COURSE OUTLINE ERGOMETRY - PHYSIOLOGICAL TESTING

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	C048	SEMESTER 5 th & 6 th		& 6 th	
COURSE TITLE	ERGOMETRY – PHYSIOLOGICAL TESTING				
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	Scientific area				
PREREQUISITES:	None				
TEACHING & EXAMINATION LANGUAGE:	Greek				
COURSE OFFERED TO ERASMUS STUDENTS:	Yes				
COURSE URL:	https://eclass.duth.gr/courses/KOM02396/				

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 the student will:

- Know basic techniques for measuring and evaluating physiological functions such as heart rate, blood pressure, and oxygen consumption,
- Know basic techniques for measuring and evaluating strength, strength, flexibility, body composition, functional capacity using laboratory and field measurements in various population groups.

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
- Decision making
- Autonomous work
- Production of new research ideas
- Equity and inclusion
- Critical thinking
- Promoting free, creative and inductive thinking

3. COURSE CONTENT

- 1. Principles of laboratory (ergometric ergophysiological) evaluation
- 2. Upper limb and torso flexibility assessment
- 3. Lower limb flexibility assessment
- 4. Determination of body composition (anthropometric measurements, bioelectrical impedance)
- 5. Determination of body composition (skinfolds, data management)
- 6. Evaluation of neuromuscular function and performance Muscle strength
- 7. Evaluation of neuromuscular function and performance Muscle power
- 8. Assessment of cardiovascular function at rest and exercise
- 9. Aerobic capacity assessment (Laboratory tests)
- 10. Aerobic capacity assessment (Field tests)
- 11. Anaerobic capacity assessment
- 12. Resting metabolism measurement
- 13. Functional tests for the assessment of physical condition of the elderly

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD Face to face, Distance learning, etc. USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) Use of ICT in Teaching, in Laboratory Education, in Communication with students	Face to face Use of ICT in teaching and students • digital slides	communication with
	 e-class, webmail 	
TEACHING ORGANIZATION	Activity	Workload/semester
The ways and methods of teaching are described in detail.	Lectures	26
	Laboratory exercise	23
Exercise, Bibliographic research & analysis,	Bibliographic study &	20
Tutoring, Internship (Placement), Clinical	analysis	
Exercise, Art Workshop, Interactive learning,	Exams	6
Study visits, Study / creation, project, creation, project. Etc.		
The supervised and unsupervised workload per		
activity is indicated here, so that total	Total	75
workload per semester complies to ECTS standards.		

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	 Written final exams (short answer questions, essay development questions, problem solving) 100% The exams are conducted in the Greek language
Please indicate all relevant information about the course assessment and how students are informed	

5. SUGGESTED BIBLIOGRAPHY

- 1. Haff G., Dumke Ch. Exercise physiology laboratories. (2020). Konstantaras Publihing, Athens.
- 2. Karatrantou K, Gerodimos V. (2020). Field tests. Konstantaras Publihing, Athens.
- 3. Klisouras V., Geladas N., Koskolou M. (2015). Ergometry. BrokenHill publishers, Athens.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Ilias Smilios
Contact details:	ismilios@phyed.duth.gr
Supervisors: (1)	Νο
Evaluation methods: (2)	Written assignment (20%)
	Written online exam (80%)
Implementation Instructions: (3)	Written assignment should be submitted via eclass on a specified date.
	connection to Microsoft Teams for identity checking, at a specified date and time.