



<b>Course Code</b> SPSC-118	<b>Course Title</b> Outdoor Activities Teaching	<b>ECTS Credits</b> 3
<b>Department</b> Sports Science	<b>Semester</b> Spring, Fall, Summer	<b>Prerequisites</b> SPSC-140
<b>Type of Course</b> Elective	<b>Field</b> Sports recreation	<b>Language of Instruction</b> Greek
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 2 <sup>nd</sup> -4 <sup>th</sup>	<b>Lecturer</b> Dr Aphantis George
<b>Mode of Delivery</b> face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None
<b>Recommended Optional Programme Components:</b> 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"> <li>1. Introduction to Course/Foundations of outdoor recreation.</li> <li>2. Nature and the spiritual life.</li> <li>3. Psychology and the Natural Environment</li> <li>4. The Social Aspects of Outdoor Experience</li> <li>5. The Economics of Outdoor Pursuits</li> <li>6. National Resources and Recreation</li> <li>7. Other Outdoor Recreation Resources</li> <li>8. Outdoor Recreation in other Countries</li> <li>9. Management Policies in Outdoor Recreation</li> <li>10. Management Procedures in Outdoor Recreation</li> <li>11. Education and the Outdoors</li> <li>12. Two-day trip-visiting camping areas.</li> <li>13. Practical exercise: Seven-day project in an organized camp.</li> </ol>
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**Learning Activities and Teaching Methods:**

Lectures and practical outdoor activities
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**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