

COURSE OUTLINE

MASTER PROGRAM	CREATIVE AND ADAPTED PHYSICAL EDUCATION
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1. GENERAL

SCHOOL	PHYSICAL EDUCATION AND SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	MASTER'S - LEVEL 7		
COURSE CODE	Π103	SEMESTER	1st
COURSE TITLE	PSYCHOMOTOR DEVELOPMENT & MOTOR LEARNING IN PHYSICAL EDUCATION AND ADAPTED PHYSICAL EDUCATION		
TEACHING ACTIVITIES	TEACHING HOURS PER WEEK	ECTS CREDITS	
<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>	3	10	
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE	MANTATORY BACKGROUND FOR BOTH SPECIALIZATIONS		
<i>Background, General Knowledge, Scientific Area, Skill Development</i>			
PREREQUISITES:	NO		
TEACHING & EXAMINATION LANGUAGE:	GREEK ENGLISH FOR ERASMUS+ STUDENTS		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:	https://eclass.duth.gr/courses/PHYED5C102/		

2. LEARNING OUTCOMES

<p>Learning Outcomes</p> <p><i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i></p>
<p>After successful completion of the course students will be able to:</p> <ul style="list-style-type: none"> • Understand and describe the learning process involved in learning motor skills • Design the assessment procedure of the motor skills learning curve • Design interventions and practice sessions for learning motor skills by considering all personal characteristics and needs • describe and interpret the normal curve and displacement and velocity graphs during childhood • discuss secular trends in in size and maturation • list and describe several factors associated with influencing the childhood growth process • <i>describe the developmental sequences for FMS</i> • List typical and atypical cognitive, affective, and motor development characteristics of the child and the adolescent and discuss implications for developmental movement programmes
<p>General Skills</p> <p><i>Name the desirable general skills upon successful completion of the module</i></p>

<p><i>Search, analysis and synthesis of data and information, 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>Project design and management</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>
<p>Search, analysis and synthesis of data and information, ICT Use</p> <p>Adaptation to new situations</p> <p>Decision making</p> <p>Autonomous work</p> <p>Teamwork</p> <p>Working in an interdisciplinary environment</p> <p>Production of new research ideas</p> <p>Equity and Inclusion</p> <p>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</p> <p>Critical thinking</p> <p>Promoting free, creative and inductive reasoning</p>	

3. COURSE CONTENT

1. Motor skills and individual characteristics
2. Learning adaptations
3. Basic principles of motor control
4. The organization of practice
5. Guidance of practice
6. Feedback
7. Growth and development in childhood
8. Development of fundamental movement skills
9. Physical development
10. Psychomotor development and interventions
11. Adolescent Growth, Puberty, and reproductive maturity
12. Adulthood
13. Project Discussion

4. LEARNING & TEACHING METHODS - EVALUATION

<p>TEACHING METHOD</p> <p><i>Face to face, Distance learning, etc.</i></p>	Distance learning																
<p>USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT)</p> <p><i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i></p>	Use of ICT in teaching, lab scenario and communication with students																
<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, 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>	<table border="1"> <thead> <tr> <th style="background-color: #d3d3d3;">Activity</th> <th style="background-color: #d3d3d3;">Workload/semester</th> </tr> </thead> <tbody> <tr> <td>Lectures</td> <td>50</td> </tr> <tr> <td>Literature review</td> <td>70</td> </tr> <tr> <td>Individual project</td> <td>45</td> </tr> <tr> <td>Group project</td> <td>47</td> </tr> <tr> <td>Project presentation</td> <td>35</td> </tr> <tr> <td>Examen</td> <td>3</td> </tr> <tr> <td>Total</td> <td>250</td> </tr> </tbody> </table>	Activity	Workload/semester	Lectures	50	Literature review	70	Individual project	45	Group project	47	Project presentation	35	Examen	3	Total	250
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STUDENT EVALUATION	
<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>Formative-Modulated</p> <p>Mini projects, multiple choice tests during semester (40%)</p> <p>Project and work in groups (40%)</p> <p>Portfolio delivery (20%)</p>

5. SUGGESTED BIBLIOGRAPHY

A. Ενότητα

- Rose, D.J. (1998) Κινητική Μάθηση και Κινητικός Έλεγχος. University Studio Press: Θεσ/νίκη. (in Greek).
- Schmidt, R.A., & Lee, T.D. (2015). Motor control and learning: a behavioral emphasis.
- Champaign IL: Human Kinetics.
- Magill, R A. (1998). Motor Learning Concepts and Applications (5th ed). Boston: McGraw-Hill.
- Schmidt, R.A., Wrisberg, C.A, & Wrisberg, C.N (2014). Motor Learning and Performance.
- Champaign IL: Human Kinetics

B. Ενότητα

- Gallahue, D.L. (2002). Αναπτυξιακή Φυσική Αγωγή για τα σημερινά παιδιά. (Μετάφραση). Θεσ/νίκη: University Studio Press.
- Gallahue, D.L., Ozmun, J.C. Goodway, J.D. (2012). Understanding Motor Development.
- Infants, Children, Adolescents, Adults. New York: McGraw-Hill.
- Καμπάς Α. (2004). Εισαγωγή στην Κινητική Ανάπτυξη. Αθήνα: Αθλότυπο. (in Greek).

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Maria Michalopoulou, Professor
Contact details:	michal@phyed.duth.gr
Supervisors: (1)	NO
Evaluation methods: (2)	The course will be held via distance learning methods, therefore the procedure described above is not affected due to emergency situations.
Implementation Instructions: (3)	Multiple choice tests during semester (2X20%) Work in groups (40%) Portfolio delivery (20%)

- (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.