

COURSE OUTLINE

(1) GENERAL

SCHOOL	School of Health and Care Sciences		
ACADEMIC UNIT	Department of Biomedical Sciences - Aesthetic & Cosmetic		
LEVEL OF STUDIES	Undergraduate		
COURSE CODE	AISTH168	SEMESTER	8th
COURSE TITLE	Aesthetic Physical Fitness		
INDEPENDENT TEACHING ACTIVITIES <i>if credits are awarded for separate components of the course, e.g. lectures, laboratory exercises, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits</i>		WEEKLY TEACHING HOURS	CREDITS
THEORY AND PRACTICE		3(2TH+1W)	5
Add rows if necessary. The organization of teaching and the teaching methods used are described in detail at (d).			
COURSE TYPE <i>general background, special background, specialized general knowledge, skills development</i>	OCSBC		
PREREQUISITE COURSES:	No		
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	Greek		
IS THE COURSE OFFERED TO ERASMUS STUDENTS	Yes		
COURSE WEBSITE(URL)			

(2) LEARNING OUTCOMES

<p>Learning outcomes</p> <p><i>The course learning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.</i></p> <p>Consult Appendix A</p> <ul style="list-style-type: none"> • Description of the level of learning outcomes for each qualifications cycle, according to the Qualifications Framework of the European Higher Education Area • Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B • Guidelines for writing Learning Outcomes
<p>The aim of the course is the students' knowing of the basic concepts and principles of exercise. Through this course chapters students will know the adjustments of human body and the recognition of exercise benefits. In addition, they will gain knowledge about the types of exercise and be able to recognize which exercise is suitable for any individual case so they can suggest and advise in their workplace.</p> <p>The goal of the course is the students' introduction to the science of Physical Fitness.</p> <p>Learning outcomes: After the end of the course, students will be able to know:</p> <ul style="list-style-type: none"> ✓ The exercise effects and the adjustments of human body at the cardiac, metabolic and musculoskeletal levels. ✓ The effect of exercise and physical activity on psychomotor and physical development and aging. ✓ The content of a fitness program that is applied in the context of aesthetics. ✓ The evaluation norms of the exercise depending on the type of exercises and the requirements of the client

<ul style="list-style-type: none"> ✓ The popular types of training are proposed for the aesthetic improvement of the body (weight training, pilates, bands, aqua aerobic, aerobics, aerobics, etc.) ✓ Exercises and prepare an exercise program for special categories of trainees with: chronic diseases, eating disorders, obesity, cellulite, pregnancy, etc.
<p>General Competences</p> <p>Taking in to consideration the general competences that the degree-holder must acquire (as this appear in the Diploma Supplement and appear below) at which of the following does the course aim?</p> <p>Search for, analysis and synthesis of data and information, with the use of the necessary technology</p> <p>Adapting to new situations Decision-making</p> <p>Working independently Teamwork</p> <p>Working in an international environment Working in an interdisciplinary environment Production of new research ideas</p> <p>Project planning and management Respect for difference and multiculturalism Respect for the natural environment</p> <p>Showing social, professional and ethical responsibility and sensitivity to gender issues</p> <p>Criticism and self-criticism</p> <p>Production of free, creative and inductive thinking</p> <p>Others...</p>
<p>Search for analysis and synthesis of data and information, with the use of the necessary technology</p> <p>Working independently</p>

(3) SYLLABUS

<p>Theoretical part</p> <ul style="list-style-type: none"> • Concept of exercise – definition. Human body – cardiac, metabolic and musculoskeletal adaptations. Determination of heart rate, aerobic capacity, VO2max. Effect of exercise on the psychomotor development of human, aging and physical development. • Factors that affect the level of physical activity. Exercise Dosage. Pyramid of Physical Activity. Evaluation with the Pyramid of Physical Activity. • Principles of exercise: Overload, progressive change, specialization, reversibility, reduced effect. • Preparation for exercise, ability to participate and necessary medical examinations, appropriate clothing and footwear. Treatment of minor injuries in exercise. • Types of exercises: Aerobic, Anaerobic, Isotonic and Isometric exercise. Parts of an exercise program. • Benefits of exercise and physical activity on health. Physical activity and Chronic Diseases. • Aerobic exercise. Types and equipment of aerobic exercise. • Stretching exercises. Types and utility in health promotion. Ergonomic body position, exercise for proper aesthetic result. • Progressive resistance training. Weight machines, benefits of weight training, bands, Fit balls. • Exercise in the water. Effect of water on the human body. • Controversial exercises and safe alternatives. • Obesity and Physical activity. Body Mass Index. Other methods of assessment and evaluation. Exercises to improve the aesthetic result. • Special categories of athletes: Physical activity and pregnancy. Exercise and elderly. <p>Practical part</p> <ul style="list-style-type: none"> • Types of exercise. Indicative exercise programs. • Stretching. Exercises for ergonomic body position. • Aerobic exercise. Use of treadmill, bicycle, stepper, elliptical trainer • Use of fitness and weight equipment. • Use of other fitness equipment– bands, fit balls, body weight training. • Practical application of exercise for different categories of athletes.

- Controversial exercises and practical application of alternatives exercise.
- Exercise programs in relation to objects related to the science of aesthetics.
- Exercises in the water (aqua aerobic) in a swimming pool.
- Specialized fitness programs for obesity and cellulite.
- Practical application of an exercise in pregnancy
- Individual exercise program with specific parameters to be defined by the teacher.
- Power Point presentation and carrying out of individual training programs

(4)TEACHING and LEARNING METHODS-EVALUATION

DELIVERY <i>Face-to-face, Distance learning, etc.</i>	Face to face lectures in the class room. Practical part in the University's gym	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY <i>Use of ICT in teaching, laboratory education, Communication with students</i>	Use of ICT in teaching, laboratory education, Communication with students	
TEACHINGMETHODS <i>The manner and methods of teaching are described in detail. Lectures, seminars, laboratory practice, field work, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc. The student's study hours for each learning activity are given as well as the hours of non-directed study according to the principles of theECTS</i>	Activity	Semester workload
	Lectures	30
	Laboratory practice	15
	Project in individual training program	10
	Aqua aerobic seminars	5
	Course total	60
STUDENT PERFORMANCE EVALUATION <i>Description of the evaluation procedure Language of evaluation, methods of evaluation, summative or conclusive, multiple choice questionnaires, short-answer questions, open-ended questions, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other Specifically-defined evaluation criteria are given, and if and where they are accessible to students.</i>	Theoretical part: Written evaluation (100%) which includes: <ul style="list-style-type: none"> • Multiple choice questionnaire • Short – answer questions • True or false questions • Open – ended questions Practical part: 33. practical and oral examination (50%) 34. practical courses participation (25%) 35. Project presentation (25%)	

(4) ATTACHED BIBLIOGRAPHY

Suggested bibliography:

1. Corbin Charles B., Lindsey Ruth, Welk Greg. ΑΣΚΗΣΗ – ΕΥΡΩΣΤΙΑ – ΥΓΕΙΑ, επιστημονική επιμέλεια Β. Κλεισούρα, 10η έκδοση, Ιατρικές Εκδόσεις Π.Χ.Πασχαλίδη, 2001, ISBN 960-8122-75-9
2. Mc Ardle William D., Katch Frank I., Katch Victor L. Φυσιολογία της Άσκησης Τόμος I & II, επιστημονική επιμέλεια Β. Κλεισούρας, 2η έκδοση, Ιατρικές Εκδόσεις Π.Χ. Πασχαλίδη, 2001, ISBN set 960-8122-76-7
3. Delavier Frederic, Προπόνηση για ενδυνάμωση και σύσφιξη στις γυναίκες, επιμέλεια ελληνικής έκδοσης Κ. Νάτσης, Π. Σκανδαλάκης, Ιατρικές Εκδόσεις Π.Χ.Πασχαλίδη, ISBN 13: 789603995005

4. Ferris Jo, The Pilates bible, Octopus Publishing Group, 2013, ISBN 9781841814230
5. Delavier F., Clemenceau J.P., Gundill M. Delavier' s Stretching Anatomy, Human Kinetics Pub., ISBN 9781450413985
6. Williamson P., Θεραπευτική άσκηση για ειδικούς πληθυσμούς, επιμέλεια ελληνικής έκδοσης Καπράλη Ε. & Μπίλλη Ε. Ιατρικές Εκδόσεις Κωνσταντάρας, 2016, ISBN 9789606802966
7. Endacott Jan, The fitball workout (ασκήσεις ισορροπίας με τη μπάλα fitball), εκδόσεις Πατάκη, 2010, ISBN 9789601637655
8. Adami M.R., Aqua fitness: the low impact total body fitness workout, Dorling Kindersley Book, 2002, ISBN 0-7513-3997-0
9. Αντωνίου Πέτρος, Ασκήσεις με λάστιχα, Αθλότυπο, 2002, ISBN 13: 9789607378361
10. Παξινός Θ. & Χαβενετίδης Κ., Νόρμες αξιολόγησης για άσκηση και ευρωστία, Αθλότυπο, 2011, ISBN 978-960-7378-96-5

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