

ΚΙΝΗΤΙΚΗ ΑΝΑΨΥΧΗ

Θεωρητική προσέγγιση, Εφαρμογές και Δραστηριότητες

ΚΟΥΘΟΥΡΗΣ ΧΑΡΙΛΑΟΣ, ΖΑΦΕΙΡΟΥΔΗ ΑΓΓΑΙΑ
ΠΑΤΣΙΑΟΥΡΑΣ ΑΣΤΕΡΙΟΣ, ΜΠΕΚΙΑΡΗ ΑΛΕΞΑΝΔΡΑ
ΖΗΣΗ ΒΑΣΙΛΙΚΗ, ΔΑΛΑΜΗΤΡΟΣ ΑΘΑΝΑΣΙΟΣ



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Authors: Kouthouris, C., Professor, UTH, Zafeiroudi, A., Special Teaching Staff, UTH, Patsiaouras, A., Special Teaching Staff, UTH, Bekiari, A., Associate Professor, UTH, Zisi, V., Associate Professor, UTH, Dalamitros, A., Special Teaching Staff, AUTH

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Abstract

This innovative textbook presents the theories and applications of leisure and recreation in order to be used in both education and research, but also to be a guide to practical applications. The first part of the book consists of six chapters, through which the multidisciplinary nature of recreation is established, successfully connected with related sciences of leisure, related to outdoors, sports and arts. A combined analysis of the concepts of leisure and recreation is attempted in the general light of the sociological as well as the pedagogical concept. Fundamental principles are also analyzed, linking recreation to outdoor activities, tourism, adventure, management, and subdivision into sub-categories, depending on the type of services provided and the characteristics of the participating groups. The concept of leisure is then linked to sports and the psychological benefits of participating in structured

and non-structured programs. Recreation is determined according to the biological functions of the human body, and the main mechanisms that form the stimulus for the human body are described. In addition, the basic theoretical knowledge for the wellbeing, through leisure activities, for the elderly is given and reference is made to the biological, psychological, and sociological theories of aging. Finally, the concepts of leisure, recreation, art, culture, creativity, through the body and somatic movement are correlated. The activities of yoga, pilates, dance and theater are analyzed, and they are related to natural environment and tourism. The second part of the book also consists of six chapters corresponding to the thematic areas of the chapters of the first part, which present good practices and applications of events, programs, and active leisure activities with the theme of sports, nature, arts.