

A101, PERSONAL TRAINING

COURSE OUTLINE

RESPONSIBLE OF THE COURSE	Bogdanis Gregory
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1. GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCES		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCES		
LEVEL OF STUDIES	7		
COURSE CODE	A101	SEMESTER	A SEMESTER
COURSE TITLE	PERSONAL TRAINING		
TEACHING ACTIVITIES <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>	TEACHING HOURS PER WEEK	ECTS CREDITS	
	3	7,5	
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SCIENTIFIC AREA		
PREREQUISITES:			
TEACHING & EXAMINATION LANGUAGE:	GREEK		
COURSE OFFERED TO ERASMUS STUDENTS:			
COURSE URL:	https://eclass.duth.gr/courses/PHYED8101/		

2. LEARNING OUTCOMES

Learning Outcomes <i>Please describe the learning outcomes of the course:</i> <i>Knowledge, skills and abilities acquired after the successful completion of the course.</i>																		
<p>The specific course aims at the theoretical and practical training of students with the aim of designing programs to improve the physical condition of trainees in the gym. The training methods will be presented with a modern analysis of the exercises and in combination with the modern research data the students will design individual and group exercise programs in the gym.</p> <p>After successful completion of the course students will be able to:</p> <ol style="list-style-type: none"> 1. design and implement effective endurance, speed, agility and strength training programs for athletes based on their individual needs. 2. structure weekly training plans for athletes. 3. design and implement exercise programs based on scientific data. 																		
<p>General Skills <i>Name the desirable general skills upon successful completion of the module</i></p> <table border="0"> <tr> <td><i>Search, analysis and synthesis of data and information,</i></td> <td><i>Project design and management</i></td> </tr> <tr> <td><i>ICT Use</i></td> <td><i>Equity and Inclusion</i></td> </tr> <tr> <td><i>Adaptation to new situations</i></td> <td><i>Respect for the natural environment</i></td> </tr> <tr> <td><i>Decision making</i></td> <td><i>Sustainability</i></td> </tr> <tr> <td><i>Autonomous work</i></td> <td><i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i></td> </tr> <tr> <td><i>Teamwork</i></td> <td><i>Critical thinking</i></td> </tr> <tr> <td><i>Working in an international environment</i></td> <td><i>Promoting free, creative and inductive reasoning</i></td> </tr> <tr> <td><i>Working in an interdisciplinary environment</i></td> <td></td> </tr> <tr> <td><i>Production of new research ideas</i></td> <td></td> </tr> </table>	<i>Search, analysis and synthesis of data and information,</i>	<i>Project design and management</i>	<i>ICT Use</i>	<i>Equity and Inclusion</i>	<i>Adaptation to new situations</i>	<i>Respect for the natural environment</i>	<i>Decision making</i>	<i>Sustainability</i>	<i>Autonomous work</i>	<i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i>	<i>Teamwork</i>	<i>Critical thinking</i>	<i>Working in an international environment</i>	<i>Promoting free, creative and inductive reasoning</i>	<i>Working in an interdisciplinary environment</i>		<i>Production of new research ideas</i>	
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- Adaptation to new situations
- Decision making
- Autonomous work
- Teamwork
- Working in an interdisciplinary environment
- Project design and management
- Equity and Inclusion
- Demonstration of social, professional and moral responsibility and sensitivity to gender issues
- Critical thinking
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

The course contents include:

1. Designing empowerment programs
2. Upper and lower limb strengthening exercise book
3. Designing core strengthening programs
4. Strengthening with complex multi-joint exercises
5. Eccentric strength training
6. Planning endurance training programs
7. Planning special endurance training programs
8. Designing speed training programs
9. Designing agility training programs
10. Planning flexibility training programs
11. Training unit design
12. Planning a weekly training plan
13. Planning an annual training plan

4. LEARNING & TEACHING METHODS - EVALUATION

<p style="text-align: center;">TEACHING METHOD <i>Face to face, Distance learning, etc.</i></p>	<p>– The educational process is carried out either with live lectures by the teachers, or with face to face (synchronous) lectures by the teachers, or with on demand (asynchronous) lectures by the teachers, or with laboratory courses, or with the preparation and presentation of assignments by the students, or in any other appropriate way that, in the judgment of the professors, contributes to the best scientific approach to the subject and training of the student.</p>	
<p style="text-align: center;">USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i></p>	<p>Utilization of new technologies in teaching, laboratory education and communication with students</p>	
<p style="text-align: center;">TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail. Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i></p> <p><i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i></p>	<p>Activity</p>	<p>Workload/semester</p>
	Lectures	39
	Lab exercises	30
	Project	58
	Study of digital material	30
	Practical practice	31

	Total	188
<p>STUDENT EVALUATION <i>Description of the evaluation process</i></p> <p><i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i></p> <p><i>Please indicate all relevant information about the course assessment and how students are informed</i></p>	<p>Students will be evaluated:</p> <ol style="list-style-type: none"> 1. Presentation of research data of exercise programs for all physical abilities, in athletes. 20% 2. Midterm exam 40% 3. Final exam 40% 	

5. SUGGESTED BIBLIOGRAPHY

Tudor Bompá and Gregory Haff	Periodization. Theory and Methodology of Training.	Human Kinetics	2009	9780736074834
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ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Bogdanis Gregory, Professor
Contact details:	Email: gbogdanis@phed.uoa.gr
Supervisors: (1)	No
Evaluation methods: (2)	Written or oral examination with distance learning methods, via eClass. Identification and monitoring of examinees through Microsoft Teams
Implementation Instructions: (3)	<p>The total examination duration of each group will be 90 minutes. In the first thirty minutes of the examination period, the examinees will be identified through the MS Teams app. For this purpose, there must be a camera, microphone and headphones connected to their terminal device (PC or smartphone). The relevant link will be sent via eClass, exclusively to the institutional accounts of those who have registered for the course and have accepted the terms of distance examination. For identification, students will display their student ID on camera when requested.</p> <p>The main examination will be carried out through the "Exercises" application of eClass. In particular, at the end of the identification process, an exercise entitled "Examination A101" will be activated in the eClass, which will include 40 questions. The time limit for answering the questions will be 60 minutes. During this period, all questions should be answered and finalized. Each of the questions will be graded with 0.25 points.</p> <p>Students should log in to the eClass platform through their institutional account.</p> <p>Also during the exam the camera and microphone of the examinees have to be continuously activated and the MS Teams application should be open.</p>

(1) Please write YES or NO

(2) Noted own the evaluation methods used by the teacher, e.g.

- *written assignment* or/and *exercises*
- written or oral examination with distance learning methods, provided that the integrity and reliability of the examination are ensured.

(3) In the **Implementation Instructions** section, the teacher notes down clear instructions to the students:

- a) in case of **written assignment and / or exercises**: the deadline (e.g. the last week of the semester), the means of submission, the grading system, the grade percentage of the assignment in the final grade and any other necessary information.
- b) in case of **oral examination with distance learning methods**: the instructions for conducting the examination (e.g. in groups of X people), the way of administration of the questions to be answered, the distance learning platforms to be used, the technical means for the implementation of the examination (microphone, camera, word processor, internet connection, communication platform), the hyperlinks for the examination, the duration of the exam, the grading system, the percentage of the oral exam in the final grade, the ways in which the inviolability and reliability of the exam are ensured and any other necessary information.
- c) in case of **written examination with distance learning methods**: the way of administration of the questions to be answered, the way of submitting the answers, the duration of the exam, the grading system, the percentage of the written exam of the exam in the final grade, the ways in which the integrity and reliability of the exam are ensured and any other necessary information.

There should be unattached list with the Student Registration Numbers only of students eligible to participate in the examination.

