COURSE OUTLNE PHYSICAL ACTIVITY AND HEALTH PROMOTION: APPLICATIONS FROM THE FIELD OF PSYCHOLOGY

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	C055	**SEMESTER**	5th& 6th
COURSE TITLE	PHYSICAL ACTIVITY AND HEALTH PROMOTION: APPLICATIONS FROM THE FIELD OF PSYCHOLOGY		

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*	Skill Development
PREREQUISITES:	No
TEACHING & EXAMINATION LANGUAGE:	Greek, English
COURSE OFFERED TO ERASMUS STUDENTS:	Yes
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 course completion students will be:

- *familiar with theoretical approaches and applications from the field of Psychology (Health Psychology, Behavior Change, etc.) for health promotion with a focus on physical activity*
- *able to participate in the design, implementation, and evaluation of physical activity and wider behavior change interventions in various contexts (e.g., school, workplace, urban, mental health, etc.)*

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information, ICT Use
Adaptation to new situations
Decision making
Autonomous work
Teamwork
Working in an international environment
Working in an interdisciplinary environment
Production of new research ideas
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
Promoting free, creative and inductive reasoning

- *Search, analysis and synthesis of data and information, ICT Use*
- *Project design and management*

- *Autonomous work and teamwork*
- *Production of new research ideas*
- *Promotion of free, creative and inductive reasoning*

3. COURSE CONTENT

1. *Health behaviors, health predictors and Behavior Change Theories*
2. *Assessment of physical activity and sedentary behavior*
3. *Development and evaluation of behavior change interventions*
4. *Educational interventions for promoting physical activity*
5. *Multidimensional interventions for managing chronic conditions*
6. *Promoting physical activity in the workplace*
7. *Promoting physical activity in urban environments*
8. *Physical activity for mental health*
9. *Promoting physical activity across different developmental stages*
10. *Management of bullying and trauma*
11. *Negative aspects of the exercise culture*
12. *Exercise and health promotion in Greece*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc.*	Face to face
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Use of ICT in lectures (ppt) and in communication with the students (eclass, webmail etc)
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.*	

Activity	***Workload/semester***
Lectures	26
Project	24
Bibliographic research & analysis	25
Total	**75**

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*	Assignment and presentation in the class (formative) 10% Assignment (concluding) 90%

5. SUGGESTED BIBLIOGRAPHY

Up-to-date literature from international, peer reviewed journals

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Archontissa Kanavaki
Contact details:	Email, eClass, in person during office hours
Supervisors: (1)	
Evaluation methods: (2)	Assignments (formative, concluding)
Implementation Instructions: (3)	The final (concluding) assignment will be submitted via eClass on a prespecified date.