

Course Title	<b>PLACEMENT AND SPECIALISATION INTERSHIP II</b>				
Course Code	SSPLA402-1				
Course Type	MANDATORY				
Level	BSc (Level 1)				
Year / Semester	4th/ Spring				
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 test in practice the taught teaching methods and training methods as well as the purpose of video analysis and progressive teaching in order to make their teaching more effective. In addition, with the work experience - placement students are given the opportunity to get to know and create contacts with a different workplace than in the previous semester and at a higher level while at the same time understanding the expectations of these organizations. Experiential experiences deepen learning and allow the creation of a comprehensive profile of a modern teacher/coach who can effectively solve problems that arise during exercise, training, and teaching.</p>				
Learning Outcomes	<p>Students are expected to:</p> <ol style="list-style-type: none"> <li>1. Actively participate in the organization of programs and undertake tasks in their workplace related to individual and group exercise/training of individuals.</li> <li>2. Design and implement training programs according to the needs of exercising population/athletes.</li> <li>3. Identify wrong actions of exercising population/athletes and apply appropriate training, teaching and exercise methods for their improvement.</li> <li>4. Edit and analyze videos recording individual characteristics of athletes, aggressive and team sports tactics.</li> <li>5. Integrate the knowledge, attitudes and skills acquired / cultivated during their studies in working conditions.</li> </ol>				

	<ol style="list-style-type: none"> <li>6. Assess correctly and in a timely manner, the work tasks assigned to them.</li> <li>7. Keep an individual file (portfolio) and a diary of the activities of the fitness programs.</li> <li>8. Recognize the structure and operation of sports organizations / businesses and the role of staff within them.</li> </ol>		
Prerequisites		Corequisites	Specialisation Elective
Course Content	<ol style="list-style-type: none"> <li>1. Acquaintance with the sports organization, facilities and athletes.</li> <li>2. Work experience - placement planning. Definition of the role of the student. Schedule training/teaching progressively.</li> <li>3. The importance of work experience - placement in the professional. Aims and objectives of work experience - placement. Guidelines for work experience – placement II.</li> <li>4. Scheduling courses during work experience - placement. Portfolio.</li> <li>5. The operating regulations of exercise areas and gyms.</li> <li>6. Management of deviant patterns of behavior</li> <li>7. Design exercise/training programs progressively and individually.</li> <li>8. Creation of self-assessment protocols. Evaluation criteria and indicators by the teacher in charge</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. (2007).</li> <li>• Αυθίνος, Γ. (2006). Άσκηση – Άθληση – Κινητική Αναψυχή- Οργανωτική Διάσταση. Αθήνα. Εκδόσεις Χαράλάμπους.</li> </ul>		

	<ul style="list-style-type: none"> <li>• Σωτηριάδης, Μ., &amp; Φαρσάλης Ι. (2009). Εναλλακτικές και ειδικές μορφές τουρισμού. Νικητόπουλος και ΣΙΑ ΟΕ.</li> </ul>
Assessment	<p>The course includes continuous evaluation with the submission of forms and practical evaluation of a student's progress in their place of practical placement. Specifically, before the placement of students in the workplace, the EET application must be completed and delivered, signed by the student and the responsible mentor, which will indicate the sports organization/business in which the student will operate. At the beginning of the internship and at the end of each week, they should describe and submit to the supervisor the tasks, obligations, work volume, and work produced (work calendar). Then, five weeks after their placement in the workplace and according to their specialty, they will have to deliver a project. For team sports, the work will include video analysis as well as recording drills/exercises for the offensive or defensive actions they will analyze, while for those who have specialization in Exercise, Health and Wellness or in an individual sport, they should identify errors in the technique of some skills (pictures, photos, videos) and then record exercises/exercises to improve them. The presentation of the papers will follow during the seminars. 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)</p> <p style="padding-left: 40px;">B. Portfolio (Work diaries) (Form 2)</p> <p><b>2. Internship Evaluation – 30%</b></p> <p><b>3. Project Presentation – 20%</b></p> <p><b>4. Mentoring and Self-Assessment – 10%</b></p> <p style="padding-left: 40px;">A. Student self-assessment form (Form 4)</p> <p style="padding-left: 40px;">B. Evaluation by a mentor (Form 5)</p> <p><b>5. Reflection (Form 6) – 20%</b></p> <p>See. GUIDE PLACEMENT AND SPECIALISATION INTERSHIP II</p>
Language	Greek / English



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