

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

*UNDERGRADUATE PROGRAM OF STUDY*

**COURSE TITLE:**

Experiential and creative games
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**COURSE CODE:**

N084
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**E.C.T.S. CREDITS**

2
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**RESPONSIBLE FOR THE COURSE:**

NAME	Ourania Matsouka		
POSITION	Lecturer		
SECTOR	Sport Management, School Physical Education & Recreation		
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CO-INSTRUCTORS	George Costa, Associate Professor Ioannis Trigonis, EEDIP		

**SEMESTER:**

1 <sup>st</sup>	[ ]	2 <sup>nd</sup>	[ ]	3 <sup>rd</sup>	[ ]	4 <sup>th</sup>	[ ]
5 <sup>th</sup>	[ ]	6 <sup>th</sup>	[X]	7 <sup>th</sup>	[ ]	8 <sup>th</sup>	[X]

**COURSE TYPE:**

Obligatory	[ ]
Direction	[ ]
Specialization	[ ]
Prerequisite for specialization	[ ]
Obligatory for specialization	[ ]
Ective ( <i>open</i> )	[X]

**HOURS (per week):**

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

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

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**LANGUAGE OF TEACHING:**

GREEK [X]                      ENGLISH [ ]

**AIM OF THE COURSE (acquired skills & learning outcome):**

<p>The student through creative games like ice breaking games, trust and communication games, and organization games will improve the group dynamic. The professionalization of the student includes domain like teaching, youth work, social work, outdoor education and development training.</p>
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**COURSE CONTENTS** (*outline – titles of lectures*):

1. Experiential learning: new trends and perspectives.
2. The group dynamic.
3. What is team building?
4. Getting organized.
5. An introduction to role play.
6. Intro- breaking games.
7. Trust and communication games.
8. Organization games.
9. Initiative problems games.
10. Adventure games.
11. Evaluating the game's outcome.
12. Creation of a facilitator style.

**TEACHING METHOD** (*lectures – labs – practice etc.*):

1. Lectures.
2. Practical classes.
3. Presentation of papers.

**ASSESSMENT METHOD(S):**

1. Group and individual papers.
2. Midterm exams.
3. Final exams.

**LEARNING OUTCOMES:**

- Upon the completion of this course the student will be able to:
1. Identify the basic theories, the new tendencies and prospects of outdoor education.
  2. Define the basic steps of group dynamics.
  3. Know the effectiveness of experiential and creative activities through ice-breaking, trust and communication games.
  4. Organize an experiential activity program for the management of human resource.

**LEARNING OUTCOMES - CONTINUED**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load ( hours)</i>
Identification of the basic theories, the new tendencies and prospects of outdoor education.	Lectures and annotation of digital material, home study.	Test of cognitive evaluation by written quiz.	5
Definition of the basic steps of group dynamics.	Lectures and annotation of digital material, home study.	Test of cognitive evaluation by written quiz.	5
Knowledge of the effectiveness of experiential and creative activities through ice breaking, trust and communication games.	Lectures, work in groups in outdoor environment, home study.+	Evaluation of written plan based on experiential and creative	30

		activities.	
Ability to organize an experiential activity program for the management of human resource.	Lectures, proposals for evaluation of recreation services, home study.	Presentations and final exams.	20
		<b>TOTAL</b>	<b>60</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. Sanders, G. (1996). The pictorial guide to group work activities. Lincoln, LIN, UK: The Pictorial.
2. Heron, J. (1989). The facilitator's handbook. London: Kogan Page.