

Course Title	<b>PLACEMENT AND SPECIALISATION INTERNSHIP I</b>				
Course Code	SSPLA401-1				
Course Type	MANDATORY				
Level	BSc (Level 1)				
Year / Semester	4th / Fall				
Teacher's Name	Stella Dimitriou, Galatia Agiomamiti				
ECTS	6	Lectures / week	1	Laboratories / week	
Course Purpose	<p>The aim of the course is to provide students with the opportunity to apply in practice the taught teaching and training methods to develop their skills and competences based on the knowledge they obtained. In addition, with work experience - placement, students are allowed to experience in practice the operation of a sports organization (eg sports club, gym, etc.) and to adapt the theoretical knowledge acquired from the courses taught to practical applications. Experiential experiences deepen learning and allow the creation of a comprehensive teacher/coach profile that can effectively solve problems that arise during exercise, sports training, and physical education.</p>				
Learning Outcomes	<p>Students are expected to:</p> <ol style="list-style-type: none"> <li>1. Design and present training / exercise programs according to the particularities of each population (athletes, adults, elderly, chronically ill people).</li> <li>2. Design and present group aerobics programs, such as aerobics, step aerobics, zumba and others, to different age groups and for different fitness levels of exercisers.</li> <li>3. Set short-, medium- and long-term training goals, depending on the particularities of the exercising population.</li> <li>4. Implement and effectively evaluate training/exercise programs and group programs.</li> <li>5. Apply a variety of training, teaching and exercise methods.</li> <li>6. Integrate the knowledge, attitudes and skills acquired / cultivated during their studies in working conditions.</li> <li>7. Assess correctly and in a timely manner, the work tasks assigned to</li> </ol>				

	<p>them.</p> <p>8. Keep an individual file (portfolio) and a diary of the activities of the fitness programs.</p> <p>9. Actively participate in the organization of programs and activities of the training space, related to individual and group training of individuals.</p> <p>10. Recognize the structure and operation of sports organizations / businesses and the role of staff within them.</p>		
Prerequisites	No	Corequisites	Specialisation Elective
Course Content	<ol style="list-style-type: none"> <li>1. Acquaintance with the sports organization, facilities and athletes/exercising population.</li> <li>2. Work experience - placement planning. Definition of the role of the student. Coaching/teaching plan schedule.</li> <li>3. The importance of work experience - placement in the sport science/PE professional. Aims and objectives of work experience - placement. Instructions for work experience - placement.</li> <li>4. Scheduling courses during work experience - placement. Portfolio.</li> <li>5. The operating regulations of exercise spaces and gyms.</li> <li>6. Management of deviant patterns of behavior</li> <li>7. Design and implementation of exercise/training programs.</li> <li>8. Creation of self-assessment protocols. Evaluation criteria and indicators by the responsible teacher</li> <li>9. Evaluation and critical analysis of work experience – placement.</li> <li>10. Reflection on work experience - placement</li> </ol>		
Teaching Methodology	<p><b>Theory</b></p> <p>The teaching of the course includes seminars to provide a theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods such as experiential methods are used during workplace placement. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p>		
Bibliography	<ul style="list-style-type: none"> <li>• Grosser, M. &amp; Starischka, S. Προπόνηση Φυσικής Κατάστασης σε όλα τα Αθλήματα και τις Ηλικίες. 2η έκδοση. Εκδόσεις Salto, Θεσσαλονίκη.</li> </ul>		

	<p>(2007).</p> <ul style="list-style-type: none"> <li>• Αυθίνος, Γ. (2006). Άσκηση – Άθληση – Κινητική Αναψυχή- Οργανωτική Διάσταση. Αθήνα. Εκδόσεις Χαραλάμπους.</li> <li>• Σωτηριάδης, Μ., &amp; Φαρσάλης Ι. (2009). Εναλλακτικές και ειδικές μορφές τουρισμού. Νικητόπουλος και ΣΙΑ ΟΕ..</li> </ul>
<p>Assessment</p>	<p>The course includes continuous evaluation with submission of forms and practical evaluation of students' progress in their place of practical placement. Specifically, before the placement of students in the workplace, the internship application must be completed and delivered, signed by the student and the responsible mentor, which will indicate the sports organization / business where the student will operate. At the beginning of the internship and at the end of each week they should describe and deliver to the supervisor the tasks, obligations, work volume and work produced (work diary). Then, three weeks after their placement in the workplace, they will have to deliver an exercise/training program. Then, they should apply it in the workplace and under the supervision of the supervisor. After the feedback from the course instructor, the same procedure will be repeated three weeks later. Finally, after completing their duties, students should deliver their self-assessment and the evaluation of their mentor and their reflection on their experience in the course context.</p> <p><b>1. Successful completion of the individual file – 20%</b></p> <p style="padding-left: 40px;">A. Application for Work Experience - Placement and planning (Form 1) B. Portfolio with work diaries (Form 2)</p> <p><b>2. Internship Evaluation – 20%</b></p> <p><b>3. Internship Assessment – 30%</b></p> <p><b>4. Mentoring and Self-Assessment – 10%</b></p> <p style="padding-left: 40px;">A. Student self-assessment form (Form 4) B. Evaluation by a mentor (Form 5)</p> <p><b>5. Reflection (Form 6) – 20%</b></p> <p>See. WORK EXPERIENCE GUIDE - PLACEMENT</p>
<p>Language</p>	<p>Greek / English</p>



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