COURSE OUTLINE WOMAN, EXERCISE & HEALTH

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C002	**SEMESTER**	3rd & 4th
COURSE TITLE	WOMAN, EXERCISE & 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**
	2	3
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.

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,	*Project design and management*
ICT Use	*Equity and Inclusion*
Adaptation to new situations	*Respect for the natural environment*
Decision making	*Sustainability*
Autonomous work	*Demonstration of social, professional and moral responsibility*

Teamwork *Working in an international environment* *Working in an interdisciplinary environment* *Production of new research ideas*	*and sensitivity to gender issues* *Critical thinking* *Promoting free, creative and inductive reasoning*

- *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 effect of estrogen on a woman's lipid profile - Exercise as a means of controlling body weight and adipose tissue accumulation*
4. *Practical application: Design of group and individual exercise programs with portable instruments in overweight or obese women*
5. *Exercise during pregnancy and childbirth*
6. *Practical application: Design of group and individual exercise programs with portable instruments in pregnant women*
7. *The role of exercise in menopausal symptoms and menopause*
8. *Practical application: Design of group and individual exercise programs with portable organs in healthy postmenopausal women*
9. *The role of exercise in bone metabolism during menopause*
10. *Practical application: Design of group and individual exercise programs with portable organs in osteopenic and osteoporotic women*
11. *Practical application: Exercise program design with the alternative method Whole Body Vibration*
12. *Exercise and malignancies in the reproductive organs and chest*
13. *Woman and aging: The role of exercise in reducing sarcopenia*

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

<table>
<tr><td></td><td>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.</td></tr>
<tr><td>USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT)
Use of ICT in Teaching, in Laboratory Education, in Communication with students</td><td>Use of ICT in Teaching</td></tr>
<tr><td>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.</td><td>
<table>
<tr><th>Activity</th><th>Workload/semester</th></tr>
<tr><td>Lectures</td><td>26</td></tr>
<tr><td>Field Exercise</td><td>10</td></tr>
<tr><td>Literature study and analysis</td><td>12</td></tr>
<tr><td>Designing exercise program plans</td><td>24</td></tr>
<tr><td>Exams</td><td>3</td></tr>
<tr><td>Total</td><td>75</td></tr>
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<tr><td>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</td><td>• Written examination (40%)
• Design of individual exercise program plans (20%)
• Evaluation of practical application - Implementation of an exercise program (40%)</td></tr>
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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:	NO

Evaluation methods:	Written examination with distance learning methods
Implementation Instructions:	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.