COURSE OUTLINE

(1) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	ΑΠ-185 Επ	**SEMESTER**	Winter and Spring
COURSE TITLE	**ADVANCED LEVEL OF VOLLEYBALL**		

TEACHING ACTIVITIES	**TEACHING HOURS PER WEEK**	**ECTS**
Lectures	1	4
Practical application	2	

COURSE TYPE	Optional Course, Special Background, Skills Development
PREREQUISITE COURSES:	- Didactics and Coaching of Volleyball (AP-254 LIS)
TEACHING AND EXAMS LANGUAGE:	Greek/English
OFFERED TO ERASMUS STUDENTS	Yes
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED748/

(2) LEARNING OUTCOMES

Learning outcomes
- Volleyball as a team sport requires special mental, psychological and technical skills. Involvement at both recreational and competitive levels requires the appropriate knowledge and experience in order for the athletes to meet the current needs of each match. Further education and practice through this course, complements and extends the learning level of the students, developing even more all the above-mentioned skills and knowledge, in relation to those acquired during the teaching of the corresponding basic compulsory course. The knowledge provided, both on a theoretical and practical level, offers more teaching autonomy to the future teacher, while at the same time creates all the necessary conditions for a smooth transition and attendance of the Specialty course for the acquisition of a specialization diploma. The course contributes to the student's ability to effectively assist as an associate coach, training and coaching volleyball players at beginner and advanced team level. - -
General skills
Upon successful completion of the course the student will be able to: - - understand the contribution of passing and scoring skills in training and in the game - - choose the appropriate formation system according to the competitive level of his/her team - - choose the appropriate receiving and defensive systems according to the playing level of his/her team - - select the basic tests for the evaluation of the physical characteristics and physical capacities of the player - - be familiar with basic statistical analysis and interpretation of player and team performance

COURSE OUTLINE

(3) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE

LEVEL OF STUDIES	UNDERGRADUATE			
COURSE CODE	**ΑΒ-114ΕΠ**	**SEMESTER**	Spring	
COURSE TITLE	**APPLIED SPORTS ERGOPHYSIOLOGY**			
TEACHING ACTIVITIES			**TEACHING HOURS PER WEEK**	**ECTS**
Lectures			2	4
Practical application			1	
COURSE TYPE	Elective			
PREREQUISITE COURSES:	-			
TEACHING AND EXAMS LANGUAGE:	English/Greek			
OFFERED TO ERASMUS STUDENTS	Yes			
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED392/			

(4) LEARNING OUTCOMES

Learning outcomes
- Exercise is a stressor that challenges the homeostasis of human body. Applied Exercise Physiology studies the acute and chronic adaptations of human body in response to physical activity. Applied Exercise Physiology is based on Human Physiology and Exercise Physiology and its main aims are to study: a) the effects of acute exercise on human body and b) the adaptation of human body in response to chronic exercise. Applied Exercise Physiology supports the Exercise Physiology principles for increasing athletic performance and enhancing the effects of training on health and quality of life. - The course content aims for the university student to understand the function of the body's systems that correlates with the enhancement of performance and the promotion of health. Moreover, through the course are highlighted the particularity of the different sports events and the specific approach of training for the promotion of health and quality of life.
General skills
Upon successful completion of the course the student: - will learn about the function of the muscle under different load conditions as well as the use of energy substrates during exercise. - will understand the different energy consumption depending on the type of exercise as well as the factors associated with fatigue. - will learn about the function of the cardiovascular system during exercise as well as its adaptations to chronic protocols of different types of exercise. - will understand the principles of training which have to be followed in order to optimize performance. - will learn the peculiarities of resistance training depending on the sport while he will become familiar with the various models of aerobic and anaerobic training. - will understand the different training approaches in different sports, will learn how to improve performance and will have the ability to recognize the overtraining syndrome. - will learn about the importance of nutrition in athletic performance and health. - will get acquainted with the ways of measuring and evaluating the physical performance. - will recognize the characteristics of exercise induce muscle damage, its effect on exercise performance and on health parameters in both young and elderly.

COURSE OUTLINE

(5) GENERAL

SCHOOL	PHYSICAL EDUCATION AND SPORT SCIENCE

DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	**CIVIS**: UNDERGRADUATE OR GRADUATE		
COURSE CODE	ΘΕ-124επ	**SEMESTER**	Winter or Spring
COURSE TITLE	**DEGENDERING IN SPORT AND SOCIETY**		

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

COURSE TYPE	Elective
PREREQUISITE COURSES:	-
TEACHING AND EXAMS LANGUAGE:	**English**
OFFERED TO ERASMUS STUDENTS	**Yes**
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED269/ (English) https://eclass.uoa.gr/courses/PHED263/ (Greek)

(6) LEARNING OUTCOMES

Learning outcomes

The course covers gender issues in sport and society, incorporating theoretical and empirical perspectives on gender, focusing on the gender dynamics in the social space of sport and physical education. It aims to raise awareness and equip students with a broader perspective in addressing gender gaps (eg. women's underrepresentation in sport leadership) and how sports are shaped by gender, class, ethnicity, religion, ability, age and sexuality. In providing a critical examination/review on social exclusion and inclusion, the course aims to encourage reflection and promote critical thinking, social, professional and ethical responsibility, including social awareness as regards respect for diversity and gender equality.

General skills

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

- discuss gender-neutral standards from the perspective of social inclusion and equal participation, including new realms of agency in promoting gender equity through sport.
- understand theoretical perspectives on gender, gender roles, gender stereotypes, gender identity and social exclusion
- contribute to the discussion on integration versus inclusion
- acquire the tools to use sports, games and physical education to promote inclusivity and reconciliation
- consider athlete activism in bridging the social inequality gaps.

THEMATIC UNITS:

- Gender, social capital, multiculturalism and sport.
- Theoretical perspectives on gender, the gender/sex distinction, the body and gender-neutral standards.
- A historical perspective on women's exclusion and participation in Olympic sports (1896-2024): Sport as an emancipatory space and tool, or Visibility: the Olympics and mega sport events as a space-means-tool for promoting Human Rights.
- Sport as social capital: Social capital theories and concepts, inclusive and exclusive dimensions (bridging and bonding social capital) and "dark social capital" in sport.
- Tokenism and the gender gap in sport leadership-sport governing bodies (eg. IOC, sport federations, National Olympic Committees).
- The Adonis complex and the objectification of the male body: The commercialization of sport identity (sexualized male and female athletes) in the mass media.
- Homophobia and transphobia in sports.
- The under representation of women's sports coverage and women athletes in the mass media.

- Women's sport and Olympic entrepreneurship: The Greek experience: Outstanding women in the social space of sport.
- Disability and gender: Sport as a means of inclusion and integration for "those of us with disabilities"
- Muslim women's and girls' participation in sport and physical education: Strategies for inclusion
- Sexual harassment, gender and sport: Coed sports as a means of bridging the gender-divide and eliminating gender harassment and violence
- Active ageing, gender and sport: a sociological perspective, or the role of gender, age, and social class.

COURSE OUTLINE

(7) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	ΓΧ-190Eπ	**SEMESTER**	Winter and Spring
COURSE TITLE	Didactics & Principles of Training in Trampoline		

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

COURSE TYPE	Optional Course - Special Background, Skills Development
PREREQUISITE COURSES:	Didactics & principles of training in Basic Gymnastics
TEACHING AND EXAMS LANGUAGE:	English/Greek
OFFERED TO ERASMUS STUDENTS	Yes- Completion of a written assignment in English and participation in the practical part of the course
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED493/

(8) LEARNING OUTCOMES

Learning outcomes
Purpose of the course: to develop students' understanding on the use of the elastic surface as a training means contributing to the optimization of physiological functions, overall motor performance and motor skill acquisition. In addition, students will understand motor performance in relation to the axes of rotation and gravitational forces, and they will acquire a comprehensive understanding of the function of the human body in space in relation to flight time. The use of trampoline as an additional training means for all sports and for recreational purposes with minimal physical strain, is also analyzed.
General skills
Upon successful completion of the course students will be able to: -understand the fundamental skills and basic techniques of the sport, as well as bouncing mechanics in relation to the axes of rotation focusing on learning stages, skills progression, safety and assistance issues -apply kinematic principles of flight and rotation in movements -understand -at initial level- the technical rules and evaluation criteria of trampoline performance -understand the characteristics of the stretch-shortening cycle (SSC) in trampoline movements and its implementation using unstable training tools (e.g., BOSU, fitness balls) for enhanced neuromuscular adaptations. - understand the organization and structure of trampoline training, modifying it accordingly to the participants.

COURSE OUTLINE

(9) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	ΓΧ-151Υπ	**SEMESTER**	Winter
COURSE TITLE	**DIDACTICS AND THEORY OF TRAINING IN BASIC GYMNASTICS**		

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

COURSE TYPE	Compulsory, General background, Skills development
PREREQUISITE COURSES:	-
TEACHING AND EXAMS LANGUAGE:	English/Greek
OFFERED TO ERASMUS STUDENTS	Yes- Completion of a written assignment in English and participation in the practical part of the course
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED373/ https://eclass.uoa.gr/courses/PHED360/ (depending on the class that the students attend)

(10) LEARNING OUTCOMES

Learning outcomes
Purpose of the course: the study of the design and implementation of exercises and/or gymnastics programs aiming at the development of fundamental and athletic motor skills, the improvement of physical abilities and the multifaceted development of the individual, in the context of education, lifelong exercise, and sport. The course also aims to inform students about the current international literature on issues related to the implementation of gymnastics exercises in populations of different ages and performance levels.
General skills
Upon successful completion of the course the student will be able to: - Know and be able to teach the technique of basic gymnastic exercises, identify and correct errors of technique, while considering safety issues and using correct gymnastic terminology, - to plan and present, in collaboration with his/her fellow students, individual and group gymnastics programs or combinations of skills, selecting, to a satisfactory degree, appropriate gymnastic exercises according to (a) the purpose of the exercise and (b) the specificities of the participants, - understand the methodology of teaching gymnastics and the basic principles of pedagogy and coaching, - to evaluate to a satisfactory degree electronic and non-electronic sources of gymnastics exercises and to put research evidence into practice by developing autonomous teaching in exercise and sports settings.

COURSE OUTLINE

(11) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	**ΑΒ201ΥΠ**	**SEMESTER**	Winter
COURSE TITLE	**ERGOPHYSIOLOGY**		

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

COURSE TYPE	Compulsory
PREREQUISITE COURSES:	-
TEACHING AND EXAMS LANGUAGE:	English/Greek
OFFERED TO ERASMUS STUDENTS	Yes
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED125/

(12) LEARNING OUTCOMES

Learning outcomes

- Ergophysiology is the science that investigates how the body functions and adapts during muscular effort. The biological adaptations to exercise are classified as immediate and chronic. The body's functions are examined by anatomical system and in combination with all systems together. The improvement of fitness, health, and performance through exercise results from these biological adaptations.
- The purpose of this course is to understand the effects of different training and exercise stimuli on the adaptations of the human body.

General skills

Upon successful completion of the course, the student will understand:

- The energy systems and energy substrates
- The sources of muscular energy, muscle glycogen, glucose, and muscle fatigue
- Energy economy and the energy cost of muscular activities
- The concept of aerobic capacity and the anaerobic threshold as an indicator of aerobic capacity
- The concept of anaerobic capacity and power
- The metabolic adaptations resulting from aerobic and anaerobic training
- Muscle action and muscle performance
- Neuromuscular adaptations to resistance training
- Cardiovascular and respiratory responses during exercise
- Cardiorespiratory adaptations following aerobic training
- The body's thermoregulation during exercise
- Athletic performance

COURSE OUTLINE

(13) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	ΓΧ-467ΕΧ	**SEMESTER**	Spring
COURSE TITLE	**ETHNOCHOREOLOGY**		

TEACHING ACTIVITIES	TEACHING HOURS PER WEEK	ECTS
Lectures	2	4

COURSE TYPE	Selective-Compulsory
PREREQUISITE COURSES:	-

TEACHING AND EXAMS LANGUAGE:	English/Greek
OFFERED TO ERASMUS STUDENTS	Yes
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED664/

(14) LEARNING OUTCOMES

Learning outcomes
Ethnochoreology is an undergraduate course during the spring semester that looks at the relationship between dance and society theoretically and through specific examples from the extremely rich Greek dance tradition. Since all communities all over the world have rich dance traditions and since dance as one of the forms of movement constitutes an inseparable part of physical education, this course will highlight the cultural dimension of dance and dancing by developing analytical and critical thinking, skills and fluency in addressing issues related to dance ethnography within the context of ethnochoreology.
General skills
Upon successful completion of the course the student will be able: - to determine the position of ethnochoreology in the general context of dance studies, to refer its fundamental concepts and to describe the trends of ethnochoreology by identifying the folkloric, anthropological, ethnological approach to the study and research of dance - to recognize ethnographic research in dance and to determine the stages of its conduct - to describe the methods and techniques of conducting field research in dance and to recognize the psychomotor, social, communication and organizational skills of conducting field research in dance - to plan, organize and conduct an ethnographic research in dance and to evaluate it - to state examples of ethnographies of Greek traditional dance.

COURSE OUTLINE

(15) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE		**SEMESTER**	Spring
COURSE TITLE	**HISTORY OF *GYMNASTIKE* IN GREEK ANTIQUITY**		
TEACHING ACTIVITIES		**TEACHING HOURS PER WEEK**	**ECTS**
Different Teaching Methods (Lectures – Interactive Learning)		2	4
COURSE TYPE	Compulsory		
PREREQUISITE COURSES:	-		
TEACHING AND EXAMS LANGUAGE:	English		
OFFERED TO ERASMUS STUDENTS	Yes		
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED667/		

(16) LEARNING OUTCOMES

Learning outcomes
The objective of the course is the understanding of the events that led to the emergence, acceptance, and development of the **Science - Art of *Gymnastike*** (exercises, games, orchesis, competitions) as a means for achieving human "perfection" in Greek antiquity. As an academic subject, it aims to progressively introduce students to: a)

Understanding how and why ***Gymnastike*** contributed to human self-improvement and excellence. b) Knowledge of the fundamental aspects that established the **phenomenon of sport** in all its distinct elements. c) Utilizing conclusions drawn from the study of historical events spanning thousands of years as a source of inspiration and critical reflection.
General skills
Upon successful completion of the course, students will be able to: - Distinguish the **different applications of *Gymnastike*** across various cultures. - Recognize the **evolution of training systems in** Greek antiquity and the organization/functionality of athletic competitions based on cultural needs. - Understand the **educational value** of *Gymnastike* and differentiate between the terms **educated and uneducated (trained and untrained).** - Analyze and assess the **elements that established the ancient Greek nation as a "truly Athletic Nation" of antiquity.** - Clarify the meaning of **competitive values and concepts,** such as rivalry, cooperation, competition, transcendence, violation, superiority, performance, ambition, love of beauty, modesty, moderation, faith, excellence, fair play (*eu agonizesthai*), and virtue. - Identify the **origins of 'paidotribai' (ancient trainers/physical educators)** and the formation of the **scientific identity of gymnasts**, comparing them to modern phenomena. - Determine the **development and techniques** of classical athletic events and recognize similarities and differences compared to their modern counterparts. - Evaluate the **evolution of the institution of sport**, interpret contemporary sporting events, and recognize their significance. - Distinguish and compare the **long-term effects of *Gymnastike*** in a diachronic perspective.

COURSE OUTLINE

(17) 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
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED369/

(18) 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

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%)

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.

COURSE OUTLINE

(19) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	ΚΑ-352ΥΠ	**SEMESTER**	Winter and Spring
COURSE TITLE	**PRINCIPLES OF STRENGTH TRAINING**		
TEACHING ACTIVITIES		**TEACHING HOURS PER WEEK**	**ECTS**

Lectures	2	6
Practical application	2	

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

(20) LEARNING OUTCOMES

Learning outcomes
- Purpose of the course: The purpose of the course is to acquire both theoretical and practical knowledge related to muscle strengthening and the design of resistance training programs for different populations.
General skills
Upon successful completion of the course the student will be able to: - understand muscle physiology and the mechanisms of muscle contraction - describe the neuromuscular function and energy sources of muscle contraction - distinguish the different qualities of muscle strength (maximum power, endurance, explosiveness) - describe the types of muscle contractions and their relationship to the sports, methods and systems of muscle strengthening training - understand the concepts of intensity and volume in strength training - design and implement resistance training programs - classify and use different resistance training exercises - understand the basic principles and applications of the methods of training guidance - apply safety techniques and operating standards in a gym

COURSE OUTLINE

(21) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	ΥΣ-473ΥΣ	**SEMESTER**	Winter
COURSE TITLE	**SPECIAL ISSUES IN AQUATIC SPORTS**		

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

COURSE TYPE	Elective
PREREQUISITE COURSES:	Didactics and theory of training in Swimming. Successful completion of 15 compulsory courses. Three out of the four following courses: Theory of training, Exercise physiology, Motor behavior, Psychology.
TEACHING AND EXAMS LANGUAGE:	Greek/English
OFFERED TO ERASMUS STUDENTS	Yes
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED635/

(22) LEARNING OUTCOMES

Learning outcomes
- The purpose of the course is to provide in-depth knowledge of specific issues related to competitive aquatic sports like swimming, synchronized swimming and water polo through scientific based evidence. The students will be familiarized with scientific research and will critically discuss findings concerning nutrition, fatigue, overtraining, dropout, sleep and injuries in aquatic sports.
General skills
Upon successful completion of the course the student: - Should be able to Independently criticize research findings in aquatic sports and understand their importance for aquatic athletes' health and performance - Will be able to discuss, provide and synthesize evidence while working in teams - Will be able to effectively search for evidence supporting critical decisions concerning training in aquatic sports

COURSE OUTLINE

(23) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	ΑΒ-202ΥΠ	**SEMESTER**	Spring
COURSE TITLE	**TESTS AND MEASUREMENT IN PHYSICAL EDUCATION AND SPORT SCIENCE (ERGOMETRY)**		

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

COURSE TYPE	Compulsory
PREREQUISITE COURSES:	-
TEACHING AND EXAMS LANGUAGE:	English/Greek
OFFERED TO ERASMUS STUDENTS	Yes
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED137/

(24) LEARNING OUTCOMES

Learning outcomes
- Ergometry deals with the measurement and evaluation of muscular effort, using specific standardized tests and procedures, and aims at improving physical fitness and maximizing human athletic performance.
General skills
Upon successful completion of the course the student will be able to: - use scientific standardized tests, valid and reliable, for measuring and evaluating muscular effort - quantify parameters of physical fitness and athletic abilities - evaluate and interpret the results of ergometric tests, in order to prescribe and supervise exercise programs aimed at improving health and performance.

COURSE OUTLINE

(25) 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	2	4
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/

(26) 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.

COURSE OUTLINE

(27) GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCE

DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE		
COURSE CODE	ΥΣ-189Επ	**SEMESTER**	Winter and Spring
COURSE TITLE	**ADAPTED AND THERAPEUTIC SWIMMING**		

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

COURSE TYPE	Elective
PREREQUISITE COURSES:	Didactics and Theory of Training in Swimming
TEACHING AND EXAMS LANGUAGE:	Greek/ English
OFFERED TO ERASMUS STUDENTS	Yes
WEBPAGE (URL)	https://eclass.uoa.gr/courses/PHED368/

(28) LEARNING OUTCOMES

Learning outcomes

- Purpose of this course is the adaptation of swimming skills to include people with motor or developmental disabilities and the aquatic autonomous movement of people with chronic health issues in aquatic activities.
- Moreover, adapted swimming has a broaden sense and covers the adaptation of exercise in water for people with disabilities or special needs like infants, kids, pregnant women, seniors etc.
- Therapeutic methods covering the improvement in all aspects of physical fitness of persons with health problems when exercising in the water for exercise, with safety.
- Analysis and synthesis of data in swimming evaluation, motor restrictions of each person and swimming adaptation when exercising in water that suits to the person's needs.
- Respect in diversity and cross-cultural behaviors because of special populations
- Exhibit of social, professional and moral responsibility/sensitivity in matters of sex with physical touch of the teacher/therapist to the student/patient.
- Creative thinking that corresponds to the difficulty of leading and training people with disabilities in the water which is a demanding environment.

General skills

After successful completion of the course the student will be in position to:

- To recognize through swimming evaluation tests the motor impairments of each person and adapt swimming and exercise training in water that fits that person
- Understand indications and contraindications that refer to every disability, handicap and disfunction in swimming and the difficulties that the person will confront in relation with his/hers motor or mental constrains.
- Create either pedagogical focused inclusion programs or personal programs for youngsters, or recreational programs for older people, that aim in developing their swimming skills and physical fitness