

Course Title	OUTDOOR ACTIVITIES AND SPORT TOURISM I				
Course Code	SSOUT441-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Fall				
Teacher's Name	Dr. Apostolia Dovoli, Dr Orestis Antoniadēs & Stella Dimitriou				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<p>The course "Outdoor Sports Activities and Sports Tourism" has as its main purpose to promote the understanding and acquisition of basic knowledge in many areas related to physical activity outdoors. Through the course, students acquire knowledge about first aid, exercise physiology in middle and old age, and management of environmental conditions. In addition, the course focuses on understanding and analyzing the risks that may occur in outdoor activities, as well as on the identification and structure of group gymnastics in the open air. The course's contents also examine outdoor activities and sports, with emphasis on the sea and mountains, and the role of sports tourism in contributing to the country's Gross Domestic Product (GDP). Overall, the course ensures that students acquire the necessary knowledge for safe and effective participation in outdoor sports activities and the development of sports tourism.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. To determine the range of sports that can be active in the countryside, sea and mountain. 2. Identify beach and sea sports. 3. Know the organized spaces provided for sports and which are also available for tourism. 4. Be aware of the risks that exist for those engaged in outdoor physical activity regardless of age or gender. 5. Be aware of the particularities regarding the health of middle-aged and elderly people, especially in altitude conditions. 6. Propose solutions for safety, equipment and basic medical examinations required for outdoor sports activities. 				

	7. Create programs of outdoor activities for health and recreation that meet diverse populations.		
Prerequisites	PESS104: Sport and Leisure Management	Corequisites	No
Course Content	<ol style="list-style-type: none"> 1. Basic knowledge of first aid, exercise physiology, especially middle and old age. 2. Guidance on personal hygiene nutrition, treatment, and management of extreme environmental situations (heat, cold, etc.). 3. Knowledge of the basic diseases that exist in middle and old age due to sedentary lifestyle and non-motor activity and guidance of those involved towards physical exercise. 4. Identification of outdoor activities and sports in the countryside, sea (beach and sea sports) and mountains. 5. Identification and analysis of risks in cases of outdoor activity. 6. Structure and organization of group exercise in the open air. 7. Sports programs in recreation and tourism. Purposes and features. 8. Utilization of sports tourism as a means of contributing to the country's GDP. 		
Teaching Methodology	<p>Theory</p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods like case studies, real scenarios, discussion, questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Practical</p> <p>During the practical courses, students develop the practical skills required for the course by visiting outdoor sports areas/activities such as hiking, mountain trails, climbing, sand exercises, golf, mountaineering, mountain biking, cycling (e.g., on city tours), extreme sports, etc.</p>		
Bibliography	Manuals:		

	<p>1. Αυθίνος, Ι. Άσκηση – Άθληση– Κινητική αναψυχή – Οργανωτική διάσταση. Πανεπιστήμιο Αθηνών, Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Αθήνα (1998).</p> <p>2. Κουθούρης, Χ.. Υπαίθριες δραστηριότητες αναψυχής – Ακραία αθλήματα – Μάνατζμεντ υπηρεσιών και εκπαίδευση στελεχών. Εκδόσεις Χριστοδουλίδη, Θεσσαλονίκη. (2009)</p> <p>Bibliographic references – Articles:</p> <p>Λύτρας, Π. Ο συγκερασμός τουρισμού και αθλητισμού μπροστά στο 2000. Εκδόσεις Interbooks, Αθήνα (1991).</p> <p>Λύτρας, Π. Η αξιοποίηση του ελεύθερου χρόνου στις διακοπές. Εκδόσεις Interbooks, Αθήνα (2002).</p> <p>Σφακιανάκης, Μ. Εναλλακτικές μορφές τουρισμού. Εκδόσεις Έλλην, Αθήνα (2000).</p> <p>Gibson, H. Sport tourism concepts and theories. Routledge Taylor and Francis Group (2006).</p> <p>Standeven, J. & De Knop, P. Sport tourism. Human Kinetics, Champaign, ILL (1999).</p> <p>Weed, M. & Bull, C. Sports tourism: participants, policy and providers. Elsevier, Amsterdam. (2004)</p> <p>Turco, D., Riley, R. & Swart, K. Sport tourism. Fitness Information Technologies, Morgantown (2002).</p> <p>World Tourism Organization (2005). City tourism and culture-the European experience. ETC Research Report. A report produced for the research group of the European Travel Commission (ETC) and for the World Tourism Organization (WTO) by LAgrou & Interarts. Brussels: N° 2005/1. http://81.47.175.201/stodomingo/attachments/article/122/CityTourismCulture.pdf</p>
Assessment	<p>The assessment of this course is structured to provide a comprehensive assessment of students' understanding and application of the course material, incorporating both the ongoing assessment and the final exam element, each of which contributes equally to the final grade.</p> <p>(a) Methods: Students will undergo continuous evaluation, representing 50% of their final grade, which includes exit tickets for the application of theoretical</p>

	<p>knowledge and practical exercises (report and case studies) for the consolidation of the practical elements of the course. This evaluation aims at regular student participation and ensuring a deep understanding of course content throughout the semester. The final exam, which also contributes 50% to the final grade, will consist of open-ended and closed-ended questions covering the entire curriculum and case-study problem-solving questions.</p> <p>(b) Criteria: The assessment criteria are designed to objectively assess the depth and breadth of students' knowledge and analytical skills. For example, in continuous assessment elements such as quizzes and practical exercises, students are graded for accuracy, completeness and application of theoretical knowledge. For the final exam, the criteria will include the completeness of the answers to open-ended questions and the effectiveness of solutions to case study problems. Detailed evaluation criteria for each element will be provided with assignment guidelines and exam instructions to ensure clarity and transparency in scoring.</p> <p>(c) Percentage: The weighting of the course evaluation is as follows: the continuous assessment (quizzes and practical exercises) will contribute 50% to the final grade, while the final exam will also represent the remaining 50%. This balance ensures that students' performance throughout the semester is as important as their performance in the final exam, promoting consistent effort and engagement with the course material.</p>
Language	Greek / English