

Course Title	ENGLISH FOR SPORT SCIENCES			
Course Code	SSENG109-1			
Course Type	MANDATORY			
Level	BSc (LEVEL 1)			
Year / Semester	1 st / Fall			
Teacher's Name				
ECTS	3	Lectures / week	2	Laboratories/week
Course Purpose	<p>The course aims at enhancing communication skills within the context of sports-related disciplines. Focusing on specialized vocabulary, terminology, and communication strategies, the course enables students to articulate ideas, research findings, and technical concepts effectively in English. It addresses language barriers commonly encountered in sports science, promoting proficiency in academic writing, presentation skills, and comprehension of scholarly literature. The course equips students with the linguistic tools necessary for successful collaboration and professional engagement in the global sports science community by honing language proficiency specific to sports science.</p>			
Learning Outcomes	<p>Upon completion of the course, students should be able to:</p> <ul style="list-style-type: none"> • communicate effectively in English in a work environment • acquire knowledge and understanding of the topics covered in the course and apply it in their area of interest • be familiar with the physical education terminology and apply it with future clientele and use it for further professional advancement • expand their practical and written skills through a wide variety of tasks • be familiar with the major bones and muscles of the body and their function • identify the functions of each component of the respiratory system • be aware of major phraseology and terminology related to human health and well being • be informed about new trends and other issues related to their area of interest from international bibliography written in English • participate in workshops, seminars and conferences and present their own work confidently in English 			
Prerequisites	No	Corequisites	No	
Course Content	<p>In particular, the course covers the following</p> <ul style="list-style-type: none"> • terminology and phraseology: <ul style="list-style-type: none"> -The upper body, the lower body, the core -Body Types -Health Problems -Equipment -The muscular system -The cardiorespiratory system -Biomechanics 			

	<ul style="list-style-type: none"> -Workout (designing the perfect workout) -Fitness assessment -Nutrition -Supplements -Injuries -CPR & First Aid • presentation skills and techniques
Teaching Methodology	<p>Face to face</p> <p>The course is delivered to students by means of lectures conducted by the instructor. The major method of teaching is the interactive communicative approach based on the principles of functional language learning and teaching. Audio-visual aids, class discussions, pair and group work and other communicative drills are among the instructor's tools to keep students' interest alive and elicit the maximum participation from students. Students are also encouraged to make extensive use of the Internet.</p>
Bibliography	<p>Fraser, Λ., Norman, Γ., & Brown, M. (2017). Cambridge IGCSE Φυσική Αγωγή. Εκδόσεις Collins.</p> <p>Επιλογή αποσπασμάτων εφημερίδων, περιοδικών και βιβλίων</p> <p>Dooley, J. & Clark, A. (2015). Διαδρομές σταδιοδρομίας: Προπόνηση φυσικής κατάστασης (Βιβλία 1, 2, 3). Ηνωμένο Βασίλειο: Express Publishing.</p> <p>Chase, B. & Johannsen, K. (2012). Μονοπάτια 2, 3, 4. Heinle Cengage Μάθηση.</p> <p>Allen, P. E., Fowler, X. W., & Fowler, Φ. Γ. (2011). Το συνοπτικό λεξικό της Οξφόρδης της τρέχουσας αγγλικής γλώσσας. Οξφόρδη: Clarendon Press.</p>
Assessment	<p>A two-method assessment is adopted. The coursework assessment, which counts for the 40% of the overall mark, includes 2 major tests, and an oral presentation and the final examination assessment which counts for the 60% of the final mark.</p> <p>Coursework: 40%</p> <ul style="list-style-type: none"> • Test 1 16% • Test 2 12% • Oral Presentation 12% <p>Final Exam: 60%</p>
Language	Greek / English