### **COURSE OUTLINE PSYCHOMOTRICITY**

#### 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	C033	SEMESTER 3 <sup>rd</sup> & 4 <sup>th</sup>			
COURSE TITLE	PSYCHOMOTRICITY				
<b>TEACHING ACTIVITIES</b> 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 PEF WEEK	2	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	SIENTIFIC AREA SKILL DEVELOPMENT				
PREREQUISITES:	No				
<b>TEACHING &amp; EXAMINATION</b>	Greek				
LANGUAGE:	English (Erasmus students)				
COURSE OFFERED TO ERASMUS STUDENTS:	Yes				
COURSE URL:	https://eclass.duth.gr/courses/KOM02148/				

### 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, students will be able to:

- know, understand, and use the fundamentals of the psychomotor approach in order to plan and implement interventions in different target groups
- Effectively use contents-aims of the psychomotor intervention (PMT), for the design and implementation of programs.

#### 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, 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. Introduction: development, tendencies and theories about psychomotricity (psychomotricity as a holistic intervention for health, from psychomotor therapy to holistic developmental education/intervention) (Theory).
- 2. Historical data about psychomotricity. Self-esteem, identity, and play in Psychomotricity. Framework of conditions and addressees of psychomotor education/intervention (theory)
- 3. Body experiences, material experiences, social experiences. Watching a film about enhancement of human development.
- 4. Practical implementation of psychomotor education/intervention units
- 5. Practical implementation of psychomotor education/intervention units
- 6. Practical implementation of psychomotor education/intervention units
- 7. Practical implementation of psychomotor education/intervention units
- 8. Practical implementation of psychomotor education/intervention units
- 9. Microteaching (body experiences)
- 10. Microteaching (material experiences)
- 11. Microteaching (social experiences)
- 12. Reporting the practical implementation
- 13. Evaluation & Assessment in psychomotricity

# 4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD	Face to face Lectures and practical applications		
USE OF INFORMATION &	Use of ICT in Teaching and communication with		
COMMUNICATIONS TECHNOLOGY	students		
Use of ICT in Teaching, in Laboratory Education, in Communication with students			
TEACHING ORGANIZATION	Activity	Workload/semester	
The ways and methods of teaching are described in detail	Lectures	26	
Lectures, Seminars, Laboratory Exercise, Field	Autonomous project	30	
Exercise, Bibliographic research & analysis,	Microteaching	19	
Exercise, Art Workshop, Interactive learning,	Total	75	
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. STUDENT EVALUATION			
Description of the evaluation process	Formative evaluation		

## 5. SUGGESTED BIBLIOGRAPHY

- 1. Kambas A. (2019). Physical activity and psychomotricity in preschool age, Athens: G. Dardanos-K. Dardanos O.E. (Greek)
- 2. Zimmer, R. (2007). Manual of psychomotricity. Translation, Athens: Chr. Ioannou & Aim. Golemis O.E.(Greek.)

# ANNEX OF THE COURSE OUTLINE

# Alternative ways of examining a course in emergency situations

Teacher (full name):	Antonis Kambas, Professor
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Supervisors: (1)	NO
Evaluation methods: (2)	Oral examination with distance learning methods
Implementation Instructions: (3)	The examination in the course will be carried out in subgroups of 5 users 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 Microsoft 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. 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 0.5 to 2.0 points depending on the question category.