* 4 hours)	12
	1 additional OSS (*4 hours)	4
	2 short essays (2 * 15 hours)	30
	1 semester essay (1 * 60)	60
	Written examination	3
	Individual study time	171
	Total module workload (hours)	280
STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS <i>Detailed description of the evaluation procedures:</i> <i>Language of evaluation, assessment methods, formative or summative (conclusive), multiple choice tests, short- answer questions, open-ended questions, problem solving, written work, essay/report, oral exam, presentation, laboratory work, other.....etc.</i> <i>Specifically defined evaluation criteria are stated, as well as if and where they are accessible by the students.</i>	- Two (2) Short Written Essays, with weighting factor to the class unit's final grade 10% each. - One (1) Semester Essay with weighting factor to the class unit's final grade 20%. The grade of the written assignments (short and semester) is activated only with a grade equal to, or above the base (≥ 5) in the final or repeated exams - Final exams weigh 60% in the final class unit's grade. The final grade of the class unit, in a scale of 10, is calculated as follows: Final grade = $(SE1 * 0,1) + (SE2 * 0,2) + (FE * 0,6)$ There are all the criteria posted, both in each written assignment (in the study) and in the general regulation file:///D:/Users/User/Downloads/kanonismos-spoudwn-isxys-apo-to-didaktiko-etos-2022-2023.pdf	

(4) SUGGESTED BIBLIOGRAPHY:

- Suggested bibliography

Primary bibliography

- Κώστα, Γ. (2015). Βασικές Αρχές Ελευθέρου Χρόνου και Αναψυχής. Στο Γ. Παϊτσίνης και Γ. Κώστα (Επ.) *Αθλητική Ψυχαγωγία και Αναψυχή*. Εκδόσεις: Ελληνικά Ακαδημαϊκά Ηλεκτρονικά Συγγράμματα www.kallipos.gr
- Υφαντίδου, Γ. (2015). Τουρισμός και Αθλητικός Τουρισμός. Στο Γ. Παϊτσίνης - Κώστα (Επ.), *Η ανάπτυξη του Αθλητικού Τουρισμού*. (Εκδόσεις Ελληνικά Ακαδημαϊκά Ηλεκτρονικά Συγγράμματα.

Secondary bibliography

- Γλυνιά, Ε. & Υφαντίδου, Γ. (2021).. Αθλητική Αναψυχή Στο Ν. Θεοδωράκης, (Επ.), *Αθλητική Βιομηχανία: Επιχειρήσεις και Δραστηριότητες* (Σελ. 298-325). Εκδόσεις Broken Hill.
- Berg, B., Warner, S., & Das, B. (2015). What about sport? A public health perspective on leisure-time physical activity. *Sport Management Review*, 18(1), 20-31.
- Hulteen, R., Smith, J., Morgan, P., Barnett, L., Hallal, P., Colyvas, K., & Lubans, D. (2017). Global participation in sport and leisure-time physical activities: a systematic review and meta-analysis. *Preventive Medicine*, 95, 14-25.
- Sirgy, M. J., Uysal, M., & Kruger, S. (2017). Towards a benefits theory of leisure well-being. *Applied Research in Quality of Life*, 12(1), 205-228.

-Related scientific journals

- European Sport Management Quarterly.
- Journal of Tourism today.
- World Leisure and Recreation Journal.
- Managing Leisure.

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