COURSE OUTLINE RESISTANCE EXERCISE TRAINING INSTRUCTION

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	C202	SEMESTER 3 RD and 4 TH			
COURSE TITLE	RESISTANCE E	ISTANCE EXERCISE TRAINING INSTRUCTION			
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 PEF WEEK	2	ECTS CREDITS	
			3		6
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:	None				
TEACHING & EXAMINATION LANGUAGE:	Greek				
COURSE OFFERED TO ERASMUS STUDENTS:	NO				
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, participants will be able to:

- Students will be able to demonstrate and perform resistance exercise for the whole body.
- Students will be able to identify and handle all kinesiological and biomechanical principles of resistance exercise training

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	Critical thinking
Working in an interdisciplinary environment	Promoting free, creative and inductive reasoning
Production of new research ideas	
Connels an altrais and a with calls of	data and information weight the processing

- Search, analysis and synthesis of data and information, using the necessary technologies
- Generation of new research ideas
- Promotion of free, creative and inductive thinking

3. COURSE CONTENT

1. *Kinesiology of resistance exercises.*

- 2. The biomechanics or resistance exercise training.
- *3. Teaching principles of resistance exercise training.*
- 4. The equipment of resistance exercise training: Function and organization.
- 5. Instruction and safety issues of resistance exercises for the chest muscles.
- 6. Instruction and safety issues of resistance exercises for the back muscles.
- 7. Instruction and safety issues of resistance exercises for the muscles of the shoulder.
- 8. Instruction and safety issues of resistance exercises for lower limb muscles.
- *9. Instruction and safety issues of resistance exercises for the abdominal and lower back muscles.*
- 10. Instruction and safety issues of resistance exercises for the hip muscles.
- 11. Instruction and safety issues of resistance exercises for the knee muscles.
- 12. Instruction and safety issues of resistance exercises for the ankle muscles.
- 13. Instruction of Olympic lifts.

TEACHING METHOD	Face to face	
Face to face, Distance learning, etc.		
USE OF INFORMATION &	Power-point slides	
COMMUNICATIONS TECHNOLOGY	Video	
(ICT)	e-class, webmail	
Use of ICT in Teaching, in Laboratory Education in Communication with students		
TEACHING ORGANIZATION	Activity	Workload/semester
The ways and methods of teaching are	Lectures	39
described in detail. Lectures Seminars Laboratory Exercise Field	Mid-term exam	40
Exercise, Bibliographic research & analysis,	Studding	68
Tutoring, Internship (Placement), Clinical	Final Exam	3
Study visits, Study / creation, project, creation,	Total	150
project. Etc.		150
The supervised and unsupervised workload per		
activity is indicated here, so that total		
workload per semester complies to ECTS		
Description of the evaluation process		
A		
Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test,		
Short Answer Questions, Essay Development		
Questions, Problem Solving, Written		
Presentation in audience Laboratory Report		
Clinical examination of a national Artistic		
interpretation. Other/Others		
Please indicate all relevant information about the course assessment and how students are		
informed		

4. LEARNING & TEACHING METHODS - EVALUATION

5. SUGGESTED BIBLIOGRAPHY

1. Fatouros I, Chatzinikolaou A. (2011). Resistance training: Exercise instruction, Safety, and

organizational issues. Telethrion Publications, Athens.

2. Delavier F. (2009). Resistance exercise for muscular strength development. Medical Publications P.C. Paschalidis, Atrhens.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	ZARAS NIKOLAOS
Contact details:	EMAIL: <u>nzaras@phyed.duth.gr</u>
Supervisors	YES
Evaluation methods:	Mid term exam from home (15%), practical exam (40%) and final exam (45%).
Implementation Instructions:	E-class will be used as an alternative way of the exams.