

## COURSE OUTLINE

<b>MASTER PROGRAM</b>	CREATIVE AND ADAPTED PHYSICAL EDUCATION
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### 1. GENERAL

<b>SCHOOL</b>	SCHOOL OF PHYSICAL EDUCATION AND SPORT SCIENCES		
<b>DEPARTMENT</b>	DEPARTMENT OF PHYSICAL EDUCATION AND SPORT SCIENCES		
<b>LEVEL OF STUDIES</b>	POSTGRADUATE - LEVEL 7		
<b>COURSE CODE</b>	ΠΕ05	<b>SEMESTER</b>	3 <sup>rd</sup>
<b>COURSE TITLE</b>	EXPERIENTIAL APPROACH TO THE LEARNING EXPERIENCE		
<b>TEACHING ACTIVITIES</b>		<b>TEACHING HOURS PER WEEK</b>	<b>ECTS CREDITS</b>
<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>			
<b>COURSE TYPE</b>	ELECTIVE COURSE		
<i>Background, General Knowledge, Scientific Area, Skill Development</i>	SPECIALIZATION: CREATIVE PHYSICAL EDUCATION		
<b>PREREQUISITES:</b>	NO		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	GREEK ENGLISH FOR ERASMUS+ STUDENTS		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	YES		
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/PHYED5D105/">https://eclass.duth.gr/courses/PHYED5D105/</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b>		
<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 for students to be properly trained in the design and implementation of the Physical Education course that aims at learning motor skills as they apply in physical education classes.</p> <p>After completing the course, students will be able to:</p> <ul style="list-style-type: none"> <li>• know and understand the theoretical background of the learning process</li> <li>• evaluate learning, practice and themselves</li> <li>• design and implement daily physical education lessons with emphasis on the learning experience.</li> </ul>		
<b>General Skills</b>		
<i>Name the desirable general skills upon successful completion of the module</i>		
<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>
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Search, analysis and synthesis of data and information, using the necessary technologies  
 Autonomous work  
 Teamwork  
 Demonstration of social, professional and ethical responsibility and sensitivity to gender issues  
 Exercise of criticism and self-criticism  
 Promotion of free, creative and inductive thinking  
 Respect of diversity and multiculturalism.

### 3. COURSE CONTENT

1. Motor skills classification and analysis
2. Individual differences - Stages of Learning
3. Determination of important points of skill execution
4. Demonstration and Analysis of skills
5. Formulating instructions for focusing attention (applications)
6. Practice methods in Physical Education (applications)
7. Feedback: types, functions and error correction (theory)
8. Feedback and error correction (applications)
9. Memory & knowledge: ways of storing information in memory
10. Guidance methods (applications)
11. Cognitive processes in motor learning
12. Interactive teaching and practice
13. Review, Assignments presentations, Feedback

### 4. LEARNING & TEACHING METHODS - EVALUATION

<p style="text-align: center;"><b>TEACHING METHOD</b></p> <p style="text-align: center;"><i>Face to face, Distance learning, etc.</i></p>	DISTANCE	
<p style="text-align: center;"><b>USE OF INFORMATION &amp; COMMUNICATIONS TECHNOLOGY (ICT)</b></p> <p style="text-align: center;"><i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i></p>	Use of ICT in Teaching and Communicating with students	
<p style="text-align: center;"><b>TEACHING ORGANIZATION</b></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 &amp; 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>	<b>Activity</b>	<b>Workload/semester</b>
	Lectures	50
	Literature review	70
	Individual project	45
	Group project	47
	Project presentation	35
	Examen	3
<b>Total</b>	<b>250</b>	

<b>STUDENT EVALUATION</b>	
<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</p> <p>Progress (online exam on a specific date within the semester) (40%)</p> <p>Teaching scenario (group) (40%)</p> <p>Portfolio delivery in the last teaching week (20%)</p>

## 5. SUGGESTED BIBLIOGRAPHY

1. Christina, R.W. & Corcos, M.D. (1993). Προπονητής & Μάθηση – Απόδοση. Επιμέλεια: Ευθύμης Κιουμουρτζόγλου. Θεσσαλονίκη: Σάλτο.
2. Christina, R.W. & Corcos, M.D. (1988). Coaches guide to teaching sport skills. Champaign, IL: Human Kinetics.
3. Magill, R.A. (1998). Motor Learning: Concepts and Applications (5th ed.). Boston: McGraw-Hill.
4. Rose, D.J. (1998). Κινητική Μάθηση και Κινητικός Έλεγχος. Μία πολυδιάστατη προσέγγιση. Επιμέλεια: Ευθύμιος Κιουμουρτζόγλου. Θεσσαλονίκη: University Studio Press.
6. Rose, D.J. (1997). A Multilevel Approach to the Study of Motor Control and Learning. Boston: Allyn and Bacon.
7. Schmidt, R.A & Wrisberg, C. (2009). Κινητική Μάθηση και Απόδοση. Μία εφαρμοσμένη προσέγγιση (4η έκδοση). Επιμέλεια: Μαρία Μιχαλοπούλου. Αθήνα: Αθλότυπο.
8. Schmidt, R.A & Wrisberg, C. (2008). Motor Learning and Performance: A situation-based learning approach. (4th ed.). Champaign, IL: Human Kinetics.
9. Schmidt, R.A & Wrisberg, C. (2009). Κινητική Μάθηση και Απόδοση. Μία εφαρμοσμένη προσέγγιση (4η έκδοση). Επιμέλεια: Μαρία Μιχαλοπούλου. Αθήνα: Αθλότυπο.
10. Sherrill, C. (2015). Προσαρμοσμένη Φυσική Δραστηριότητα, Αναψυχή & Σπορ. (6th ed.). Επιμέλεια: Χριστίνα Ευαγγελινού. Αθήνα: Πασχαλίδη.
11. Horvat, M., Block, M.E., & Kelly, L.E. (2011). Μέτρηση και Αξιολόγηση στην Προσαρμοσμένη Κινητική Αγωγή. Επιμέλεια: Εμμανουήλ Κ. Σκορδίλης & Ειρήνη, Π. Γραμματοπούλου. Αθήνα: Τελέθριο.
12. Κοκαρίδας, Δ. (2010). Άσκηση και Αναπηρία. Θεσσαλονίκη: Χριστοδουλίδη.
13. Davis, R.W. (2016). Διδασκαλία Αθλημάτων για Άτομα με Αναπηρία. Επιμέλεια: Εμμανουήλ Κ. Σκορδίλης & Βασίλης Καλύβας. Αθήνα: Πεδίο.
14. Rouse, P. (2015). Η ένταξη των μαθητών με αναπηρία στη φυσική αγωγή. Επιμέλεια: Εμμανουήλ Κ. Σκορδίλης, Ειρήνη Γραμματοπούλου, Δημήτρης Κοκαρίδας, Σοφία Μπάτσου, Νίκος Χρυσσαυγής. Αθήνα: Πεδίο.
15. 14. Πολλάτου Ελιζάνα (2021). Κινητική Μάθηση-Μια βιωματική, εικονογραφημένη προσέγγιση εκμάθησης και απόδοσης κινητικών δεξιοτήτων. Εκδόσεις NEON.

## ANNEX OF THE COURSE OUTLINE

### Alternative ways of examining a course in emergency situations

<b>Teacher (full name):</b>	Eleni Zetou
<b>Contact details:</b>	<a href="mailto:elzet@phyed.duth.gr">elzet@phyed.duth.gr</a>
<b>Supervisors: (1)</b>	Yes
<b>Evaluation methods: (2)</b>	Oral examination with distance learning methods, provided that the integrity and reliability of the examination are ensured.
<b>Implementation Instructions: (3)</b>	The examination in the course will be held in groups of 5 students, on the day of the course examination, according to the examination schedule. The exam will start at 9 a.m. and every half hour according to the order in which the names of the students appear in the list of participants. The on-line exam will take place via Microsoft Teams platform. The link will be sent to students via eclass exclusively to the institutional accounts of those who have registered for the course and have taken note of the distance learning terms. 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 a camera which they will have open during the examination process. Before the start of the exam, students will show their ID to the camera so that they can be identified. Each student will have to answer 4 questions. The separate question value equals to 2.5 points.

(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.