

COURSE OUTLINE PLANNING AND GUIDING THE TRAINING PROCESS

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	C082	SEMESTER	7 th & 8 th
COURSE TITLE	PLANNING AND GUIDING THE TRAINING PROCESS		
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>	Background, Scientific Area		
PREREQUISITES:	NO		
TEACHING & EXAMINATION LANGUAGE:	GREEK		
COURSE OFFERED TO ERASMUS STUDENTS:	NO		
COURSE URL:	https://eclass.duth.gr/courses/KOM02431/		

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>	
<p>Upon successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> • <i>plan and implement training modules, daily and weekly training plans</i> • <i>design and implement mid-term and long-term training plans.</i> • <i>evaluate internal and external loads and incorporate them into the training process.</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>

- *Search, analysis and synthesis of data and information*
- *Production of new research ideas*
- *Decision making*
- *Teamwork*

3. COURSE CONTENT

1. *Needs Analysis – Training Periodization*
2. *Assessment of Physical Performance in the Field*
3. *Monitoring and Manipulation of External Training Loads*
4. *Monitoring the Internal Training Loads*
5. *Overtraining: Prevention, Diagnose, Treatment*
6. *Planning and Guiding the mobility training*
7. *Planning and Guiding the Strength Training I*
8. *Planning and Guiding the Strength Training II*
9. *Planning and Guiding the Endurance Training I*
10. *Planning and Guiding the Endurance Training II*
11. *Planning and Guiding the Power Training I*
12. *Planning and Guiding the Speed and Agility Training*
13. *Integration of Training Planning*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Face-to-Face, Distance Learning. Asynchronous distance learning will be used for file sharing and file exchange, and synchronous distance learning will be utilized for immersion courses beyond the conventional course hours.	
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, in communication with students <ul style="list-style-type: none"> • Digital 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
	Homework	21
	Study and analysis of the literature	25
	Exams	3
	Total	75
STUDENT EVALUATION	Homework (mandatory) 35%	

<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>	<p>Intermediate exams through Eclass 10%</p> <p>Final written exams 55%</p>
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5. SUGGESTED BIBLIOGRAPHY

1. Gregory Haff, Travis Triplett (2023). *Essentials of Strength Training and Conditioning 4th Edition*. Human Kinetics. ISBN 9781718210868
2. David Joyce, Daniel Lewindon (2022). *High Performance Training for Sports*. Human Kinetics. ISBN 9781492592907
3. Avery Faigenbaum, Rhodri Lloyd, Jon Oliver (2022). *Essentials of Youth Fitness*. Human Kinetics. ISBN 9781492525790
4. Gregory Haff (2025). *Scientific Foundations and Practical Applications of Periodization*. ISBN 9781492561675

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Chatzinikolaou Athanasios
Contact details:	Email: achatzin@phyed.duth.gr
Supervisors: (1)	YES
Evaluation methods: (2)	Homework (mandatory) 35% Intermediate exams through eclass 10% Final written exams 55%
Implementation Instructions: (3)	<p>The written assignment must be submitted via eClass by a specified date.</p> <p>The examination for the course will take place in sub-groups of eClass users, based on the number of participants, on the day of the examination as stated in the examination schedule released by the Secretariat. The exam will be conducted via Teams, and the link will be sent exclusively to the institutional accounts of those who have registered for the course and are aware of the distance learning conditions.</p> <p>Students must log in to the examination room using their institutional accounts; otherwise, they will not be able to participate. They are also required to have their cameras on during the exam. Before the exam</p>

	<p>starts, students must present their ID cards to the camera for identification purposes.</p> <p>Each student will need to answer multiple-choice questions, free text development questions, and critical commentary questions. Each question is scored between 0.25 and 1.0 points, depending on the category of the question.</p>
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