COURSE OULINE SPECIAL TRAINING TOPICS IN TRACK & FIELD

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	C068	**SEMESTER**	7th & 8th
COURSE TITLE	SPECIAL TRAINING TOPICS IN TRACK & FIELD		

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:	

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:

- *be able to use specific methods of assessing physical abilities,*
- *be able to apply special methods for training physical abilities,*
- *have knowledge that will allow them to optimize the design of training programs*
- *have knowledge regarding the requirements of implementing track & field training programs for people with motor and sensory disabilities.*

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 *Working in an interdisciplinary environment* *Production of new research ideas*	*Critical thinking* *Promoting free, creative and inductive reasoning*

- *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. *Effect of strength training on speed and jumping abilities.*
2. *Effect of specific training methods (superspeed and running with/against resistance) on running speed during the annual training cycle.*
3. *Laboratory assessment of endurance capacity. Determination of intensity zones.*
4. *Practical application of endurance training intensity zones in the field.*
5. *Lecture by an invited speaker (academician in Greece / abroad, distinguished coach of competitive track & field sports)*
6. *Evaluation of strength-speed in the field.*
7. *Evaluation of strength-speed in the laboratory.*
8. *Application of strength-speed measurements in the design of training programs to improve it.*
9. *Application of activation methods to improve performance in track & field sports.*
10. *Application of the combined training method to improve physical performance.*
11. *Track & field sports for people with motor and sensory disabilities (theory).*
12. *Track & field sports for people with motor and sensory disabilities (practical application).*
13. *Training approach for people with motor and sensory disabilities.*

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 teaching and communication with students • digital slides • videos • e-class, webmail
TEACHING ORGANIZATION *The ways and methods of teaching are described in detail.* *Lectures, Seminars, Laboratory Exercise, Field*	

Activity	***Workload/semester***
Lectures	26
Written assignment	12

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.*	<table><tr><td>Bibliographic study & analysis</td><td>25</td></tr><tr><td>Field exercise</td><td>10</td></tr><tr><td>Exams</td><td>2</td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td>Total</td><td>75</td></tr></table>
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*	• Written assignment (design of training programs) 20% • Written final exams (short answer questions, program design questions, problem solving) 80% • The exams are conducted in the Greek language

5. SUGGESTED BIBLIOGRAPHY

1. *Veligekas P., Bogdanis G., Paradisis G. (2020). Design and programming of sports training. Broken Hill publishers ltd, Cyprus.*
2. *Smith DL, Plowman SA, & Ormsbee MJ. (2024). Exercise Physiology for Health, Fitness, and Performance. Konstantaras Publications, Athens.*
3. *Buccheit M., Laursen P. (2024). High-intensity interval training HIIT. Salto Publications, Thessaloniki.*

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:	No
Evaluation methods:	Written assignments (20%) Written online exam (80%)
Implementation Instructions:	Written assignments should be submitted via eclass on a specified date. The online exam will be conducted via eclass with simultaneous connection to Microsoft Teams for identity checking, at a specified date and time.