

## COURSE OUTLINE DESIGN OF RESISTANCE TRAINING

### 1. GENERAL

<b>SCHOOL</b>	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
<b>DEPARTMENT</b>	PHYSICAL EDUCATION AND SPORT SCIENCE		
<b>LEVEL OF STUDIES</b>	ISCED level 6 – Bachelor's or equivalent level		
<b>COURSE CODE</b>	C087	<b>SEMESTER</b>	7 <sup>th</sup> & 8 <sup>th</sup>
<b>COURSE TITLE</b>	Design of resistance training		
<b>TEACHING ACTIVITIES</b> <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>		<b>TEACHING HOURS PER WEEK</b>	<b>ECTS CREDITS</b>
		2	3
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Background, General Knowledge, Scientific Area, Skill Development		
<b>PREREQUISITES:</b>	None		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	Greek		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	No		
<b>COURSE URL:</b>			

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b> <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>	
<ol style="list-style-type: none"> <li>Students will be able to develop a proper and safe resistance exercise training plan for the average healthy person based on age and sex.</li> <li>Students will be able to design periodized resistance exercise programs for athletes.</li> <li>Students will be able to identify the acute and chronic responses of resistance exercise training.</li> </ol>	
<b>General Skills</b> <i>Name the desirable general skills upon successful completion of the module</i>	
<i>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</i>	<i>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</i>
<ul style="list-style-type: none"> <li>Adaptation to new situations</li> <li>Decision making</li> <li>Autonomous work</li> <li>Teamwork</li> </ul>	

### 3. COURSE CONTENT

1. Acute program variables of resistance exercise training.
2. Resistance exercise training program design I.
3. Resistance exercise training program design II.
4. Resistance exercise training program design III.
5. Periodization models for resistance exercise training.
6. Resistance exercise training program design based on age.
7. Resistance exercise training program design based for women.
8. Acute responses to resistance exercise training.
9. Chronic responses to resistance exercise training.
10. The relationship of resistance exercise training with other types of training.
11. Measurement and evaluation of muscle strength.
12. Measurement and evaluation of muscle endurance.
13. The organization of the strength training facility

### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	Face to face	
<b>USE OF INFORMATION &amp; COMMUNICATIONS TECHNOLOGY (ICT)</b> <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>		
<b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research &amp; analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i>  <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	<b>Activity</b>	<b>Workload/semester</b>
	Lectures	26
	Homework	15
	Studding	31
	Final Exam	3
	<b>Total</b>	<b>75</b>
<b>STUDENT EVALUATION</b> <i>Description of the evaluation process</i>  <i>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</i>  <i>Please indicate all relevant information about the course assessment and how students are informed</i>		

### 5. SUGGESTED BIBLIOGRAPHY

1. Baechle T. & Earle R. (2009). *Essentials of Strength Training and Conditioning*. National Strength and Conditioning Association, Medical Publications P.C. Paschalidis, Athens.
2. Fleck St. & Kraemer W. (2006). *Resistance exercise training design*. Medical Publications P.C. Paschalidis, Athens.

## ANNEX OF THE COURSE OUTLINE

### Alternative ways of examining a course in emergency situations

<b>Teacher (full name):</b>	ZARAS NIKOLAOS
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<b>Supervisors:</b>	YES
<b>Evaluation methods:</b>	Homework will be uploaded at Eclass from home
<b>Implementation Instructions:</b>	E-class will be used as an alternative way of the exams.