

A204 YOGA & TAI CHI: RESEARCH & MODERN APPROACHES

COURSE OUTLINE

RESPONSIBLE OF THE COURSE	
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1. GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCES		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCES		
LEVEL OF STUDIES	7		
COURSE CODE	A204	SEMESTER	B SEMESTER
COURSE TITLE	YOGA & TAI CHI RESEARCH & MODERN APPROACHES		
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/PHYED8108/		

2. LEARNING OUTCOMES

Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>
<p>The aim of the course is to acquire knowledge, skills and abilities related to planning, the implementation and guidance of specialized individual and group exercise programs for improving physical condition parameters and promoting musculoskeletal health systemic. Students will learn to design and implement programs myofascial training, adapted Yoga for the gym as well as TAI Chi</p> <p>The course aims at the theoretical and practical training of the students in the said fields programs, in order to be able to apply them safely and effectively to athletes and trainees.</p> <p>After successful completion of the course, the students:</p> <p>They will know specific topics of functional anatomy and kinesiology related to application of orthosomia programs.</p> <p>They will know specific topics of functional anatomy and kinesiology related to application of custom Yoga programs for the gym. They will know specific topics of functional anatomy and kinesiology related to the implementation of Yoga & Tai chi programs. They will be able to design and implement safe and effective individual and group specialized programs, basing their choices on current research data.</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><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> <p>The course contents include:</p> <ol style="list-style-type: none"> 1. Orthosomia 2. Straightness test. 3. Operational tests to evaluate the effectiveness of program applications exercise 4. Adapted Yoga for the gym I 5. Adapted Yoga for the gym II 6. Adapted Yoga for the gym III 7. Adapted Yoga for the gym: practical application I 8. Adapted Yoga for the gym: practical application II 9. .Breathing techniques, basic postures and Tai Chi movements. Body mechanics alignments and upright posture in Tai Chi. Basic traditional Tai Chi Chuan principles and 13 methods exercise. Chi Gung meditation practices and small cycle of energy flow in a sitting position. 10. Simple Chi Gung exercises ie simple breathing techniques, abdominal breathing, special meridian stretches and stretches, relaxing exercises for the spine and strengthening the energy sense and perception of the body. 11. Chi Gung Walking Patterns and Chi Gung Movements in Still Standing, Sitting position and supine position on mattress. Exercise book for core/trunk strengthening routines. 12 &13 .Teaching and practical application of the 15 element form Tai Chi Chuan Yang style.
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4. LEARNING & TEACHING METHODS - EVALUATION

<p style="text-align: center;">TEACHING METHOD</p> <p style="text-align: center;"><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;">-</p>
<p style="text-align: center;">USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT)</p> <p style="text-align: center;"><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>The ways and methods of teaching are described in detail.</p> <p>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.</p> <p>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</p>	<p>Activity</p>	<p>Workload/semester</p>
	Lectures	30
	Lab exercises	27,5
	Project	70
	Home study	60
	Total	187,5
<p>STUDENT EVALUATION</p> <p>Description of the evaluation process</p> <p>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</p> <p>Please indicate all relevant information about the course assessment and how students are informed</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>	

5. SUGGESTED BIBLIOGRAPHY

1. Δασκαλάκη Κ., Γιαννακού Ε., Πάφης Γ., Γιοφτσιδου Α., Μπενέκα Α., Μπεμπέτσος Ε., Μάλλιου Π. (2020). Είναι η Yoga αποτελεσματική και ασφαλής για ασκούμενους-ες με χρόνια μυοσκελετικό πόνο στον αυχένα ή τη μέση; 3^ο Διεθνές Συνέδριο στην Λειτουργική ΔΙΑχείριση Τραυματισμένων Αθλητών και Ασκουμένων, Κομοτηνή, Ελλάδα, 6-7 Νοεμβρίου 2020.
2. Kaminoff, L. & Matthews, A. (2012). Yoga Anatomy. Human Kinetics.
3. Myers, T. W. (2009). *Myofascial Meridians for Manual and Movement Therapists*. New York: Elsevier.
4. Park, J., Krause-Parello, C. A., & Barnes, C. M. (2020). A Narrative Review of Movement-Based Mind-Body interventions: Effects of yoga, tai chi, and qigong for back pain patients. *Holistic Nursing Practice*, 34(1), 3–23.
5. Patil, N., Nagaratna, R., Tekur, P., Manohar, P., Bhargav, H., & Patil, D. (2018). A randomized trial comparing effect of yoga and exercises on quality of life in among nursing population with chronic low back pain. *International Journal of Yoga*, 11(3), 208.
6. Saper, R. B., Lemaster, C., Delitto, A., Sherman, K. J., Herman, P. M., Sadikova, E., Stevans, J., Keosaian, J. E., Cerrada, C. J., Femia, A. L., Roseen, E. J., Gardiner, P., Barnett, K. G., Faulkner, C., & Weinberg, J. (2017). Yoga, physical therapy, or education for chronic low back pain: A randomized noninferiority trial. *Annals of Internal Medicine*, 167(2), 85–94.
7. Saper, R. B., Boah, A. R., Keosaian, J., Cerrada, C., Weinberg, J., & Sherman, K. J. (2013). Comparing once-versus twice-weekly yoga classes for chronic low back pain in predominantly low income minorities: A randomized dosing trial. *Evidence-Based Complementary and Alternative Medicine: eCAM*, 2013, 658030.

- Schleip, R. & Baker, A. (2015). *Fascia in Sport and Movement*. Edinburgh: Handspring Publishing.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Katerina Daskalaki, PhD-DUTH
Contact details:	adaskala@phyed.duth.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 B204" 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.