

**SPSC-501 Exercise, Fitness and Health**  
**University of Nicosia, Cyprus**

<b>Course Code</b> SPSC-501	<b>Course Title</b> Exercise, Fitness and Health	<b>ECTS Credits</b> 10
<b>Department</b> Life & Health Sciences	<b>Semester</b> Fall	<b>Prerequisites</b> None
<b>Type of Course</b> Required	<b>Field</b> Sports Science	<b>Language of Instruction</b> Greek
<b>Level of Course</b> 2 <sup>nd</sup> Cycle	<b>Year of Study</b> 1 <sup>st</sup>	<b>Lecturer(s)</b> Dr Marios Hadjicharalambous Dr Christoforos Giannaki
<b>Mode of Delivery</b> Face-to-face with support of electronic resources	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

**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 healthier life. The issue of exercise prescription and programming for healthy individuals will be explored in depth as well as the current interventions related to physical activity and health promotion. Special consideration will be given to how exercise and physical activity could prevent or counteract obesity. Topics include also the effects of physical inactivity on the risk of various diseases and health problems. Finally, the current physical activity and exercise guidelines for the general population in order to promote health and wellness will be concerned and discussed.

**Learning Outcomes:**

After completion of the course students are expected to be able to:

1. Critically analyze the important role of physical activity and exercise for maintaining or improving health.
2. Be aware of the general health benefits of exercise and physical activity.
3. Recognize how physical activity and optimal fitness levels could improve the quality of life in healthy individuals.
4. Recognize the important role of physical activity and exercise in the prevention of chronic diseases.
5. Understand the important role of physical fitness in general health and wellbeing.
6. Understand the role of exercise and physical activity in the prevention of obesity.
7. Discuss different approaches to changing physical activity behavior in specific populations.
8. Learn to design exercise programs for the improvement of body composition, cardiovascular endurance, muscular strength, and flexibility; based on the needs and goals of the individual.
9. Critically appraise existing interventions for physical activity promotion.
10. Develop discipline to exercise regularly as a lifetime endeavor.

**Course Contents:**

1. The components for achieving wellness.
2. Physical inactivity and the risk of chronic 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. The role of exercise and physical activity in the prevention of chronic diseases.
6. Interventions for physical activity promotion.
7. Non-pharmacological interventions for weight management.
8. Physical activity, exercise and obesity.
9. Assessing basic fitness in general population.
10. Exercise and quality of life.
11. Design specific healthy promoted exercise programs.
12. Current issues in physical activity, health and wellness.

**Learning Activities and Teaching Methods**

Lectures, Discussions, Presentations from students

**Assessment Methods**

Final examination, Coursework, Presentations

**Required Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
C.Corbin, R.Lindsey, G.Welk. Επιμέλεια: Κλεισούρας Β	Άσκηση, Ευρωστία & Υγεία	Ιατρικές εκδόσεις Π.Χ. Πασχαλίδης	2001	960-8122- 75-9

**Recommended Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Roberts C, Barnard J.	Effects of exercise and diet on chronic disease	Journal of Applied Physiology	98(1):3- 30, 2005	
Hoeger W and Hoeger S	Fitness and Wellness	Cengage Learning	2010	0538737492