

**MODULE TITLE:**

Health and wellness tourism

RESPONSIBLE FOR THE MODULE:

NAME	Asgeir Mamen	
POSITION	Associate Professor	
SECTOR	Exercise and Health	
OFFICE	Department of Health Sciences	
TEL. / E-MAIL	+47 93008098	Asgeir.mamen@kristiania.no
CO-INSTRUCTORS		

HOURS (*per week*):
LANGUAGE OF TEACHING:

GREEK []

ENGLISH [v]

AIM OF THE MODULE (*content and acquired skills*)

The lecture gives an overview of tourism, with focus on active tourism
--

MODULE CONTENTS (*outline – titles of lectures*)

- | |
|--|
| <ul style="list-style-type: none"> • The development of tourism • The development of tourism • Active tourism: difficulties and development |
|--|

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

Lecture/discussions

LEARNING OUTCOMES

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

- | |
|--|
| <ol style="list-style-type: none"> 1. Describe the development of tourism 2. Know about difficulties in organising active tourism 3. Know about popular activities for tourists |
|--|

**LEARNING OUTCOMES - CONTINUED**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Describe the development of tourism	Lectures and discussion	Assignment	0.5
Know about difficulties in organising active tourism	Lectures and discussion	Assignment	0.5
Know about popular activities for tourists	Lectures and discussion	Assignment	0.5
		TOTAL	1.5

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Lecture notes.