

A103, MEASUREMENTS & EVALUATION

COURSE OUTLINE

| | |
|----------------------------------|------------------|
| RESPONSIBLE OF THE COURSE | Vasiliki Malliou |
|----------------------------------|------------------|

1. GENERAL

| | | | |
|--|---|---------------------|------------|
| SCHOOL | PHYSICAL EDUCATION & SPORT SCIENCES | | |
| DEPARTMENT | PHYSICAL EDUCATION & SPORT SCIENCES | | |
| LEVEL OF STUDIES | 7 | | |
| COURSE CODE | A103 | SEMESTER | A SEMESTER |
| COURSE TITLE | MEASUREMENTS & EVALUATION | | |
| 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/PHYED8103/ | | |

2. LEARNING OUTCOMES

| |
|--|
| <p>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> |
| <p>Course objectives include</p> <p>This course is designed to provide students with knowledge, skills, and abilities related to the design, implementation, and guidance of TEST & EVALUATION courses. The knowledge that will be acquired is related to the following:</p> <ol style="list-style-type: none"> evaluating and assessing body composition, range of motion, and functional tests necessary to evaluate exercisers to promote the health of their cardiovascular and musculoskeletal system, based on current research data. <p>The course aims at the theoretical and practical training of students in these assessments, in order to be able to apply them safely and effectively to trainees.</p> <p>Upon completion of the course the student</p> <ul style="list-style-type: none"> He will be able to assess the athlete's body composition. He will be able to perform a series of functional tests and interpret the results He will be able to conduct field tests to assess fitness He will be able to measure the range of motion in the joints of the upper and lower extremities He will be able to perform balance and neuromuscular control tests of the lower extremities |
| <p>General Skills <i>Name the desirable general skills upon successful completion of the module</i> <i>Search, analysis and synthesis of data and information, Project design and management</i></p> |

| | |
|---|--|
| <p><i>ICT Use</i></p> <p><i>Adaptation to new situations</i></p> <p><i>Decision making</i></p> <p><i>Autonomous work</i></p> <p><i>Teamwork</i></p> <p><i>Working in an international environment</i></p> <p><i>Working in an interdisciplinary environment</i></p> <p><i>Production of new research ideas</i></p> | <p><i>Equity and Inclusion</i></p> <p><i>Respect for the natural environment</i></p> <p><i>Sustainability</i></p> <p><i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i></p> <p><i>Critical thinking</i></p> <p><i>Promoting free, creative and inductive reasoning</i></p> |
| <ul style="list-style-type: none"> - Search, analysis and synthesis of data and information, ICT Use - 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

| |
|---|
| <p>The course contents include:</p> <ol style="list-style-type: none"> 1. Assessment of Physical Condition 2. Skinfolds 3. Evaluation of Aerobic Capacity I (Submaximal Outdoor Tests) 4. Evaluation of Aerobic Capacity II (Maximum intensity outdoor tests) 5. Evaluation of Anaerobic capacity (Wingate test) 6. Exercise prescription 7. Spinning - High Intensity Interval Training (HIIT) 8. Evaluation of somatometric characteristics and bundles of measurements in athletes and sportsmen (lifetime) 9. Assessment of body composition in athletes and sportsmen (lifetime) 10. FMS TEST 11. FMS TEST practice 12. Angle measurements of upper limb joints 13. Angle measurements of lower limb joints |
|---|

4. LEARNING & TEACHING METHODS - EVALUATION

| | | |
|--|--|---------------------------------|
| <p>TEACHING METHOD</p> <p><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>USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT)</p> <p><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>TEACHING ORGANIZATION</p> <p><i>The ways and methods of teaching are described in detail.</i></p> <p><i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning,</i></p> | <p>Activity</p> | <p>Workload/semester</p> |
| | <p>Lectures</p> | <p>30</p> |
| | <p>Lab exercises</p> | <p>27,5</p> |

| | | |
|--|--|--------------|
| <p><i>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> | Project | 70 |
| | Home study | 60 |
| | Total | 187,5 |
| <p>STUDENT EVALUATION</p> <p><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>Courses are evaluated by written or oral examination, assignment, presentation, report (report) or a combination of the above. The exact format of the evaluation is determined by the teacher or teachers in relation to the nature of each course and is announced at the beginning of the semester.</p> <ol style="list-style-type: none"> Interim evaluations Individual project Written exams including: multiple choice tests, short answer questions and development questions designed to solve problems | |

5. SUGGESTED BIBLIOGRAPHY

Laboratory Assessment and Exercise Prescription First Edition

by Jeffrey M. Janot (Author), Nicholas M. Beltz (Author) ISBN 1718211910

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

| | |
|---|---|
| Teacher (full name): | Vasiliki Malliou |
| Contact details: | bmalliou@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 A104" 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.