

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	<p>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.</p>				
Learning outcomes	<p>Upon the completion of the course, the students are expected to:</p> <p>Knowledge</p> <ol style="list-style-type: none"> 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 <p>Skills</p> <ol style="list-style-type: none"> Be able to apply methodologies for skills development as it relates to sports 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. <p>Responsibility and Autonomy</p> <ol style="list-style-type: none"> Be able to design and lead safe training programmes to improve all aspects of physical condition. 				
Prerequisites		Required			
Course content	<ul style="list-style-type: none"> 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 				

	<ul style="list-style-type: none"> • 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
<p>Teaching methodology</p>	<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>
<p>Bibliography</p>	<p>Greek Bibliography</p> <ul style="list-style-type: none"> • Grosser, Manfred / Starischka, Stephan (et. al.) (2007). <i>Προπόνηση φυσικής κατάστασης [Physical condition training]</i>. 2^η Έκδοση. Salto • Σιμάτος, Ι. (2018). <i>Σύγχρονη προπονητική στις αναπτυξιακές ηλικίες [Contemporary training at the developmental age]</i>, Ιερεμίας Ε. 978-618-00-0338-3 • Παπαδάκης Β. (2020). <i>Προπονώντας παιδιά: Ασκήσεις για τμήματα Κ6 έως Κ14 [Training children: Exercises for groups K6 till K14]</i> ISBN:9786185316679 <p>English Bibliography</p> <ul style="list-style-type: none"> • Faigenbaum, A., and Westcott, W. (2009) <i>Youth Strength Training: Programs for Health, Fitness, and Sport (Strength & Power for Young Athlete)</i> Human Kinetics. ISBN-13 : 978-0736067928 • Bompa, T. O., and Sarandan, S. (2022). <i>Training and conditioning Young Athletes</i> Human Kinetics. ISBN-13 : 978-1718216143
<p>Assessment</p>	<ul style="list-style-type: none"> • Attendance and class participation: 10 % • Intermediary written examination: 20 % • Final practical examination: 40% • Final written examination: 30%
<p>Language</p>	<p>Greek or English</p>