

## COURSE OUTLINE PERSONAL TRAINING

### 1. GENERAL

<b>SCHOOL</b>	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
<b>DEPARTMENT</b>	PHYSICAL EDUCATION AND SPORT SCIENCE		
<b>LEVEL OF STUDIES</b>	ISCED level 6 – Bachelor's or equivalent level		
<b>COURSE CODE</b>	C034	<b>SEMESTER</b>	3 <sup>RD</sup> and 4 <sup>TH</sup>
<b>COURSE TITLE</b>	PERSONAL TRAINING		
<b>TEACHING ACTIVITIES</b> <i>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.</i>		<b>TEACHING HOURS PER WEEK</b>	<b>ECTS CREDITS</b>
		2	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Skill Development		
<b>PREREQUISITES:</b>	No		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	Greek		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	No		
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/KOM02137/">https://eclass.duth.gr/courses/KOM02137/</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b> <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>	
<p>Upon successfully completing the course, students will be able to:</p> <ul style="list-style-type: none"> <li>organize the training process to serve the needs of the average trainee in matters related to the design of training programs on an individual level or in small groups in the gym, at home or in any other exercise and recreation area (organized or not).</li> <li>choose the right equipment for personalized exercise,</li> <li>know basic health and exercise issues</li> </ul>	
<b>General Skills</b> <i>Name the desirable general skills upon successful completion of the module</i>	
<i>Search, analysis and synthesis of data and information, ICT Use Adaptation to new situations Decision making Autonomous work Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas</i>	<i>Project design and management Equity and Inclusion Respect for the natural environment Sustainability Demonstration of social, professional and moral responsibility and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning</i>
<ul style="list-style-type: none"> <li>Search, analysis and synthesis of data and information, ICT Use</li> <li>Adaptation to new situations</li> <li>Decision making</li> <li>Autonomous work</li> </ul>	

- Teamwork
- Working in an interdisciplinary environment
- Project design and management
- Equity and Inclusion
- Demonstration of social, professional and moral responsibility and sensitivity to gender issues
- Critical thinking
- Promoting free, creative and inductive reasoning

### 3. COURSE CONTENT

1. Introduction to Personal Training - The 10 basic steps to approach Personalized Training.
2. Recreational physical activities as a tool in personalized exercise.
3. Medical history and assessment of physical condition.
4. Medical complications of exercise - Guidelines for designing an exercise program.
5. Health education within the framework of the personalized exercise program (nutrition, smoking, stress management).
6. Methods and policies for changing and adopting healthy lifestyles.
7. Safety during exercise. - Clinical and medical factors.
8. Safety, injury prevention and guidelines for emergency situations.
9. Development of muscular strengthening and improvement of cardiorespiratory fitness.
10. Analysis of basic equipment of a Personal Trainer. Learning relevant software for high-quality sports and personalized training services.
11. Nutrition and body weight management.

### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	Face to face Lectures and practical applications as well as distance learning.  Practical application and training in equipment and software related to Personal Training.	
<b>USE OF INFORMATION &amp; COMMUNICATIONS TECHNOLOGY (ICT)</b> <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching	
<b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research &amp; analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i>  <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	<b>Activity</b>	<b>Workload/semester</b>
	Lectures	26
	Field Exercise	24
	Study and individual works	20
	Interactive learning and analysis of digital material	5
	<b>Total</b>	<b>75</b>

<p><b>STUDENT EVALUATION</b></p> <p><i>Description of the evaluation process</i></p> <p><i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i></p> <p><i>Please indicate all relevant information about the course assessment and how students are informed</i></p>	<ul style="list-style-type: none"> <li>• Participation in the course 10%</li> <li>• Active participation in the practical part and in the educational activities that are implemented within the course 10%</li> <li>• Progress tests in theory and practice 10%</li> <li>• Elaboration of individual and group work 10%</li> <li>• Final exams 60%</li> </ul>
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## 5. SUGGESTED BIBLIOGRAPHY

1. *NSCA Essential Guide to Personal Training (2023)*. Brad J. Schoenfeld & Ronald L. Snarr. Scientific Editor of the Greek Edition: Trigonis Ioannis. Papazisis Publications, Athens, ISBN: 978-960-02-4118-1
2. *The Personal Trainer's Handbook (2008)*. American College of Sports Medicine (ACSM). Scientific Editor of the Greek Edition: Kostas Georgios, Fatouros Ioannis, Trigonis Ioannis. Athlotypo Publications, Athens, ISBN: 978-960-7378-82-8
3. *Guidelines for Designing and Assessing Exercise Programs (2007)*. American College of Sports Medicine (ACSM). Scientific Editor of the Greek Edition: Taxildaris Kyriakos, Tziamourtas Athanasios, Fatouros Ioannis. Athlotypo Publications, Athens, ISBN: 978-960-7378-78-1

## ANNEX OF THE COURSE OUTLINE

### Alternative ways of examining a course in emergency situations

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<b>Contact details:</b>	<a href="mailto:itrigon@phyed.duth.gr">itrigon@phyed.duth.gr</a>
<b>Supervisors:</b>	NO
<b>Evaluation methods:</b>	Written examination with distance learning methods
<b>Implementation Instructions:</b>	<p>The examination in the course will be carried out in the e-class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat. The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance methods.</p> <p>Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified. Each student should answer multiple choice questions, free text</p>

	development, critical thinking. Each of the questions is graded from 0.5 to 2.0 points depending on the question category.
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