



## METADATA

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## Abstract

This book is addressed to undergraduate and postgraduate students who are taught therapeutic exercise and recreation in the context of their academic studies, as well as to a plethora of health professionals who wish to understand in depth the relevant theoretical background. Teachers, students, and professionals in the therapeutic exercise and recreation field can find in this handbook essential material for understanding concepts related to therapeutic exercise, therapeutic recreation, quality of life, play therapy, pediatric oncology populations, pregnancy, psychiatric disorders, drug users, and the elderly. In addition, indicative training plans are listed at the end of the book, in order for the reader to be able to translate the theory into practice, which can be applied effectively during each session. Moreover, reliable measuring

instruments are provided, which aim to ensure valid results for conducting studies. The purpose of the authors' team is to help physical education students and teachers, as well as other health professionals, to understand: a) the physical and psychosocial benefits resulting from the participation of individuals in therapeutic exercise and recreation programs, b) the criteria for the planning of therapeutic exercise and recreation programs and their implementation in both private and public institutions. The individual goals of the authors include the creation of conditions for research activity related to therapeutic exercise and recreation in Greece and the formation of appropriate prerequisites for professions related to therapeutic exercise and recreation, both in public and private institutions, nationally and internationally.

