

COURSE OUTLINE

MASTER PROGRAM	CREATIVE AND ADAPTED PHYSICAL EDUCATION
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1. GENERAL

SCHOOL	SCHOOL OF PHYSICAL EDUCATION AND SPORT SCIENCE		
DEPARTMENT	DEPARTMENT OF PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	POSTGRADUATE - LEVEL 7		
COURSE CODE	ΠΕ03	SEMESTER	3rd
COURSE TITLE	HEALTH WELL-BEING AND QUALITY OF LIFE-DESIGNING EDUCATIONAL EXERCISE PROGRAMS		
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	ELECTIVE COURSE		
<i>Background, General Knowledge, Scientific Area, Skill Development</i>	SPECIALIZATION: CREATIVE PHYSICAL EDUCATION		
PREREQUISITES:	NO		
TEACHING & EXAMINATION LANGUAGE:	GREEK		
	ENGLISH FOR ERASMUS+ STUDENTS		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:	https://eclass.duth.gr/courses/PHYED5D104/		

2. LEARNING OUTCOMES

Learning Outcomes		
<p><i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i></p> <ul style="list-style-type: none"> To know and understand attitudes and behaviors concerning issues related to mental health and quality of life. To assess attitudes and behaviors. To design and utilize exercise programs in relation to mental health and quality of life. 		
General Skills		
<p><i>Name the desirable general skills upon successful completion of the module</i></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <i>Search, analysis and synthesis of data and information, ICT Use Adaptation to new situations Decision making Autonomous work Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas</i> </td> <td style="width: 50%; vertical-align: top;"> <i>Project design and management Equity and Inclusion Respect for the natural environment Sustainability Demonstration of social, professional and moral responsibility and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning</i> </td> </tr> </table>	<i>Search, analysis and synthesis of data and information, ICT Use Adaptation to new situations Decision making Autonomous work Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas</i>	<i>Project design and management Equity and Inclusion Respect for the natural environment Sustainability Demonstration of social, professional and moral responsibility and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning</i>
<i>Search, analysis and synthesis of data and information, ICT Use Adaptation to new situations Decision making Autonomous work Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas</i>	<i>Project design and management Equity and Inclusion Respect for the natural environment Sustainability Demonstration of social, professional and moral responsibility and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning</i>	
<p>Individuals will develop appropriate attitudes and behaviors for various issues concerning mental health and quality of life. Through lectures, emphasis will be placed on procedures designed to motivate and execution of exercise programs for healthy and clinical populations in order to re-direct their quality of life.</p>		

3. COURSE CONTENT

1. PA, Mental Health and Behavior
2. PA, Self-Esteem and Body Image
3. Self-perception, Parental Characteristics and Behavior
4. PA and Stress Control
5. Exercise and Depression
6. PA in Clinical Populations
7. PA during COVID-19
8. Physical Education, Training Exercise, and Health Programs
9. Homophobia: Obstacle on involvement with PA
10. Exercise and Smoking
11. Presentation of Review Paper
12. Use of Relaxation Techniques
13. Effective Exercise & Mental Health Program Strategies / Research Data

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>	Distance	
<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>	Use of Information and Communication Technologies For teaching and communicating with students	
<p style="text-align: center;">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>	Activity	Workload/semester
	Lectures	50
	Literature review	70
	Individual project	45
	Group project	47
	Project presentation	35
	Examen	3
	Total	250
<p style="text-align: center;">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>	Project Presentation (50%) Final Examination (30%) Attendance/Participation (20%)	

5. SUGGESTED BIBLIOGRAPHY

- 1) Collective Work (E. Bebetzos). (2022). *Psychology of Sport and Exercise*. Papazisis Pubs.
- 2) Clow, A., & Edmunds, S. (2020). *Physical activity and mental health*. Papazisis Pubs.
- 3) Theodorakis, Y. (2017). *Exercise, Mental Imagery and Quality of Life*. Kyriakidis Bros. Publications.
- 3) Theodorakis, Y., Chasandra, M. (2008). *Designing Health Education Programs*. Kyriakidis Bros. Publications.
- 4) Weinberg, R. S., & Gould, D. (2018). *Foundations of Sport and Exercise Psychology*. Broken Hills Publishers LTD.
- 5) Drolet, J. & Wycoff-Horn, M. (2006). *Health Education Teaching Strategies for Middle & High School Grades*. Human Kinetics Inc.
- 6) Chang, L. A. (2007). *Motivation of Exercise and Physical Activity*. Nova Science Publishers, Inc.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Evangelos Bebetzos, Professor
Contact details:	empempet@phyed.duth.gr
Supervisors: (1)	YES
Evaluation methods: (2)	Online Examination
Implementation Instructions: (3)	<p>The course will take place in a scheduled day and time.</p> <p>The exam will take place via SKYPE FOR BUSINESS. 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 taken note of the distance learning terms.</p> <p>Students must log in to the exam room through their institutional account, otherwise they will not be able to participate. They will also participate in the examination with an open camera which they will have keep it open, during the examination. Additionally, in the beginning of the exam, students will show their ID to the camera so that they can be identified.</p>

(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.