COURSE OUTLINE

(1) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	ΠΡΟΓΡΑΜΜΑ ΠΡΟΠΤΥΧΙΑΚΩΝ ΣΠΟΥΔΩΝ		
COURSE CODE	ΑΒ-405 ΕΥ	**SEMESTER**	Winter
COURSE TITLE	**EXERCISE FITNESS & HEALTH**		

TEACHING ACTIVITIES	**TEACHING HOURS PER WEEK**	**ECTS**
Lectures	2	6
Practical application	2	

COURSE TYPE	**ELECTIVE**
PREREQUISITE COURSES:	-
TEACHING AND EXAMS LANGUAGE:	English/Greek
OFFERED TO ERASMUS STUDENTS	Yes
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED122/

(2) LEARNING OUTCOMES

Learning outcomes

The subject of the course “Exercise Fitness & Health” is the understanding of the factors directly related to good fitness and human health.

Fitness is associated with an individual’s ability to work effectively, enjoy leisure time, maintain good health and well-being, as well as resist diseases linked to reduced mobility.

The course aims to clarify what constitutes optimal exercise, in what dosage—namely intensity, duration, and frequency of exercise—and for how long a program should be applied in order to improve an individual’s fitness.

Upon successful completion of the course, the student will:

- Understand the recommended lifestyle for Health, Fitness, and Well-being.
- Understand the importance of health assessment prior to participating in a physical activity program.
- Understand the benefits of physical activity and the different types of physical activity.
- Understand body composition.
- Understand the management of nutrition and activity for body fat control.
- Understand methods for managing stress.
- Understand metabolic health problems, such as dyslipidemia, and be able to design tailored exercise programs.

General skills

- Analysis and evaluation of problems that may affect an individual’s quality of life, and acquisition of knowledge and skills related to solving these problems through exercise.

(3) COURSE CONTENT

Thematic Units - Theory

1. Lifestyle for Health, Fitness, and Well-being
2. Benefits and risks of physical activity

3. Pre-exercise assessment
4. Fitness evaluation tests and interpretation of results
5. The physical activity pyramid
6. Cardiovascular fitness
7. Vigorous aerobic activity, sports, and recreational activities
8. Muscular fitness and training
9. Nutrition and body composition
10. Dyslipidemia
11. Stress management
12. Flexibility

Thematic Units - Practical Application

1. Literature search
2. Literature search, preparation for exercise, and safety measures (Questionnaires)
3. Submaximal tests for aerobic capacity evaluation
4. Shuttle run test
5. Balance - Proprioception
6. Anthropometry and body composition
7. Muscular strength assessment
8. Metabolic equations - Training
9. Metabolic equations - Weight loss
10. Flexibility - Mobility tests for older adults

(4) RECOMMENTED BIBLIOGRAPHY

Scientific Journals:

- Journal of Exercise Science & Fitness
- ACSM's Health & Fitness Journal
- The Journal of Sports Medicine and Physical Fitness