



Course Code SPSC-110	Course Title Physical Activity & Health Promotion	ECTS 6
Department Sports Science	Semester Spring or Fall	Prerequisites None
Type of Course Elective	Field Health	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 2 nd -4 th	Lecturer Dr. Christoforos Giannaki
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

This course studies the major health problems in modern society and examines some of the mechanisms by which exercise may enhance health. Emphasis will be given on methods of understanding and developing lifestyle changes for longer and healthier life. Topics include the effects of physical inactivity on the risk of various diseases including heart disease, diabetes, hypertension, obesity and osteoporosis. In addition, the students will study information on topics such as alcohol, drugs, stress management, nutrition, cigarette and tobacco use, cancer, and cardiovascular diseases. Finally, the course examines evidence linking exercise with enhanced immune function and concludes by discussing physical activity recommendations for health promotion.

Learning Outcomes:

At the end of the module you should be able to:

1. Recognize the important role and appreciate the general health benefits of regular physical activity for maintaining or improving health.
2. Assess how physical activity and healthy diet can reduce the risk of certain diseases (e.g. cardiovascular diseases, diabetes, hypertension, obesity and osteoporosis).
3. Assess how physical activity and the involvement to sports academies can reduce the risk of alcohol, drugs, cigarette and tobacco use.
4. Analyze how exercise may help in reducing stress or promote stress management.
5. Learn to design exercise programs (cardiovascular endurance, muscular strength, and flexibility) based on the needs and goals of the individual.
6. Develop discipline to exercise regularly as a lifetime endeavour.
7. Learn how to promote people to have fun with exercise.
8. Explain why exercise can be useful in the treatment of various clinical diseases (e.g. cardiovascular patients, type 2 diabetes patients, COPD, etc.).

Course Contents:

1. The necessary components for achieving wellness.
2. Physical inactivity and the risk of various diseases.
3. The importance of nutrition and exercise in the development of a healthy lifestyle.
4. The necessary techniques to obtain or enhance a healthy life style.
5. Exercise and infectious diseases (basic information for prevention and treatment).
6. Assessing basic fitness in inactive health and disease.
7. Design specific healthy promoted exercise programs.
8. Current issues in health and wellness.

Learning Activities and Teaching Methods:

Lectures, discussions and Assignments.

Assessment Methods:

Midterm examination, Final examination, Project, Attendance & Participation.

Required Textbook/Reading:

Authors	Title	Publisher	Year	ISBN
Hardman & Stensel	Physical Activity & Health	Routledge (Taylor & Francis group)	2009	978-0-415-27070-0

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Edlin, G., Galanty, E., and Brown, K.M	Health and wellness, (6 th Ed)	Boston, MA: Jones and Bartlett	1999	076370899-2