COURSE OUTLINE

RESPONSIBLE OF THE COURSE	Helen Douda, Professor D.P.E.S.S. – D.U.T.H.

1. GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCES		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCES		
LEVEL OF STUDIES	7		
COURSE CODE	**A202**	**SEMESTER**	**2nd**
COURSE TITLE	WOMAN, EXERCISE AND HEALTH		

TEACHING ACTIVITIES *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.*	**TEACHING HOURS PER WEEK**	**ECTS CREDITS**
	3	7,5
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.		

COURSE TYPE *Background, General Knowledge, Scientific Area, Skill Development*	Elective course – Specific Scientific Area
PREREQUISITES:	No
TEACHING & EXAMINATION LANGUAGE:	Greek English (Erasmus students)
COURSE OFFERED TO ERASMUS STUDENTS:	Yes
COURSE URL:	https://eclass.duth.gr/courses/156/

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills, and abilities acquired after the successful completion of the course.

This course is designed to provide students with the acquisition of knowledge, skills, and abilities for the design and implementation of appropriate exercise programs. This course aims to train students to:

i) can design and implement specialized exercise programs, taking into account the specifics of the female body and its biological development.

(ii) promote the health of athletic women of reproductive and non-reproductive age (menstrual cycles, gestation, maternity, pre-menopause, menopause, post-menopause, and aging).

iii) to improve the athletic performance of female athletes, knowing their biological functions and breaking down social misconceptions and stereotypes related to women's participation in sports.

Upon completion of the course, students will be able to:

- design and implement specialized exercise programs, taking into account the specifics of the female body and its biological evolution.
- promote the health of athletic women of reproductive and non-reproductive age (menstrual cycles, gestation, maternity, perimenopause, menopause, postmenopause, and aging).
- improve the athletic performance of female athletes, knowing their biological functions and the adaptations of exercise in the female body.

- plan and implement an exercise program at each different stage of a woman's life, taking into account hormonal and physical changes, such as during pregnancy or menopause.
- understand the contribution of exercise in the prevention and treatment of diseases that mainly affect the female population, such as breast cancer and polycystic ovary syndrome.

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information, ICT Use	*Project design and management*
Adaptation to new situations	*Equity and Inclusion*
Decision making	*Respect for the natural environment*
Autonomous work	*Sustainability*
Teamwork	*Demonstration of social, professional and moral responsibility and sensitivity to gender issues*
Working in an international environment	*Critical thinking*
Working in an interdisciplinary environment	*Promoting free, creative and inductive reasoning*
Production of new research ideas	

- 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

1. Biological and functional adaptations of the female body during exercise
2. Exercise during the menstrual cycle - Exercise disorders in female athletes
3. The biology of obesity: The role of exercise in woman’s health
4. Practical application: Design of group and personalized exercise programs in overweight or obese women
5. Prenatal and postnatal exercise training
6. Practical application: Program design of group and personalized exercise programs for pregnant women
7. The role of exercise during menopause
8. Practical application: Program design of group and personalized exercise programs for healthy premenopausal women
9. The role of exercise in bone metabolism during menopause
10. Practical application: Program design of real-world group and personalized exercise programs for women with osteopenia and osteoporosis
11. The role of exercise in breast and gynecologic cancer
12. Woman and aging: The role of exercise in reducing sarcopenia
13. Team Work presentations

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc.*	Lectures face to face (with the possibility of using distance learning tools) Practical application of exercise programs.

	Note: In the case of distance learning, for the practical application modules it is possible to record and send through e-class specialized exercise programs by the students in case or non-case reports of trainees and dynamic interaction through annotation and group sessions on how to plan, guide and of the exercise program in simulation conditions.
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Use of ICT in Teaching
TEACHING ORGANIZATION *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.* *The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.*	
STUDENT EVALUATION *Description of the evaluation process* *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* *Please indicate all relevant information about the course assessment and how students are informed*	The evaluation of the students includes: • INDIVIDUAL WORK: Written review on a topic of free choice, related to the subject of the course, with recent bibliography of the last 5 years (~ 1200 words with a minimum limit of 8 research articles and an indicative Review Table): 25% • GROUP WORK: Presentation of a research article with contemporary bibliography: 15% • Final exams: 60%

Activity	*Workload/semester*
Lectures	39
Bibliographic research & analysis	60
Individual work	45
Teamwork	25,5
Essay Presentation	15
Final Exams	3
Total	**187,5**

5. SUGGESTED BIBLIOGRAPHY

1. Ehrman JK, Gordon PM, Visich PS. & Keteyian P.S. (2023). *Clinical Exercise Physiology*. University Studio Press, Thessaloniki.
2. Raven PB, Wasserman DH, Squires WG. & T.D. Murray (2016). *Exercise Physiology: A Holistic Approach.* Medical publications Lagos Dimitrios, Athens
3. Avlonitou Eleni (2018). *Women and Sports* - 2nd Edition. Livani Publishing House SA, Athens.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Helen Douda, Professor
Contact details:	edouda@phyed.duth.gr
Supervisors: (1)	NO
Evaluation methods: (2)	Written examination with distance learning methods
Implementation Instructions: (3)	The examination in the course will be carried out in subgroups of users in the e-class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat. The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance methods. Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified. Each student should answer multiple choice questions, free text development, critical thinking. Each of the questions is graded from 0.2 to 2.0 points depending on the question category.

(1) Please write YES or NO

(2) Note down 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 an attached list with the Student Registration Numbers only of students eligible to participate in the examination.