

Course Title	OUTDOOR ACTIVITIES AND SPORT TOURISM II				
Course Code	SSOUT442-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Spring				
Teacher's Name	Dr. Apostolia Dovoli, Dr. Elpida Michael & Stella Dimitriou				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<p>The course "Outdoor Sports Activities and Sports Tourism II" aims to provide students with extensive knowledge and skills in the field of outdoor sports activities and sports tourism. Through theory and practice, students acquire basic knowledge in sports such as sea, beach, mountain, and plain, while specializing in the peculiarities of altitude exercise. In addition, the course focuses on the design and implementation of safe programs and excursions, considering the various populations and environmental characteristics. In addition, it promotes the understanding of marketing and advertising in cooperation with tourism operators, while stressing the importance of respect for the environment. In this way, the course seeks to train students in a wide range of skills related to healthy living, safe exercise, and fun in the outdoor environment.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. To acquire the specialized knowledge to utilize nature and outdoors for exercise, physical exercise without the requirement of specialized sports knowledge. 2. Plan, execute and supervise specific programs/ excursions for outdoor sports and for specific populations based on age after considering the area's characteristics (mountain, sea, etc.). 3. To give full explanation and guidance to athletes on the conditions for safe exercise (equipment, nutrition, clothing, footwear, etc.). 4. Acquire the special knowledge of respect for the exercise environment, with emphasis on green sports. 				

	<p>5. Plan, execute and supervise group exercise programs safely, anticipating the main risks that may exist in the practicing population or venue.</p> <p>6. Use their knowledge and practical experiences to create outdoor sports programs for health promotion and recreation.</p>		
Prerequisites	PESS104: Sport and Leisure Management	Corequisites	No
Course Content	<ol style="list-style-type: none"> 1. Basic knowledge and prerequisites of sea, beach, mountain (hiking, climbing, mountaineering) and plain (golf) sports both at sea level and in mountainous areas. 2. Knowledge of the way of exercising at altitude and the peculiarities of the trainee's breathing issues. 3. Knowledge of exercise in the sea and the possible dangers that exist (cabbages, breaths). 4. Guidance of practitioners to avoid injuries. 5. Basic knowledge of marketing and advertising in combination with the responsible tourism agencies of the state. 6. Planning, organization, execution and supervision of specific programs and excursions for activities in the sea, beach, mountain (hiking, climbing, mountaineering, zip-line) and plain (golf) considering the population practiced and the characteristics of the area. 7. Planning, organizing, executing, and supervising specific programs and excursions of group exercise programs safely, anticipating the main risks that may exist in the population exercised or in the venue. 8. Planning, organizing, executing, and supervising a playful group activity in the sea and mountains, addressing it to children (e.g., camps). 		
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</p>		

	<p>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	<p>Manuals:</p> <ol style="list-style-type: none"> 1. Αυθίνος, Ι. Άσκηση – Άθληση – Κινητική αναψυχή – Οργανωτική διάσταση. Πανεπιστήμιο Αθηνών, Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Αθήνα (1998). 2. Κουθούρης, Χ. Υπαίθριες δραστηριότητες αναψυχής – Ακραία αθλήματα – Μάνατζμεντ υπηρεσιών και εκπαίδευση στελεχών. Εκδόσεις Χριστοδουλίδη, Θεσσαλονίκη. (2009) <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> <ol style="list-style-type: none"> 3. Σφακιανάκης, Μ. Εναλλακτικές μορφές τουρισμού. Εκδόσεις Έλλην, Αθήνα (2000). 4. Gibson, H. Sport tourism concepts and theories. Routledge Taylor and Francis Group (2006). 5. Standeven, J. & De Knop, P. Sport tourism. Human Kinetics, Champaign, ILL (1999). 6. Weed, M. & Bull, C. Sports tourism: participants, policy and providers. Elsevier, Amsterdam. (2004) 7. Turco, D., Riley, R. & Swart, K. Sport tourism. Fitness Information Technologies, Morgantown (2002). 8. 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

	<p>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>
<p>Assessment</p>	<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 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> <ul style="list-style-type: none"> •(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</p>	<p>Greek / English</p>