

Course title	Aerobics – Alternative Forms of Exercise				
Course code	TRAN222				
Course type	Lectures and practical application (Elective)				
Level	Diploma				
Year / Semester	2nd Year / 4th Semester				
Teacher's name	Costa- Ioannou Froso				
ECTS	6	Lectures / week	1	Laboratories / week	2
Course purpose and objectives	The purpose of the course is to provide students with basic theoretical knowledge and skills regarding the teaching of aerobics and other methods (functional training, suspension straps, Bosu, tires, agility ladder, vibration platform, etc.) of training that can be used during a group training session.				
Learning outcomes	<p>Upon the completion of the course, the students are expected to:</p> <p>Knowledge</p> <ol style="list-style-type: none"> Explain the basic principles of designing and leading aerobic fitness programmes. Explain the basic methods of teaching aerobics. <p>Skills</p> <ol style="list-style-type: none"> Design a comprehensive aerobics programme / session for healthy trainees Demonstrate, using correct technique, the basic steps of aerobic exercise and its alternative forms. Demonstrate, using the correct technique, the basic exercise routine of various functional training methods. Explain and correct the trainees on their technique of strengthening <p>Competences</p> <ol style="list-style-type: none"> Adapt the training programme to the level and particularities of the trainees. 				
Prerequisites				Required	
Course content	<ul style="list-style-type: none"> • Introduction to Aerobics – Basic types of aerobics depending on intensity • Introduction to music. Breakdown: musical measure, musical phrase, musical sentence. Apply steps to music. • Choreography Design-Structure of an aerobic programme • Methods of teaching a choreography- Kinds of guidance and step teaching. • Create basic movement combinations - Smooth transition of steps and combinations. 				

	<ul style="list-style-type: none"> • Basic bodyweight strength training - full body floor exercises and basic coaching. • Introduction to step aerobics. Technique analysis of basic movements – safety rules. • Basic kickboxing movements, warm-up design. • Functional training principles, definitions, equipment and basic exercise routine • Planning a functional training programme • Functional Warm-up protocols using basic equipment (ladder, slam ball, kettlebells, etc.) • Aerobic exercise using equipment (dumbbells, rubber bands, fit ball, swing straps, etc.) • Stretching and mobility exercises • Ensuring safety in the group training area.
Teaching methodology	The content of the course is taught through lectures with the help of a computer, video projector, electronic presentations and multimedia and the use of a whiteboard. Active student participation is ensured through guided discussions. The practical part of the course is carried out in an accredited gym centre.
Bibliography	<p>Greek Bibliography</p> <ul style="list-style-type: none"> • Εμμανουήλ, Κ., και Διαματής, Δ. (2014). <i>Η διδακτική της αεροβικής γυμναστικής [The teaching method of aerobics]</i>. Συμμετρία. ISBN13 9789602663486 • Kennedy-Armbruster, C., και Yoke, M. (2018). <i>Καθοδήγηση Προγραμμάτων Ομαδικής Άσκησης [Coaching group training programmes]</i>. Κωνσταντάρας. ISBN: 9789606080258 <p>English Bibliography</p> <ul style="list-style-type: none"> • Galen, Jan Bishop (2008). <i>Fitness through aerobics</i>. 7th Edition. Health Physics. ISBN: 978-08053-4617-6
Assessment	<ul style="list-style-type: none"> • Attendance and class participation: 10% • Intermediary practical examination: 20% • Final practical examination: 40% • Final written examination: 30%
Language	Greek or English