

COURSE OUTLINE PERSONAL AND PROFESSIONAL DEVELOPMENT

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	C064	SEMESTER	G, H
COURSE TITLE	Personal and Professional Development		
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
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Skill Development		
PREREQUISITES:	No		
TEACHING & EXAMINATION LANGUAGE:	Greek		
COURSE OFFERED TO ERASMUS STUDENTS:	No		
COURSE URL:			

2. LEARNING OUTCOMES

Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>
<ul style="list-style-type: none"> • Have a better awareness and improve personal skills, such as "growth mindset," reflection, creative thinking, problem-solving, and time management. • Have a better awareness and improve skills for positive interpersonal relationships, such as empathy and active listening. • Understand the dynamics that develop in group settings and improve skills such as feedback, negotiation, and conflict management. • Develop communication skills in the workplace, with a focus on the fields of healthcare and education. • Develop communication skills for conveying scientific information to a non-scientific audience. • Understand the principles of service and program/intervention design for individuals and communities with the aim of inclusion and health

<p><i>promotion.</i></p> <ul style="list-style-type: none">• <i>Understanding ethical issues, professional conduct, and social responsibility</i>																
<p>General Skills</p> <p><i>Name the desirable general skills upon successful completion of the module</i></p> <table><tr><td><i>Search, analysis and synthesis of data and information, ICT Use</i></td><td><i>Project design and management Equity and Inclusion</i></td></tr><tr><td><i>Adaptation to new situations</i></td><td><i>Respect for the natural environment</i></td></tr><tr><td><i>Decision making</i></td><td><i>Sustainability</i></td></tr><tr><td><i>Autonomous work</i></td><td><i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i></td></tr><tr><td><i>Teamwork</i></td><td><i>Critical thinking</i></td></tr><tr><td><i>Working in an international environment</i></td><td><i>Promoting free, creative and inductive reasoning</i></td></tr><tr><td><i>Working in an interdisciplinary environment</i></td><td></td></tr><tr><td><i>Production of new research ideas</i></td><td></td></tr></table>	<i>Search, analysis and synthesis of data and information, ICT Use</i>	<i>Project design and management Equity and Inclusion</i>	<i>Adaptation to new situations</i>	<i>Respect for the natural environment</i>	<i>Decision making</i>	<i>Sustainability</i>	<i>Autonomous work</i>	<i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i>	<i>Teamwork</i>	<i>Critical thinking</i>	<i>Working in an international environment</i>	<i>Promoting free, creative and inductive reasoning</i>	<i>Working in an interdisciplinary environment</i>		<i>Production of new research ideas</i>	
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3. COURSE CONTENT

<ul style="list-style-type: none"> • <i>Personal Development Skills</i> • <i>Cultivating Positive Interpersonal Relationships</i> • <i>Team Dynamics</i> • <i>Interpersonal Skills in Group Settings</i> • <i>Effective Interprofessional Communication and Collaboration</i> • <i>Communication Skills for Non-Scientific Audiences</i> • <i>Design and Evaluation of Health Promotion Programs and Interventions</i> • <i>Social Responsibility and Ethics</i>
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4. LEARNING & TEACHING METHODS - EVALUATION

<p>TEACHING METHOD</p> <p><i>Face to face, Distance learning, etc.</i></p>	Face to face	
<p>USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT)</p> <p><i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i></p>	Use of ICT in teaching and in communication with students	
<p>TEACHING ORGANIZATION</p> <p><i>The ways and methods of teaching are described in detail.</i></p> <p><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></p> <p><i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i></p>	Activity	Workload/semester
	Lectures	26
	Project	25
	Bibliographic research & analysis	24
	Total	75
<p>STUDENT EVALUATION</p> <p><i>Description of the evaluation process</i></p>		

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 60%
Written exam 40%

5. SUGGESTED BIBLIOGRAPHY

Module notes

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Archontissa Kanavaki
Contact details:	mkanavak@phyed.duth.gr
Supervisors: (1)	No
Evaluation methods: (2)	Formative assignments, written exam
Implementation Instructions: (3)	During specified exam periods