

Course Title	EXERCISE, FITNESS AND HEALTH I			
Course Code	SSFIT443-S-1			
Course Type	SPECIALISATION ELECTIVE			
Level	BSc (Level 1)			
Year / Semester	4th / Fall			
Teacher's Name	Dr Anthi Xenofontos, Dr Elpida Michail, Dr Apostolia Dovoli			
ECTS	12	Lectures / week	3	Workshops / week / 3
Course Purpose	The purpose of the course is to prepare students to understand the multiple health benefits of exercise, to be able to assess exercise needs in the wider population, and to distinguish the specific needs for physical activity in different age categories and clinical populations. Finally, be able to design comprehensive exercise programs (prescribing) to improve health and well- being.			
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Describe the health promotion benefits of exercise. 2. Assess exercise needs and opportunities in the general population. 3. Recognize the particularities for exercise in different age groups. 4. Recognize the particularities for exercise in population groups with diseases. 5. Organize and design appropriate exercise programs to promote the health and well-being of the individual 			
Prerequisites	PESS203: Health Enhancing Activity	Physical	Corequisites	No
Course Content	<ol style="list-style-type: none"> 1. Prescribing exercise for healthy individuals 2. Exercise and woman. 3. Exercise programs for health promotion in childhood and adolescence. 4. Physical activity in adults and elderly people. Peculiarities of exercise programs. 5. Therapeutic applications of exercise in various ages and conditions. 6. Exercise and rehabilitation of musculoskeletal dysfunctions. 7. Exercise and rehabilitation of people with chronic diseases (arthritis, obesity, etc.). 8. Exercise programs adapted physical education. <p>The applied part of the course will include the design and presentation of exercise programs to the following populations:</p> <ul style="list-style-type: none"> • Children and adolescents • Elderly 			

	<ul style="list-style-type: none"> • People with musculoskeletal dysfunctions • People with chronic diseases • People with disabilities
Teaching Methodology	<p>Theory</p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods like case studies, real scenarios, discussion, and questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Practical</p> <p>During the practical courses, students develop the practical skills required for the course by visiting indoor sports venues such as gyms, rehabilitation centers and implementing programs in fitness areas for people of different ages and health profiles.</p>
Bibliography	<ul style="list-style-type: none"> • Αμερικανική Αθλητιατρική Εταιρεία. (2007). <i>Κατευθύνσεις σχεδιασμού προγραμμάτων άσκησης και αξιολόγησης</i>. Αθήνα: Αθλότυπο. • Dustine, J.R. & Moore, G.E. (2005). <i>ACSM's Άσκηση Χρόνιες Παθήσεις και Αναπηρίες</i>. Ελληνική επιμέλεια Μπαλιτόπουλος, Π. Αθήνα: Ιατρικές εκδόσεις Πασχαλίδης. • Debra R. (2020). <i>Σχεδιασμός Προγραμμάτων Άσκησης για Ηλικιωμένους</i>. Ελληνική επιμέλεια Βασιλική Ζήση & Μαρία Μιχαλοπούλου. Αθήνα: Κωνσταντάρας Ιατρικές Εκδόσεις <p><u>Additional bibliography:</u></p> <ul style="list-style-type: none"> • Bouchard, C., Blair, S. N., & Haskell, W. L. (2012). <i>Physical activity and health</i>. Champaign, IL: Human Kinetics. • Williams, M. (2003). <i>Διατροφή, Υγεία, Ευρωστία και Αθλητική Απόδοση</i>. Επιμέλεια Συντώσης, Λ. Αθήνα: Ιατρικές Εκδόσεις Π.Χ. Πασχαλίδη. • Wilmore, J.H. & Costill, D.L. (2006). <i>Φυσιολογία της άσκησης και του Αθλητισμού</i>. Αθήνα: Ιατρικές εκδόσεις Πασχαλίδης. • Kohl, H. & Murray, T. (2012). <i>Foundations of Physical Activity and Public Health</i>. Illinois: Human Kinetics Publishers. • Liguori, G. (2018). <i>ACSM's health-related physical fitness assessment manual</i>. Fifth edition. Philadelphia, Wolters Kluwer.
Assessment	<p>The assessment of this course is structured to provide a comprehensive assessment of students' understanding and application of the course material, incorporating both the ongoing assessment and the final exam element, each of which contributes equally to the final grade.</p> <p>(a) Methods: Students will undergo continuous evaluation, representing 50%</p>

	<p>of their final grade, which includes exit tickets and practical exercises (report) for the application of theoretical knowledge. This continuous evaluation aims at the regular participation of students and ensuring a deep understanding of the course content throughout the semester. The final exam, which also contributes 50% to the final grade, will consist of open- ended and closed-ended questions covering the entire curriculum and case- study problem-solving questions.</p> <p>(b) Criteria: The assessment criteria are designed to objectively assess the depth and breadth of students' knowledge and analytical skills. For example, in continuous assessment elements such as quizzes and practical exercises, students are graded for accuracy, completeness and application of theoretical knowledge. For the final exam, the criteria will include the completeness of the answers to open-ended questions and the effectiveness of solutions to case study problems. Detailed evaluation criteria for each element will be provided with assignment guidelines and exam instructions to ensure clarity and transparency in scoring.</p> <p>(c) Percentage: The weighting of the course evaluation is as follows: the continuous assessment (quizzes and practical exercises) will contribute 50% to the final grade, while the final exam will also represent the remaining 50%. This balance ensures that students' performance throughout the semester is as important as their performance in the final exam, promoting consistent effort and engagement with the course material.</p>
Language	Greek / English