COURSE OUTLINE

(1) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	ΚΑ-354ΥΠ	**SEMESTER**	Winter and Spring
COURSE TITLE	**THEORY OF ATHLETIC TRAINING**		

TEACHING ACTIVITIES	**TEACHING HOURS PER WEEK**	**ECTS**
Lectures	3	6
Practical application	1	

COURSE TYPE	Compulsory
PREREQUISITE COURSES:	-
TEACHING AND EXAMS LANGUAGE:	English/Greek
OFFERED TO ERASMUS STUDENTS	Yes
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED277/

(2) LEARNING OUTCOMES

Learning outcomes

- The course aims at understanding and learning the basic principles of training, the relationship between training load and performance as well as the methodology of training and improving all physical abilities in order to maximize performance as well as to promote and health and well being of individuals exercising at any level. On the practical application side, it aims to improve the ability of the students to practically apply methods for measuring and evaluating training load, as well as to desing training programmes aimed at improving basic physical abilities (e.g. strength, endurance, power, flexibility) in athletes and trainees of all ages.

General skills

Upon successful completion of the course the student:

- will be able to plan the long-term planning of training (introduction of the athlete to sport, orientation of the athlete in either team or individual sport, choice of sport, specialization and championship). This knowledge enables the student to work in Federations, Associations, Teams etc.
- will be able to design the annual training programme either on the basis of competitive peaks in cycles (mid-cycles and micro-cycles), or on the basis of improving all biomotor skills (strength, speed, endurance and flexibility), or by combining them with the learning, assimilation and refinement of technical and tactical skills. This knowledge enables the student to work with either beginners for individual sports or in academies for team sports, as well as with people of all ages who exercise to promote their health and fitness.
- will have acquired a solid basis for training athletes in different sports. This basic knowledge will enable students to effectively plan training programming from beginner to champion in either team or individual sports
- will have the ability to design individual and team training programs aimed at improving the fundamental physical abilities (e.g., strength, power, flexibility, endurance), in order to promote health and well-being in individuals who perform exercise at all ages and fitness levels.