COURSE OUTLINE GYMNASTICS

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	C105	SEMESTER 1 ^{rst} and 2 nd			
COURSE TITLE	GYMNASTICS				
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	
			3		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:	Νο				
TEACHING & EXAMINATION LANGUAGE:	Greek English (Erasmus students)				
COURSE OFFERED TO ERASMUS STUDENTS:	Yes				
COURSE URL:	https://eclass.duth.gr/courses/KOM02395/				

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 the completion of this course, students will be able to:

- Know and understand the basic elements of practical application of physical exercises.
- Perform the various types of exercises at a satisfactory level.
- Design an exercise program with defined goals in the context of physical education and sports activities.
- Select and use the appropriate terminology when implementing targeted exercise programs.

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General Skills
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Name the desirable general skills upon successful completion of the module
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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	Critical thinking
Working in an interdisciplinary environment	Promoting free, creative and inductive reasoning
Production of new research ideas	
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. Timeless evolution and contemporary trends of exercise in education and the labor market
- 2. Terminology and learning the technique of performing basic physical exercises -Methods of group exercise instruction
- 3. Movements and involvement of the muscles in the execution of the exercises
- 4. Preliminary health check of trainees before participating in fitness programs -Principles of daily fitness planning: Warm-up, main part, cool-down - Physical activity games
- 5. Muscular stretching
- 6. Bodyweight exercises
- 7. Functional Fitness (exercise selection, organization, practical application)
- 8. Exercises with portable instruments (ropes, rods, medical balls, wreaths, rubber bands, etc.)
- 9. Circuit training (exercise selection, organization, practical application)
- 10. Interval training (exercise selection, organization, practical application)
- 11. Test of battery I (practical application)
- 12. Test of battery II (practical application)
- 13. Designing a daily exercise plan with music in the modern gym

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD Face to face, Distance learning, etc.	Face to face Lectures and practical applications as well as distance learning		
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) Use of ICT in Teaching, in Laboratory Education, in Communication with students	Use of ICT in Teaching		
TEACHING ORGANIZATION	Activity	Workload/semester	
The ways and methods of teaching are	Lectures	39	
described in detail. Lectures Seminars Laboratory Exercise Field	Field Exercise	23	
Exercise, Bibliographic research & analysis,	Study and individual works	10	
Tutoring, Internship (Placement), Clinical	Exams	3	
Exercise, Art Workshop, Interactive learning,	Total	75	
The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.			

STUDENT EVALUATION	1.	Final written examination (40%)
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	1. 2. 3. 4.	Practical examination (40%) Practical tests and physical ability tests (10%) Written laboratory assignments (10%)

5. SUGGESTED BIBLIOGRAPHY

 Kennedy-Armbruster C. & Yoke M. (2018). Methods of Group Exercise Instructions, KONSTANTARAS Publications, Athens.
Theodorakou K. (2010). Gymnastics: A multifaceted approach, TELETHRION Publications, Athens.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Styliani Karakiriou, PhD
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Supervisors: (1)	NO
Evaluation methods: (2)	Written examination with distance learning methods
Implementation Instructions: (3)	The examination in the course will be carried out in subgroups of users in the e- class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat. The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance methods. Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified. Each student should answer multiple choice questions, free text development, critical thinking. Each of the questions is graded from 0.2 to 2.0 points depending on the question category.