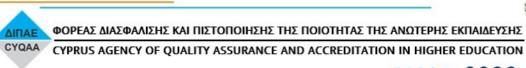
Course title	Physical Fitness During Development				
Course code	TRAN120				
Course type	Lectures and practical exercise				
Level	Diploma				
Year / Semester	1 st Year / 2 nd Semester				
Teacher's name	Costa- Ioannou Froso /Assos Charalambos				
ECTS	6	Lectures / week	1	Laboratories / week	2
Course purpose and objectives	The purpose of the course is to provide students with the necessary knowledge and skills as they relate to the physical exercise at the developmental ages, taking into consideration the developmental particularities of a child until its adolescence. Furthermore, the course teaches students the methods used for the betterment of the physical condition of children during this developmental phase, having the promotion of health and safe training at the centre.				
Learning outcomes	 Upon the completion of the course, the students are expected to: Knowledge Describe the stages of development as well as the effect of exercise during the developmental age Explain the effect of age on the development of basic motor skills Skills Be able to apply methodologies for skills development as it relates to sorts Be able to apply coaching principles and plan training programmes on a long-term, weekly and training unit level. Be able to apply tests to assess health indicators (body fat, blood pressure, etc.) and physical condition indicators (strength, aerobic capacity, speed, mobility, coordination skills, etc.) in childhood and adolescence. Responsibility and Autonomy Be able to design and lead safe training programmes to improve all aspects of physical condition. 				
Prerequisites			Require	d	
Course content	 Exercise, development and adolescence The effect of exercise on physical and mental health Motor skills Design, implement and guide strength training in the developmental ages 				





	 Design, implement and coach speed strength training in the developmental ages 				
	Design, implement and coach speed training in the developmental ages				
	Design, implement and guide aerobic capacity training in the				
	developmental ages				
	Design, implement and guide mobility training in the developmental ages				
	 Design, implement and guide coordination skills training in the developmental ages 				
	Fitness development planning				
	 Assessment of health indicators (body fat, blood pressure, respiratory function and fitness indicators) 				
	Myths and truths about resistance training in the developmental ages				
	Prevention of overuse injuries				
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.				
	Greek Bibliography				
Bibliography	 Grosser, Manfred / Starischka, Stephan (et. al.) (2007). Προπόνηση φυσικής κατάστασης [Physical condition training]. 2^η Έκδοση. Salto Σιμάτος, Ι. (2018). Σύγχρονη προπονητική στις αναπτυξιακές ηλικίες [Contemporary training at the developmental age], Ιερεμίας Ε. 978-618-00-0338-3 Παπαδάκης Β. (2020). Προπονώντας παιδιά: Ασκήσεις για τμήματα Κ6 έως Κ14 [Training children: Exercises for groups Κ6 till Κ14] 				
bibliography	ISBN:9786185316679				
	English Bibliography				
	 Faigenbaum, A., and Westcott, W. (2009) Youth Strength Training: Programs for Health, Fitness, and Sport (Strength & Power for Young Athlete) Human Kinetics. ISBN-13: 978-0736067928 				
	 Bompa, T. O., and Sarandan, S. (2022). Training and conditioning Young Athletes Human Kinetics. ISBN-13: 978-1718216143 				
Assessment	 Attendance and class participation: 10 % Intermediary written examination: 20 % 				
Assessment	Final practical examination: 40%Final written examination: 30%				
Language	Greek or English				