COURSE OUTLINE ALTERNATIVE GROUP PROGRAMS IN THE GYM II

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	C070	**SEMESTER**	7th & 8th
COURSE TITLE	ALTERNATIVE GROUP PROGRAMS IN THE GYM II		

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*	Background, General Knowledge, Scientific Area, 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

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

The aim of the course is to acquire theoretical and practical knowledge for the design and organization of alternative group programs II in the gym. Technical analysis of movements and basic teaching principles for the organization and guidance of innovative group programs in the gym. After completing this course, students will be able to:

- *Know the basic principles of movement technique, required for the design and organization of each of the innovative, different alternative aerobic programs.*
- *Can perform the basic skills of innovative aerobic programs at a satisfactory level.*
- *Know the basic principles of teaching methods and guidance techniques of integrated programs of alternative forms of aerobics.*
- *Organize and plan a comprehensive program/lesson of each of the different alternative programs for healthy exercisers.*

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information, ICT Use

Project design and management
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*
- *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. *Basic principles of organizing innovative group programs in the gym. Theoretical and Practical approach.*
2. *Circuit aerobics: Basic technique of movement analysis. Principles of safety and exercise technique for designing group circuit training programs using music in the gym.*
3. *Circuit aerobics: Design and organization of group circuit training programs with or without the use of music.*
4. *Cross training aerobic programs: Basic technique of movement analysis. Principles of safety and exercise technique for designing group programs in the gym (theory). Designing group programs using music (practice).*
5. *Functional aerobic programs: Basic technique of movement analysis of functional training for designing group programs in the gym using music.*
6. *Spinning aerobics: Introduction to the basic principles of indoor cycling. Basic positions - handles - bike settings - safety rules.*
7. *Design of an indoor cycling program with music. Program structure: warm-up - main part - recovery. Teaching and guiding indoor cycling programs.*
8. *Aqua aerobics: Basic principles of physiology of movements in an aquatic environment - safety rules. Terminology, technical analysis of steps (theory). Basic principles of teaching basic steps, combinations and block composition within music.*
9. *Aqua aerobics: Basic principles of teaching basic steps, combinations and block composition within music in a shallow pool using equipment.*
10. *Aqua aerobics in a deep pool: Terminology, technical analysis of steps usingequipment (theory). Basic principles of teaching basic steps, program design. Practical practice in the deep pool using water equipment (practice).*

11. *Introduction to the Yoga system: Theoretical approach, technical analysis of the movements of the philosophy of Eastern meditation.*
12. *Introduction to the Yoga system: Basic principles of teaching asanas, for their use in planning and guiding group programs (practical application).*
13. *Introduction to the Yoga system: power yoga, theoretical approach, technical analysis of movements and practical application in planning and guiding group yoga programs in the gym.*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc.*	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) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Use of ICT in Teaching and Communication with Students • digital slides • video • MsTeams/ e-class, webmail
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 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 course: 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*	• 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. *Zafeiroudi A. (2020). Yoga the Book of Asanas. University Studio Press Publications ISBN 978-960-122-547-*
3. *Kakogiannaki E. (2018). Aquarobics, the Magic of Water. Water aerobics exercises for*

everyone. SALTO Publications. ISBN 978-960-933-245-3
4. *Mavridou-Rokka, Stella & Kouli, Olga (2011). Fitness through Aerobics. Jan Galen Bishop. Editing Greek Edition, Athens, Ref. Eudoxus 59365807.*
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

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