

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*UNDERGRADUATE PROGRAM OF STUDY*

**COURSE TITLE:**

Internship in sport tourism and recreation
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**COURSE CODE:**

N504
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**E.C.T.S. CREDITS**

6
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**RESPONSIBLE FOR THE COURSE:**

NAME	Ioannis Trigonis		
POSITION	E.E.D.I.P.		
SECTOR	Sport Management, School Physical Education & Recreation		
OFFICE	B2 - 1		
TEL. / E-MAIL	25310 - 39701	itrigon@phyed.duth.gr	
CO-INSTRUCTORS	George Costa, Associate Professor		

**SEMESTER:**

1 <sup>st</sup>	<input type="checkbox"/>	2 <sup>nd</sup>	<input type="checkbox"/>	3 <sup>rd</sup>	<input type="checkbox"/>	4 <sup>th</sup>	<input type="checkbox"/>
5 <sup>th</sup>	<input type="checkbox"/>	6 <sup>th</sup>	<input type="checkbox"/>	7 <sup>th</sup>	<input checked="" type="checkbox"/>	8 <sup>th</sup>	<input type="checkbox"/>

**COURSE TYPE:**

Obligatory	<input type="checkbox"/>
Direction	<input type="checkbox"/>
Specialization	<input checked="" type="checkbox"/>
Prerequisite for specialization	<input type="checkbox"/>
Elective ( <i>open</i> )	<input type="checkbox"/>

**HOURS (per week):**

2
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**DIRECTION (only for 3<sup>rd</sup> & 4<sup>th</sup> year courses):**

Recreation & Dance	
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**SPECIALIZATION (only for 3<sup>rd</sup> & 4<sup>th</sup> year courses):**

Sport Tourism & Recreation
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**LANGUAGE OF TEACHING:**

GREEK

ENGLISH

**AIM OF THE COURSE (content and acquired skills):**

<p>The purpose of the internship is to: a) provide to students with the opportunity to apply the theory taught in class in practice and b) get the students in contact with the market in order to gain valuable experience, which will help them advance their carrier as physical educators in the recreation and leisure area.</p>
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**COURSE CONTENTS** (*outline – titles of lectures*):

The students are asked to offer their services to municipal sport for all programs, sport camps, outdoor activities companies, recreation agencies, corporate fitness programs, hotels as sports animators, fitness centers, agencies for the elderly, etc.

**TEACHING METHOD** (*lectures – labs – practice etc.*):
**ASSESSMENT METHOD(S)**:
**LEARNING OUTCOMES:**

Upon the completion of this course the student will be able to:

1. Apply in practice the theory taught in class.
2. Perform at satisfactory level the basic skills of outdoor activities and sport recreation.
3. Design and implement recreation and sport activities for municipalities, sport camps, outdoor activities companies, recreation agencies, corporate fitness programs, hotels as sports animators, fitness centres, agencies for the elderly, etc.

**LEARNING OUTCOMES – CONTINUED:**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Ability to apply in practice the theory taught in class.	Lectures, demonstration and annotation of digital material, home study.	Intermediary controls with written tests of evaluation.	40
Ability to perform at satisfactory level the basic skills of outdoor activities and sport recreation.	Practical exercises, laboratory exercises, home study.	Intermediary controls with kinetic tests in sport recreation activities.	40
Ability to design and implement recreation and sport activities for municipalities, sport camps, outdoor activities companies, recreation agencies, corporate fitness programs, hotels as sports animators, agencies for the elderly, etc.	Lectures, group work, home study.	Intermediary controls with evaluation of: a) intermediary practical teachings, b) written plans of sport recreation programs.	100
		<b>TOTAL</b>	<b>180</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**