



Course Code SPSC-118	Course Title Outdoor Activities Teaching	ECTS Credits 3
Department Sports Science	Semester Spring, Fall, Summer	Prerequisites SPSC-140
Type of Course Elective	Field Sports recreation	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 2 nd -4 th	Lecturer Dr Aphantis George
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

This course is designed to provide knowledge, skills, and processes for teaching contemporary outdoor (e.g. camping, hiking, walking, orienteering and the tenets of cooperative living, backpacking) and leisure activities suitable for life-long participation.

Learning Outcomes:

By the end of this course the students should be able to demonstrate knowledge and understanding in order to:

1. Prepare for and undertake a journey safely in an unfamiliar environment.
2. Develop their own ideas by creating challenges for others.
3. Use increasingly complex techniques and the safety procedures appropriate to the activity undertaken.
4. Appreciate the effects of nutrition and climatic conditions on the body, through the activity undertaken and be aware of and respond to changing environment conditions.
5. Extend their knowledge, understanding and ability of leading outdoor activities.
6. Plan, undertake and evaluate a safe health-promoting exercise program in a natural environment.

Course Contents:

<ol style="list-style-type: none"> 1. Introduction to Course/Foundations of outdoor recreation. 2. Nature and the spiritual life. 3. Psychology and the Natural Environment 4. The Social Aspects of Outdoor Experience 5. The Economics of Outdoor Pursuits 6. National Resources and Recreation 7. Other Outdoor Recreation Resources 8. Outdoor Recreation in other Countries 9. Management Policies in Outdoor Recreation 10. Management Procedures in Outdoor Recreation 11. Education and the Outdoors 12. Two-day trip-visiting camping areas. 13. Practical exercise: Seven-day project in an organized camp.
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Learning Activities and Teaching Methods:

Lectures and practical outdoor activities

Assessment Methods:

Final examination, Practical demonstration , Portfolio
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Required Textbooks:

Authors	Title	Publisher	Year	ISBN
Mood, D. P., Musker, F. F., & Rink, J. E.	Sports and Recreational Activities. (13th Edition)	McGrawHill	2003	007247503X
Ibrahim, H. and Cordes, K. A	Outdoor Recreation	Champaign: Sagamore Publishing	2008	1571675302

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Susan Milord	The Kids' Nature Book: 365 Indoor/Outdoor Activities and Experiences	Williamson Publishing Company	1996	1885593074