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| Course title | Programme Planning Case Study | | | | |
| Course code | TRAN219 | | | | |
| Course type | Lectures and practical application | | | | |
| Level | Diploma | | | | |
| Year / Semester | 2 nd Year / 4 th Semester | | | | |
| Teacher's name | Costa-Ioannou Froso / Plyviou Antonis / 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 knowledge and skills that would enable them to select the appropriate type of training programme, taking into consideration the trainee's goal, exercise history, health history and other relevant factors. The course was designed to promote discussion and increase students' critical thinking. The course can be of benefit for the students as it encourages them to combine all the information they have received during the course of their studies in order for them to design and implement the best suited training programme according to different cases.</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"> Recognise how training programmes can differ depending on the particularities of the trainees and to know how to adapt to different a programme to satisfy certain parameters, such as fitness the level, age, existing equipment, etc. Explain which exercises are more suited for each case of injury or chronic conditions. <p>Skills</p> <ol style="list-style-type: none"> Collaborate with fellow students to prepare, design and present a case study training programme, taking into account the particularities of a certain case and the specificities of a case. Choose the right assessment measurements, such as measuring fitness level, etc., depending on the goal of the trainee Use questionnaires and apply tests to evaluate and record the needs and peculiarities of the trainees Recognise cautionary signs and symptoms that have the potential to impair the health of the trainee <p>Competences</p> <ol style="list-style-type: none"> Determine the goals of the training programmes taking into account the results of the fitness assessment. Be able to recommend to the trainee a workout routine that best fits his/her training needs and particularities, to suggest a type of exercise, an exercise | | | | |

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| | <p>sequence, the targeted muscle area, the training frequency, the training load, the breaks in between sessions etc.</p> <p>9. Propose training programmes, taking into consideration the health history, the training history and the goal of the trainee as well as the level of readiness of each trainee to change his/her lifestyle.</p> | | |
| Prerequisites | <p>Specialised Personal Training – Resistance Training TRAN119</p> <p>Musculoskeletal Injuries MEDI200</p> | Required | |
| Course content | <ul style="list-style-type: none"> • Medical history, evaluation of the physical fitness parameters. • Planning, implementing and guiding a training programme depending on the goal, the personal characteristics of the trainees (age, gender, body weight, training age, medical history, muscle imbalances). • Training for all levels (beginner, intermediate, advanced) • Exercise as a means of, prevention and improvement of health • Exercise and chronic diseases such as diabetes, cardiovascular diseases, arterial hypertension, metabolic syndrome, obesity, osteoporosis, etc. • Exercise and lower back, knee, neck, shoulder, wrist, ankle pain. • Exercise for spine disorders (kyphosis, lordosis, scoliosis) • Pathophysiology. <ul style="list-style-type: none"> ○ Implications and functional limitations. ○ Benefits of exercise. ○ The basics of a training programme. ○ Adjusting the training programmes. ○ Characteristics of a safe exercise, possible risk during exercise and how to prevent those ○ Exercise and pregnancy. • Exercise and the older population. • Planning group training programmes according to the level and specificities of the trainees. | | |
| 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"> • Kraemer, William J. (2000). <i>Προπόνηση δύναμης, σχεδιασμός προγραμμάτων [Strength training designing training programmes]</i>, Salto, ISBN 960-278-091-6. • Γιεχασκιέλ, Μπαρούχ (2007), <i>Πρακτικός οδηγός προπόνησης και διατροφής [Practical manual for training and nutrition]</i>, Μαλλιάρης Παιδεία, ISBN 978-960-457-079-9. • Καρατζαφέρη, Κ., et al. (2015). <i>Εγχειρίδιο για την σωματική αξιολόγηση αθλητών: δοκιμασίες εργαστηρίου και πεδίου για την επιστημονική υποστήριξη του αγωνιστικού αθλητισμού [Manual for the body evaluation of the athletes]</i>. Kallipos, Open Academic Editions. https://hdl.handle.net/11419/4443 | | |



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| | English Bibliography <ul style="list-style-type: none">• Bryant, C. X., and Green, D. J. (2010). <i>ACE Personal trainer manual: The ultimate resource for fitness professionals</i>. 4th Edition. American Council on Exercise. ISBN: 9781890720292• American College of Sports Medicine (2018). <i>ACSM's Resources for the Personal Trainer</i>. 5th Edition. ISBN: 978-1496322890. |
| Assessment | <ul style="list-style-type: none">• Attendance and class participation: 10%• Assignments: 30%• Presentation 20%• Final written examination: 50% |
| Language | Greek or English |