



Course Code SPSC-502	Course Title Leadership and Professional Development	ECTS Credits 10
Department Life & Health Sciences	Semester Spring	Prerequisites None
Type of Course Required	Field Sports Science	Language of Instruction Greek
Level of Course 2 nd Cycle	Year of Study 1 st	Lecturer(s) Prof Efthymis Kioumourtzoglou Prof Nikos Kartakoullis
Mode of Delivery Face-to-face with support of electronic resources	Work Placement N/A	Co-requisites None

Objectives of the Course:

The aims of the course are to:

- Provide a structured and supported framework which will enable students to critically reflect and evaluate their own learning, performance and development, and to plan for their future career, personal and professional development.
- Develop skills, techniques and tools to support student learning, personal and professional development and subsequent career performance.

Learning Outcomes:

On completion of this module, students should be able to:

- Critically evaluate the importance of personal and professional development in the context of a rapidly changing working environment.
- Critically reflect on individual learning, performance and behaviour and develop strategies, tools and techniques for improvement.
- Critically evaluate and develop their individual leadership style.
- Critically evaluate their self management in order to develop strategies, tools and techniques to improve potential and insights into managing others.
- Critically evaluate a range tools and techniques for personal and professional development and evaluate through action learning (some of) these personally.

Course Contents:

1. Techniques for personal and professional development.
2. Personal learning and knowledge techniques.
3. Working in teams, decision making.
4. Leadership, communication skills, presentation skills.
5. Creative thinking, time management.
6. Negotiation skills, relationship management tools.
7. Decision making tools and techniques.
8. Self-awareness and the management of relationships with others.
9. Personality Inventory.
10. Emotional intelligence.
11. Problem solving.
12. Team leadership.

Learning Activities and Teaching Methods

Lectures, Discussions, Presentations from students

Assessment Methods

Midterm examination, Final project, Course work and papers on specific scenarios,
Attendance & Participation

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN-13
Kingston Business School Open Learning Text	Leadership and Professional Development		2006	
Cottrell, S.	Skills for Success. The Personal Development Planning Handbook	Basingstoke: Palgrave Macmillan.	2005	