

COURSE OUTLINE ALTERNATIVE GROUP PROGRAMS AT THE GYM I

1. GENERAL

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| 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 | C046 | SEMESTER | 5 th & 6 th |
| COURSE TITLE | ALTERNATIVE GROUP PROGRAMS AT THE GYM I | | |
| TEACHING ACTIVITIES <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> | | TEACHING HOURS PER WEEK | ECTS CREDITS |
| | | 2 | 3 |
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| <i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i> | | | |
| COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i> | Skill Development | | |
| PREREQUISITES: | NO | | |
| TEACHING & EXAMINATION LANGUAGE: | GREEK ENGLISH (ERASMUS STUDENTS) | | |
| COURSE OFFERED TO ERASMUS STUDENTS: | YES | | |
| COURSE URL: | https://eclass.duth.gr/courses/1021376/ | | |

2. LEARNING OUTCOMES

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| Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i> | |
| <p>After completing this course, students will be able to:</p> <ul style="list-style-type: none"> • Know the basic principles of movement technique, required for the design and organization of each of the different alternative group aerobics programs in the gym. • Can perform at a satisfactory level the basic skills of innovative-alternative aerobics programs in the gym. • They know the basic principles of teaching methods and guidance techniques of integrated alternative group aerobics programs in the gym. • They organize and design a comprehensive program of each of the different alternative group programs for healthy exercisers in the gym. | |
| General Skills <i>Name the desirable general skills upon successful completion of the module</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</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</i> |

- 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 to the basic principles of organizing alternative group programs in the gym (theory). Terminology, analysis of the technique of basic steps in alternative group programs (practice).*
2. *Basic principles for the use of music, separation: musical phrase-musical block (theory). Technical analysis of teaching methods for guiding group programs in the gym (theory). Terminology, analysis of the technique of complex steps for their use in alternative group programs (practice).*
3. *Latin aerobics: New trends and techniques in the design and organization of Latin American music group programs. Technical analysis of steps for guiding Latin group programs.*
4. *Zumba aerobics: New trends and techniques in the design and organization of Zumba, Zumba Gold and Zumba Kids group programs. Basic principles and technical analysis of steps-composition of combinations for the design of group programs.*
5. *Fight aerobics: Technical analysis of basic movements with movements borrowed from martial arts. Principles of teaching steps, composition of steps and creation of blocks for the design and guidance of group Kick - Boxing aerobics programs to music.*
6. *Tae Bo aerobics: Technical analysis of basic Tae Bo movements. Basic principles of teaching steps, composition of blocks for the design and guidance of group Tae Bo aerobics programs to music.*
7. *Pilates: Theoretical approach, basic technique for executing the movements of the method (theory). Basic principles of designing programs with body weight (mat work Pilates) (practice).*
8. *TRX aerobics: Introduction to the basic principles of using suspension straps: terminology, analysis of the technique of basic positions and grips. Practical practice.*
9. *TRX aerobics: Learning basic exercises with medium-grip suspension straps -*

Safety rules - variations (theory & practice).

10. TRX aerobics: Learning basic exercises with long-handled suspension straps - Safety rules-variations (theory & practice).

11. TRX aerobics: Technical analysis of complex exercises at different levels, using suspension straps. Teaching and guiding group programs with suspension straps.

12. TRX aerobics: Basic principles of functional training and analysis of basic exercise technique using suspension straps at different levels. Design of group programs using suspension straps and practical application to the rhythms of music.

13. Interval aerobics. Design and organization of group interval exercise programs in the gym with or without the use of music (theory). Basic technical analysis of exercises and safety principles for designing a complete program (warm-up, main part, recovery) with or without the use of music.

4. LEARNING & TEACHING METHODS - EVALUATION

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| TEACHING METHOD <i>Face to face, Distance learning, etc.</i> | Face to face Lectures and Theoretical approach to each teaching unit and practical application in person or remotely due to special circumstances. | |
| USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i> | Use of ICT in Teaching and Communication with Students <ul style="list-style-type: none"> • digital slides • video • MsTeams/ e-class, webmail | |
| TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <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> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i> | Activity | Workload/semester |
| | Lectures | 26 |
| | Practical exercises - practice | 15 |
| | Analysis and commentary of digital material | 10 |
| | Study and preparation of individual assignments | 10 |
| | Practical teaching of individual assignments | 11 |
| | Exams | 3 |
| | Total | 75 |
| STUDENT EVALUATION <i>Description of the evaluation process</i> <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> <i>Please indicate all relevant information about the course assessment and how students are</i> | <ul style="list-style-type: none"> • Final written examination (40%) • Practical examination (two advances / 8 hours of teaching): 40%. • Individual and in groups, design of combinations, practical training in teaching and mentoring, rhythm, communication: 10% • Written assignments: 10% | |

5. SUGGESTED BIBLIOGRAPHY

1. Carol Kennedy-Armbruster & Mary M. Yoke (2018). *Guiding Group Exercise Programs* (Edited by Elissavet Rousanoglou). Constantaras I. Medical Publications. ISBN: 9789606080258
2. Jay Dawes (2022). *Complete Guide to TRX Suspension Training*. ACSM-HFS
3. Mavridou-Rokka, Stella & Kouli, Olga (2011). *Fitness through Aerobics*. Jan Galen Bishop. Editing Greek Edition, Athens, Ref. Eudoxus59365807.
4. Siler Brooke (2005). *Pilates and body*. S. PATAKIS Publications COMMERCIAL PUBLISHING AND DISTRIBUTION COMPANY. Code Eudoxos 22044
5. Lesson's Lectures from the e-class, <https://eclass.duth.gr/courses/KOM02389/>

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

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| Teacher (full name): | Stella ROKKA |
| Contact details: | srokka@phyed.duth.gr |
| Supervisors: (1) | YES |
| Evaluation methods: (2) | Homework (35%). Written remote exam (65%) |
| Implementation Instructions: (3) | Homework should be submitted via eclass on a specified date. |