

Subject	Leisure, Play and Outdoor Life		
Type	Type	Semester	ECTS
	MANDATORY (M)	3	4
Lecturer	Dr.Sc. Blerta Abazi		
Aims and Objectives	In this course students will understand the basics of a healthy lifestyle and the influence of outdoor and other lifestyle factors on health and wellbeing. Students will develop the understanding, competence and skills needed to develop ways and strategies to adjust lifestyle and improve their personal health. Each student will be expected to engage in leisure time participation in the development of games related to hiking and mountaineering, first aid in nature and camping planning.		
Learning Outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> • Critically analyze factors that affect the style and exterior of the living environment. • Understand the importance of leisure time and outdoor life activities and games in relation to physical and mental health and wellbeing. • Competently practice skills that are involved in outdoor activities, ranging from hiking, to running and mountain biking. • Practically demonstrate activities that served situations and emergency care. • Design and implement a detailed strategic plan to organize an outdoor activity as well as plan an outdoor camp. 		
Content	Week	Topics	
	1	Syllabus presentation	
	2	Introduction to Leisure Studies <ul style="list-style-type: none"> • Overview of leisure concepts and definitions • History of leisure in human societies • Importance of leisure for well-being and community 	
	3	Theories of Play <ul style="list-style-type: none"> • Exploration of play theories (Surplus Energy, Recreation, Instinct) • Role of play in childhood and adult development • Types of play and their social implications 	
	4	Leisure and Society <ul style="list-style-type: none"> • Social and cultural influences on leisure activities • Leisure's impact on societal structures and norms • Issues of inclusivity and diversity in leisure activities 	
	5	Outdoor Life Fundamentals <ul style="list-style-type: none"> • Introduction to outdoor life and recreation • Benefits of outdoor activities for mental and physical health • Safety and ethical considerations in outdoor recreation 	
	6	Planning and Facilitating Leisure Activities <ul style="list-style-type: none"> • Principles of planning leisure programs • Assessing community needs and preferences • Organizing events and managing resources. 	
	7	Adventure Education and Outdoor Skills <ul style="list-style-type: none"> • Basics of adventure education and experiential learning • Development of essential outdoor skills (e.g., navigation, survival skills) • Introduction to group dynamics in outdoor settings 	
	8	Mid-term exam – 1	
	9	Environmental Awareness and Conservation <ul style="list-style-type: none"> • Relationship between outdoor activities and environmental impact • Sustainable practices in outdoor recreation • Promoting conservation through leisure and play 	
	10	Leisure and Physical Health <ul style="list-style-type: none"> • Health benefits associated with leisure and outdoor play 	

		<ul style="list-style-type: none">Physical activities suited for different populationsPreventive health and recreational activities	
	11	Psychology of Leisure and Play <ul style="list-style-type: none">Psychological benefits of play and leisureStress reduction and relaxation through recreational activitiesExploring the flow state and intrinsic motivation	
	12	Outdoor Leadership and Team Building <ul style="list-style-type: none">Skills and qualities of an effective outdoor leaderStrategies for fostering teamwork and communication in outdoor settingsPractical exercises in leadership and group cohesion	
	13	Risk Management in Outdoor Recreation <ul style="list-style-type: none">Identifying and managing risks in outdoor environmentsLegal considerations and liability in outdoor recreationDeveloping a risk management plan	
	14	Project presentation	
	15	Mid-term exam – 2	
Teaching/Learning Methods	Activity	Weight (%)	
	Lectures	30%	
	Lab	40%	
	Research	20%	
Assessment Methods	Independent learning	10%	
	Methods of assessment:		
	Participation and engagement in lectures and practical sessions		
	a) Mid-term exam -1		
	b) Mid-term exam - 2		
ECTS Workload	Course Project, Work Group	30%	
	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	44
Examination preparation	n/a	20	
Literature	1. Tapps, T., Wells, M.S. (2019). Introduction to Recreation and Leisure. Human Kinetics.		
	2. Gilbertson, K., Ewert, A. Siklander, P., Bates, T. (2003). Outdoor Education-2nd Edition. Human Kinetics.		
Ethical standards	3. Wagastaff, M. Attarian, A. (2009). Technical Skills for Adventure Programming. Human Kinetics.		
	4. Camping Guide: The Ultimate Guide to Camping and Escape from Civilization (Travel Guide, Camping, Ultimate Camping Guide for Tips, Hacks). Amazon.		
	5. Watkins, S. (2021). Outdoor Play for Healthy Little Minds. Practical Ideas to Promote Children's Wellbeing in the Early Years. Routledge.		
	6. Bergsgard, N. Bratland-Sanda S. Giulianotti, R.,Tangen, T. (2021). Sport, Outdoor Life and the Nordic World. Routledge.		
	Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the Moodle platform.		
	This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.		
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