COURSE OUTLINE

(1) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	**ΘΕ-127Επ**	**SEMESTER**	Spring
COURSE TITLE	**Physical Activity & Mental Health**		

TEACHING ACTIVITIES	**TEACHING HOURS PER WEEK**	**ECTS**
Lectures	2	4
Practical application		

COURSE TYPE	Elective
PREREQUISITE COURSES:	-
TEACHING AND EXAMS LANGUAGE:	English/Greek
OFFERED TO ERASMUS STUDENTS	Yes - Preparation of a thesis in English
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED369/

(2) LEARNING OUTCOMES

Learning outcomes

- Purpose of the course: The purpose of the course is to acquire theoretical knowledge related to physical activity and mental health.
- The general objectives of the module are: (a) Analysis and comprehension of psychological concepts with regards to the exercise influence on psychological mood and health, personality and behavior of participants in every age group. (b) Updating information on international research and literature. (c) Understanding techniques and ways of measurement of psychological mood and health. (d) Familiarization with planning and research conduct in the field of exercise and psychological mood and health.

General skills

Upon successful completion of the course the student will be able to:

- understand the psychological and physiological mechanisms with regards to physical activity and exercise
- describe the influence of exercise on different psychological parameters (e.g., mood and health, anxiety, depression, self-esteem etc.)
- use suitable techniques and ways of measurement of psychological mood and health parameters
- design and implement research projects on this area

(3) COURSE CONTENT

Module units

1. Introduction to the module. Purpose and content of the exercise psychology.
2. Physical activity and mental health. Direct and chronic effects of exercise on depression and anxiety.
3. Physical activity and cognitive functioning. Effects on dementia and Alzheimer's disease.
4. Physical activity and schizophrenia.
5. Physical activity and self-esteem and body image.
6. Physical activity and motivation. Individual and social factors that affect individuals' participation and continuation in exercise programs.

7. Potential biological and psychological mechanisms that interpret the relationship between exercise and mood and mental health.
8. Problems of modern lifestyle and sedentary life: The role of exercise.
9. Physical function and mental health in the elderly population.
10. Exercise in clinical population.
11. Overtraining and mental health.
12. Exercise addiction - Eating disorders – Physical deformity.
13. Conclusion: Recommendations for research, policy and practical implementation of exercise programs to support mental health.

Evaluation

(a) Participation and attendance of the course (15%),

(b) Written examinations (85%)

For Erasmus+ & CIVIS students: Preparation of a thesis in English (100%)

References

Clow, A., & Edmunds, S. (Eds.). (2013). *Physical activity and mental health*. Human Kinetics.

Leith, L.M. (2010). *Foundations of Exercise and Mental Health* (2nd ed.). Fitness Information Technology.

Ekkekakis, P. (Ed.). (2015). *Routledge handbook of physical activity and mental health*. Routledge.

Lam, L.C.W., & Riba, M. (Eds.). (2016). *Physical Exercise Interventions for Mental Health*. Cambridge University Press.