



Course Code SPSC-285	Course Title Aerobic Teaching	ECTS Credits 3
Department Sports Science	Semester Spring or Fall	Prerequisites SPSC-105, SPSC-106
Type of Course Elective	Field Health & Performance	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 2 nd -4 th	Lecturer Ms Pavlidou Artemis
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 is designed to teach students the proper techniques in aerobic conditioning. Students will be taught the proper principles of training and how these principles relate to conditioning through aerobic/endurance training. Student learning will include designing and participating in a variety of fitness exercise aerobic routines and techniques.

Learning Outcomes:

1. To explore various aerobic conditioning concepts.
2. Discover at least one exercise class that is enjoyable and can be used to improve health and fitness level.
3. Participate in a variety of exercise classes for the improvement of one's physical fitness level.
4. Understand the basic principles of health and fitness.
5. Understanding of aerobic training principles and its benefits.
6. To design and implement a personal program that meets his/her goals.
7. To be aware of safety factors in the weight room.

Course Contents:

1. The Group Exercise Class
2. Intensity
3. Components of Fitness
4. Exercise Benefits
5. Functional Training
6. Bodyweight Training
7. Step Aerobics
8. Spinning
9. Interval
10. Abdominal Workout
11. Progressive relaxation
12. Maintaining an Exercise Program for life

13. Circuit and aerobic training (and other approaches to aerobic fitness).

Learning Activities and Teaching Methods:

Lectures and practical application from the students

Assessment Methods:

Midterm examination, Final practical examination, Practical demonstration, Attendance and Participation

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Paul Gudrun	Aerobic Training	Meyer & Meyer	2000	9781841260211