COURSE OUTLINE MOTOR CONTROL

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	C077 SEMESTER 7 th ,8 th				
COURSE TITLE	MOTOR CONTROL				
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	
COURSE TYPE Background, General Knowledge, Scientific Area, Skill Development	Scientific Are	a			
PREREQUISITES:	None				
TEACHING & EXAMINATION	Hellenic (Greek)				
LANGUAGE:	English for Erasmus+ students				
COURSE OFFERED TO ERASMUS	YES				
STUDENTS:					
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 completion of the course, students will be able to:

- understand the basic mechanisms of the nervous system involved in the control and regulation of movement.
- analyse human movement using theoretical concepts and practical techniques.
- explain the relationship between sensorimotor stimuli and movement performance and the role of feedback in learning and improving motor behaviour.
- assess and adapt motor skills for different environments and populations, such as athletes, children and people with motor impairments.
- use motor performance measurement tools and techniques to assess and optimise motor skills.
- *identify factors that influence motor adaptation, such as age, experience, environmental conditions and technology.*

General Skills	
Name the desirable general skills upon successful co	mpletion 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 Working in an international environment Working in an interdisciplinary environment Production of new research ideas and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning

The general skills that are supported involve:

- Search, analysis and synthesis of data and information, using appropriate ICT
- Decision making
- Autonomous work
- Teamwork
- Working in an international environment
- Working in an interdisciplinary environment
- Production of new research ideas
- Project design and management
- Respect for the natural environment
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

- 1. Theories of motor control
- 2. The theory of dynamical systems for the control of movement
- 3. Measurement and evaluation of motor performance
- 4. Postural control
- 5. Effects of ageing on postural control
- 6. Pathological limitations in postural control
- 7. Balance training to improve postural control
- 8. Effects of ageing on the control of movement
- 9. Pathological limitations in movement control
- 10. Motor control of the upper limbs (grasping and handling objects)
- 11. Effects of ageing on motor control of the upper limbs
- 12. Pathological limitations in motor control of the upper limbs
- 13. Motor control and fatigue

4. LEARNING & TEACHING METHODS - EVALUATION

		003		
	TEACHING METHOD	_	Face to face	
	Face to face, Distance learning, etc.	_	Theoretical lectures	
		-	Laboratory courses	
		-	Distance learning	
	USE OF INFORMATION &	Use of ICT in teaching and communication with		
	COMMUNICATIONS TECHNOLOGY	students:		
	(ICT) Use of ICT in Teachina, in Laboratory	-	digital slides	
	Education, in Communication with students	-	videos	
		-	- MsTeams/ e-class,	webmail
	TEACHING ORGANIZATION		Activity	Workload/semester
The ways and methods of teaching are described in detail. Lectures, Seminars, Laboratory Exercise, Field	Lec	tures	26	
E. T	xercise, Bibliographic research & analysis, utoring, Internship (Placement), Clinical	Lab	exercises	26
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Study visits, Study / creation, project, creation, project. Etc.	Study and analysis of the literature	20
The supervised and unsupervised workload per activity is indicated here, so that total	Examinations	3
workload per semester complies to ECTS standards.	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	 Interim evaluation Written exams inc tests, short answe development ques problems (40%) The assessment language for Erasmus students 	ns (60%) cluding: multiple choice er questions and stions designed to solve es are Greek and English

5. SUGGESTED BIBLIOGRAPHY

- 1. SHUMWAYA., RACHWANIJ., WOOLLACOTTM.H. (2025) KINHTIKOΣ ΕΛΕΓΧΟΣ, ΑΠΟ ΤΗΝ ΕΡΕΥΝΑ ΣΤΗΝ ΚΛΙΝΙΚΗ ΠΡΑΞΗ 2Η ΕΚΔΟΣΗ. BROKEN HILL PUBLISHERS LTD
- 2. MAGILLR., ANDERSOND. (2018) ΚΙΝΗΤΙΚΗ ΜΑΘΗΣΗ ΚΑΙ ΚΙΝΗΤΙΚΟΣ ΕΛΕΓΧΟΣ. ΘΕΣΣΑΛΟΝΙΚΗ: ΕΚΔΟΣΕΙΣ ΔΙΣΙΓΜΑ

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Nikolaos Aggelousis
Contact details:	nagelous@phyed.duth.gr
Supervisors:	Yes
Evaluation methods:	Written or oral examination with distance learning methods, via eClass. Identification and monitoring of examinees through Microsoft Teams
Implementation Instructions:	The examination in the course will be done in randomly created groups of users (examinees). The compositions of the user groups will be announced in time. The total examination duration of each group will be 1 hour. In the first twenty minutes of each examination period, the examinees will be identified through the MS Teams app. For this purpose, there must be a camera, microphone and headphones connected to their terminal device (PC or smartphone). The relevant link will be sent via eClass, exclusively to the institutional accounts of those who have registered for the course and have accepted the terms of distance examination. For identification, students will display their student ID on camera when requested. The main examination will be carried out through the "Exercises"

application of eClass. In particular, at the beginning of the second twenty
minutes of each examination period, an exercise entitled "Examination -
Group X (where X = 1 to n)" will be activated in the eClass, which will
include 20 questions. The time limit for answering the 20 questions will
be 30 minutes. During this period, all questions should be answered and
finalized. Each of the questions will be graded with 0.5 points.
Students should log in to the eClass platform through their institutional
account.
Also during the exam the camera and microphone of the examinees have
to be continuously activated and the MS Teams application should be
open.