# COURSE OUTLINE CYCLING

## 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** | C012 | **SEMESTER** | 3rd and 4th |
| **COURSE TITLE** | CYCLING | | |

| **TEACHING ACTIVITIES**<br>*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**<br>*Background, General Knowledge, Scientific Area, Skill Development* | Scientific Area |
| **PREREQUISITES:** | No |
| **TEACHING & EXAMINATION LANGUAGE:** | Greek |
| **COURSE OFFERED TO ERASMUS STUDENTS:** | No |
| **COURSE URL:** | |

## 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 successful completion of the course, participants will be able to*:*
- *Understand the relationship between cycling and exercise, and the physiological effects of cycling on the body.*
- *Apply the principles of recreational cycling, providing a safe and enjoyable experience for participants.*
- *Recognize the differences between competitive cycling and recreational cycling, as well as the requirements of each type of cycling activity.*
- *Follow the rules of safe cycling, recognizing and minimizing the risks associated with cycling in various conditions.*
- *Organize cycling activities in the city, taking into account the specific conditions of the urban environment.*
- *Apply the techniques and strategies for mountain biking, recognizing the challenges of uneven terrain.*
- *Plan cycling itineraries for road cycling, adapted to the needs of participants and their physical condition.*
- *They improve cardiorespiratory endurance through cycling training, enhancing the physical condition of athletes.*
- *They apply the principles of cycling training, designing training programs to improve performance.*

- *They provide adapted cycling programs for people with disabilities, promoting inclusion and accessibility.*
- *They organize recreational cycling activities for hotels, offering services for tourists interested in cycling tourism.*
- *They plan and organize cycling programs for schools, enhancing physical activity and healthy living of students.*
- *They create and manage cycling programs for the Sport for All Program (SAF), offering opportunities for participation in sports and activities for people of all ages and abilities.*

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

- *Search, analysis and synthesis of data and information, using the necessary technologies*
- *Adaptation to new situations*
- *Decision-making*
- *Autonomous work*
- *Teamwork*
- *Working in an interdisciplinary environment*
- *Project planning and management*
- *Respect for diversity and multiculturalism*
- *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*

## 3. COURSE CONTENT

1. *Bicycle and Exercise*
2. *Recreational Cycling*
3. *Competitive Cycling*
4. *Rules of Safe Cycling - Risks*
5. *Urban Cycling*
6. *Mountain Biking*
7. *Road Cycling*
8. *Cardiopulmonary Endurance and Cycling*
9. *Principles of Cycling Training*
10. *Cycling for People with Disabilities*
11. *Organizing Recreational Cycling for Hotels*
12. *Organizing Recreational Cycling for Schools*
13. *Organizing Cycling for Sports for All Programs (SFA)*

## 4. LEARNING & TEACHING METHODS - EVALUATION

| | |
|---|---|
| **TEACHING METHOD**<br>*Face to face, Distance learning, etc.* | Face to face Lectures and practical applications |
| **USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT)**<br>*Use of ICT in Teaching, in Laboratory Education, in Communication with students* | Use of ICT in Teaching and communication with students |
| **TEACHING ORGANIZATION**<br>*The ways and methods of teaching are described in detail.*<br>*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.*<br><br>*The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.* | |
| **STUDENT EVALUATION**<br>*Description of the evaluation process*<br><br>*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*<br><br>*Please indicate all relevant information about the course assessment and how students are informed* | • Final written examination 50%<br>• Participation in class 15%<br>• Participation in group activity 15%<br>• Application of cycling 20%<br><br>The final grade is calculated based on the above quota, when the student receives a grade greater than or equal to 5 (five) in the final exams. |

| *Activity* | *Workload/semester* |
|---|---|
| Lectures | 26 |
| Group work | 20 |
| Interactive Activities | 24 |
| Student presentations | 2 |
| Examinations | 3 |
| **Total Course** | **75** |

## 5. SUGGESTED BIBLIOGRAPHY


1. *Athanasopoulos K. (2022). Bicycle Infrastructures - Quality Parameters. KALLIPOS Open Academic Publications, ISBN: 9786185667542*
2. *Zafeiroudi A., Kouthouroris H. (2024). Introduction to leisure and leisure. PAPAZZI PUBLICATIONS, ISBN: 9789600243611*
3. *Kuthouris H., Patsiouras A., Zisi V., Bekiari A., Zafeiroudi A., Dalamitros Ath. (2022). Kinetic Recreation: nature, sports, arts. KALLIPOS Open Academic Publications. ISBN: 9786185667115*
4. *Kuthouris H. (2016). Outdoor recreation activities, extreme sports. Kyriakidis Publications SA, ISBN: 9789606021138*
5. *Paitsinis-Kosta, G. & Yfantidou, G. (2016). The development of sports tourism. e-book Kallipos, ISBN: 978-960-603-391-9, Eudoxos ID: 320325, URl: http://hdl.handle.net/11419/4256.*
6. *Filippidis, D. & Golias, N. (2001). Entertainment and Sport of Hotel Clients. (ed.) C. (ed.). Parikos and Co.*
7. *Gargalianos, D. (2023). Structure and organization of Greek sport. Klidarithmos Publications Ltd.*
8. *Lalumis, D. (1999). Hotel entertainment and sport. Stamoulis Publishers: Athens.*
9. *Lytras, P.N. (2002). The leisure society. the use of leisure time on holidays (ed.) Interbooks: Athens.*


# ANNEX OF THE COURSE OUTLINE

# Alternative ways of examining a course in emergency situations

| | |
|---|---|
| **Teacher (full name):** | Georgia Yfantidou, Associate Professor |
| **Contact details:** | gifantid@phyed.duth.gr |
| **Supervisors:** | Supervision by teacher through teams |
| **Evaluation methods:** | Written examination with distance learning methods |
| **Implementation Instructions:** | The examination in the course will be carried out in the e-class at the sector “Exercises”, on the day according to the examination program announced by the Secretariat. The Supervision will take place by teacher through teams.<br>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.<br>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 and microphone, 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.<br>Each student should answer multiple choice questions, free text development, critical thinking. Each of the questions is graded from 0.25 to 4.0 points depending on the question category. |