

COURSE OUTLINE ENGLISH LANGUAGE I

1. GENERAL

SCHOOL	PHYSICAL EDUCATION SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C056	SEMESTER	5 th -6 th
COURSE TITLE	ENGLISH LANGUAGE I (B2)		
TEACHING ACTIVITIES <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>		TEACHING HOURS PER WEEK	ECTS CREDITS
		2	3
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Skill Development		
PREREQUISITES:	NO		
TEACHING & EXAMINATION LANGUAGE:	ENGLISH		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:	https://eclass.duth.gr/courses/180/		

2. LEARNING OUTCOMES

Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>	
After the completion of the course the students will be able to: <ul style="list-style-type: none"> • <i>Build effective communication skills for real-life professional settings, focusing on interaction with clients, colleagues, and supervisors in the fitness industry.</i> • <i>Improve understanding of spoken English using various media (podcasts, interviews, and instructional videos).</i> • <i>Prepare for internationally recognized language certification exams.</i> • <i>Introduce AI tools for enhancing both language learning.</i> 	
General Skills <i>Name the desirable general skills upon successful completion of the module</i>	
<i>Search, analysis and synthesis of data and information,</i> <i>ICT Use</i> <i>Adaptation to new situations</i> <i>Decision making</i> <i>Autonomous work</i> <i>Teamwork</i> <i>Working in an international environment</i> <i>Working in an interdisciplinary environment</i> <i>Production of new research ideas</i>	<i>Project design and management</i> <i>Equity and Inclusion</i> <i>Respect for the natural environment</i> <i>Sustainability</i> <i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i> <i>Critical thinking</i> <i>Promoting free, creative and inductive reasoning</i>
<ul style="list-style-type: none"> • <i>Conversational English</i> • <i>Listening comprehension</i> 	

- *Preparation for language certification exams with AI tools*
- *Necessary skills to communicate professionally in the global sports and fitness industry*
- *Proficiency in English through interactive, real-world applications focused on the fitness and physical education sector*

3. COURSE CONTENT

1. *Session 1: Introduction to Professional Communication in English. Topics: Basic language skills for professional communication. Grammar: Present Simple and Present Continuous. Objective: Understand and use the basic tenses for everyday situations and activities.*
2. *Session 2: Enhancing Confidence in Speaking. Topics: How to speak confidently in professional settings. Grammar: Second Conditional. Objective: Use hypothetical sentences to express ideas and give advice.*
3. *Session 3: Giving Clear Instructions and Directions. Topics: Skills for giving clear and understandable instructions. Grammar: Imperative and Passive Voice. Objective: Use the imperative for giving instructions and the passive voice for describing processes.*
4. *Session 4: Understanding Spoken Language and Audio Material. Topics: Practice understanding spoken language through podcasts, webinars, and educational videos. Grammar: Past Simple and Present Perfect. Objective: Practice understanding interviews and reports about past actions or events.*
5. *Session 5: Participating in Professional Discussions on Physical Fitness Topics: Participating in discussions related to physical fitness and well-being. Grammar: Reported Speech. Objective: Use reported speech to refer to discussions and advice from others.*
6. *Session 6: Practicing Listening Skills in International Environments Topics: Professional situations in international environments (e.g., discussions, instructions). Grammar: Future Simple and Going to. Objective: Use future tense to express plans and future events.*
7. *Session 7: Preparation for Language Proficiency Exams Topics: Preparation for language proficiency exams (speaking, listening comprehension, writing). Grammar: Mixed Tenses. Objective: Practice combining tenses for a comprehensive use of language in various communication contexts.*
8. *Session 8: Personalized Language Practice through AI Topics: Using artificial intelligence (AI) to personalize language practice. Grammar: First Conditional. Objective: Use the first conditional to express real situations in the future.*
9. *Session 9: Presenting Fitness Reports Topics: Creating and presenting fitness reports for international clients. Grammar: Passive Voice. Objective: Use the passive voice to describe actions without mentioning the doer.*
10. *Session 10: Developing Feedback Skills for Clients Topics: Providing positive and constructive feedback to clients. Grammar: Adjectives & Adverbs. Objective: Use adjectives and adverbs to enhance the quality of feedback and comments.*
11. *Session 11: Discussions on Health and Well-being Topics: Discussions on health and wellness. Grammar: Third Conditional. Objective: Use the third conditional to talk about situations that didn't happen in the past and their*

consequences.

12. Session 12: Using AI for Language Practice Topics: How artificial intelligence can support language proficiency. Grammar: Future Continuous.

13. Session 13: Final Review and Assessment Topics: Final review of all topics and grammar points covered in the course. Grammar: Review of all grammar types studied (Present Simple, Present Continuous, Past Simple, Future Tenses, Passive Voice, Conditionals, Reported Speech).

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	FACE TO FACE	
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching <ul style="list-style-type: none"> • SLIDES, VIDEOS • MsTeams/ e-class, webmail 	
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & 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>	Activity	Workload/semester
	LECTURES	26
	PROJECT	15
	BIBLIOGRAPHIC RESEARCH	31
	EXAMS	3
	TOTAL	75
STUDENT EVALUATION <i>Description of the evaluation process</i> <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> <i>Please indicate all relevant information about the course assessment and how students are informed</i>	<ul style="list-style-type: none"> • PROJECT 25% • PROJECT PRESENTATION 25% • EXAMS 50% 	

5. SUGGESTED BIBLIOGRAPHY

1. i-DISCOVER 8 STUDENT'S BOOK and WORKBOOK (ADULT LEARNERS) with ie-book and DIGIBOOK, Jenny Dooley, Virginia Evans
2. Career Paths - Fitness Training Student's Book With Digibook App, Virginia Evans, Jenny Dooley, J Donsa

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name): PERSEFONI MAMOUKARI

Contact details:	pmamouka@phyed.duth.gr
Supervisors: (1)	NO
Evaluation methods: (2)	PROJECT 50% EXAMS 50%
Implementation	PROJECT SUBMITTED VIA E-CLASS