



Course title	Group Fitness Programmes – Functional Training				
Course code	TRAN111				
Course type	Theoretical and Practical				
Level	Diploma				
Year / Semester	1st Year / 2nd Semester				
Teacher's name	Costa- Ioannou Froso				
ECTS	6	Lectures / week	1	Laboratories / week	2
Course purpose and objectives	The purpose of this course is to provide students with specialised knowledge and skills so to be able to design different training programmes and, in particular, functional training programmes.				
Learning outcomes	<p>Upon the completion of the course, the students are expected to:</p> <p>Knowledge</p> <ol style="list-style-type: none"> 1. Mention the importance, benefits and parameters of functional training 2. Explain the most important features of basic training methods, such as circuit training, interval training, sports conditioning, etc. 3. Describe different methods of stretching and increasing mobility <p>Skills</p> <ol style="list-style-type: none"> 4. Design effective and safe group functional training programmes, incorporating different flow drills and types of exercise 5. Perform the basic exercise technique correctly and use portable functional training equipment (swing straps, balance ball, "bosu", "kettlebells", etc.) 6. Apply different methods for stretching and flexibility <p>Competences</p> <ol style="list-style-type: none"> 7. Teach exercises and deliver training programmes in a progressive manner taking into account the principles of exercise 8. Guide, adapt and correct the trainees in the technique they use to perform an exercise so to reduce the risk of injury. 				
Prerequisites	TRAN113 Introduction To Group Fitness	Required			
Course content	<ul style="list-style-type: none"> • Teaching methods (visual and verbal guidance and motivational guidance) • Theory, benefits and parameters of functional training • Understanding gluteal muscle function and core muscle function • Improving athletic performance: 				

	<p>Circuit Training</p> <p>Interval Training</p> <p>Sports Conditioning (agility, plyometrics, "tabata")</p> <ul style="list-style-type: none"> • Special modules of functional training and equipment (swing straps, "bosu", "kettlebell", "vibration", slideboard, medicine ball, sand ball, foam rolling, balance training, etc.) • Functional warm-up – analysis and application of various warm-up methods • Types of stretching - stabilisation and mobility • Planning functional training programmes to improve physical condition • Practical training with video analysis and feedback
Teaching methodology	<p>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.</p>
Bibliography	<p>Greek Bibliography</p> <ul style="list-style-type: none"> • Kennedy-Armbruster, C. και Yoke, M. (2018). <i>Καθοδήγηση προγραμμάτων ομαδικής εκγύμνασης [Guiding group training programmes]</i>. 3^η Έκδοση. Κωνσταντάρας, ISBN 9789606080258 • Santos, R., Roca, A. J., Rieger, T. (2018). <i>Το εγχειρίδιο επαγγελματιών του Fitness [The manual of professional fitness coaches]</i>, Human Kinetics ISBN 978-1-4504-2379-3 <p>English Bibliography</p> <ul style="list-style-type: none"> • American College of Sports Medicine (2012). <i>ACSM's Resources for the Group Exercise Instructor</i>. Wolters Kluwer. ISBN:9781608311965 • Guido Bruscia (2015). <i>The Functional Training Bible</i>, ISBN 978-1-78255-045-7
Assessment	<ul style="list-style-type: none"> • Attendance and class participation: 10% • Intermediary practical examination: 20% • Final practical examination: 30% • Final written examination: 40%
Language	Greek or English