

Course title	Improving Mobility – Foam Roller				
Course code	TRAN225				
Course type	Lectures and practical application (Elective)				
Level	Diploma				
Year / Semester	2 nd Year / 4 th Semester				
Teacher's name	Andreas Constantinou				
ECTS	6	Lectures / week	1	Laboratories / week	2
Course purpose and objectives	The purpose of the course is to provide students with the basic knowledge and practical skills regarding methods of improving mobility and flexibility through various stretching methods and assessment tests. In addition, during this course, the students are given the opportunity to utilize techniques and a wide range of exercises with the use of the Foam roller.				
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 benefits and importance of the foam roller Mention a wide range of exercises of each part of the body. Explain the methodology and techniques of mobility development <p>Skills</p> <ol style="list-style-type: none"> Be able to create foam rolling programmes as part of a personal training class or as part of a group training class. Be able to demonstrate training exercises using the correct technique and to demonstrate the correct body posture during the execution of the various exercises. <p>Competences</p> <ol style="list-style-type: none"> Adjust each training exercise to the level and age of the trainee as well as to the exercise order, where necessary. 				
Prerequisites				Required	
Course content	<ul style="list-style-type: none"> Impact of mobility on health. Mobility development methodology and techniques Evaluation of flexibility Mobility training in childhood and adolescence Mobility training for adults and the elderly 				

	<ul style="list-style-type: none"> • Introduction and History of the Balance Roller (Foam Roller) • Effect of the Balance Training Air Roller on posture and mobility • Practical application of exercises, adjustments and corrections • Techniques and body position when performing exercises • Selection of exercises according to the needs and particularities of the trainees • Sets and reps • Importance of breathing • Lesson structure and planning (warm-up, main part, recovery) • Safety
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"> • Μπενέκα, Α. et al. (2015). <i>Θεραπευτική άσκηση [Therapeutic exercise]</i>. Kallipos, Open Academic Editions. https://hdl.handle.net/11419/372 <p>English Bibliography</p> <ul style="list-style-type: none"> • Jason Curtis (2021), <i>Mobility and Flexibility, Strength and conditioning course</i>, ISBN9798482398616 • Steve Barrett, (2014), <i>Total Foam Rolling Techniques: Trade Secrets of a Personal Trainer</i>, Bloomsbury Sport, ISBN:978-147-290-664-9
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