

COURSE OUTLINE

1. GENERAL

SCHOOL	PHYSICAL EDUCATION AND SPORT SCIENCE		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	POSTGRADUATE – LEVEL 7		
COURSE CODE	K202	SEMESTER	B
COURSE TITLE	ICT AND PHYSICAL ACTIVITY		
TEACHING ACTIVITIES <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>	TEACHING HOURS PER WEEK	ECTS CREDITS	
	3	7,5	
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Background and skill development		
PREREQUISITES:			
TEACHING & EXAMINATION LANGUAGE:	Greek		
COURSE OFFERED TO ERASMUS STUDENTS:	No		
COURSE URL:	https://eclass.duth.gr/courses/PHYED4105/		

2. LEARNING OUTCOMES

Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>																
After successful completion of the course students will be able to: <ul style="list-style-type: none"> • know and understand the importance of physical activity for the quality of life, • participate through field exercises, in the implementation of protocols recording and managing PA data produced by smart devices, • know and understand the specs of PA data management according to the exported data: steps/day, time in PA, intensity etc. • design and implement PA protocols using ICT in different environments: school, club, gym, personal. • Know and understand the “know how” of the most important ICT: movement sensors/ PA “recorders” 																
General Skills <i>Name the desirable general skills upon successful completion of the module</i>																
<table border="0"> <tr> <td><i>Search, analysis and synthesis of data and information, ICT Use</i></td> <td><i>Project design and management</i></td> </tr> <tr> <td><i>Adaptation to new situations</i></td> <td><i>Equity and Inclusion</i></td> </tr> <tr> <td><i>Decision making</i></td> <td><i>Respect for the natural environment</i></td> </tr> <tr> <td><i>Autonomous work</i></td> <td><i>Sustainability</i></td> </tr> <tr> <td><i>Teamwork</i></td> <td><i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i></td> </tr> <tr> <td><i>Working in an international environment</i></td> <td><i>Critical thinking</i></td> </tr> <tr> <td><i>Working in an interdisciplinary environment</i></td> <td><i>Promoting free, creative and inductive reasoning</i></td> </tr> <tr> <td><i>Production of new research ideas</i></td> <td></td> </tr> </table>	<i>Search, analysis and synthesis of data and information, ICT Use</i>	<i>Project design and management</i>	<i>Adaptation to new situations</i>	<i>Equity and Inclusion</i>	<i>Decision making</i>	<i>Respect for the natural environment</i>	<i>Autonomous work</i>	<i>Sustainability</i>	<i>Teamwork</i>	<i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i>	<i>Working in an international environment</i>	<i>Critical thinking</i>	<i>Working in an interdisciplinary environment</i>	<i>Promoting free, creative and inductive reasoning</i>	<i>Production of new research ideas</i>	
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Search, analysis and synthesis of data and information with ICT Use Adaptation to new situations Decision making Autonomous work																

Teamwork
 Demonstration of social, professional and moral responsibility and sensitivity to gender issues
 Respect for the natural environment
 Equity and Inclusion

3. COURSE CONTENT

Essentials of physical activity & guidelines of PA
 PA & smart devices
 Integration of interactive video games (exergames) in Physical Activity.
 Utilization of interactive video games (exergames) in Physical Activity.
 PA & movement sensors
 PA & health risk factors
 ICT in focus: interventions and PA data from adults I
 ICT in focus: interventions and PA data from adults II
 The use of ICT in Sports and Physical Education
 Integrated ICT systems to increase PA in Schools: agent-oriented model.
 PA data-management for smart devices apps and PC
 Experiential recording and analysis of PA through ICT
 PA data collection and analysis

4. LEARNING & TEACHING METHODS - EVALUATION

<p>TEACHING METHOD <i>Face to face, Distance learning, etc.</i></p>	Face to face and distance learning	
<p>USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i></p>	Use of ICT in Teaching, in Laboratory Education, in Communication with students	
<p>TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i></p> <p><i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i></p>	<p>Activity</p>	<p>Workload/semester</p>
	Lectures	39
	Laboratory Exercises	45
	Literature Review	60
	Clinical exercise	25,5
	Project presentation	15
	Examen	3
<p>STUDENT EVALUATION <i>Description of the evaluation process</i></p> <p><i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i></p> <p><i>Please indicate all relevant information about the course assessment and how students are informed</i></p>	<p>The Evaluation is done in Greek and is formative.</p> <ol style="list-style-type: none"> 1. Quiz posted in e-class with specific start and end date and time. There is a complete description of the type of questions and the grading is extracted immediately after completion. 2. Data collection project with the use of at least one ICT method and mandatory use of a digital recall questionnaire (IPAQ), input into excel sheet and writing of a relevant report. All information about this project is posted on the e-class, including the IPAQ sheet. 3. Intervention planning project based on PA data collected using ICT. All information about this project is posted on the e-class included a sample-design-file for downloading. 	
Total course	187,5	

5. SUGGESTED BIBLIOGRAPHY

1. Judice, P.B., Magalhaes, J. P., Rosa, G.B., Henriques-Neto, D., Hetherington-Rauth, M., Sardinha, L.B. (2021). Sensor-based physical activity, sedentary time, and reported cell phone screen time: A hierarchy of correlates in youth. *Journal of Sport and Health Science*, 10, 55-64.
2. Peacock, O.J., Western, M.J., Batterham, A.M., Stathi, A., Standage, M., Tapp, A., Bennett, P. and Thompson, D. (2015). Multidimensional individualised Physical ACTivity (Mi-PACT) – a technology-enabled intervention to promote physical activity in primary care: study protocol for a randomised controlled trial, *Trials* (2015) 16, 381. DOI 10.1186/s13063-015-0892-x
3. Western, M., Peacock, O.J., Stathi, A., Thompson, D. (2015). The Understanding and Interpretation of Innovative Technology-Enabled Multidimensional Physical Activity Feedback in Patients at Risk of Future Chronic Disease. *Plos One*, <http://dx.doi.org/10.15125/BATH-00064>
4. Venetsanou, F., Emmanouilidou, K., Soutos, K., Sotiriou, S.A., Bastida, L., Moya, A. and Kambas, A. (2020). Towards a Functional Approach to the Assessment of Daily Life Physical Activity in Children: Are the PAQ-C and Fitbit Flex-2 Technically Adequate? *International Journal of Environmental Research and Public Health*, 17, 8503; doi:10.3390/ijerph17228503.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	KAMBAS ANTONIS
Contact details:	2531039643 akampas@phyed.duth.gr
Supervisors: (1)	no
Evaluation methods: (2)	written or oral examination with distance learning methods
Implementation Instructions: (3)	YES

(1) Please write YES or NO

(2) Note down the evaluation methods used by the teacher, e.g.

- *written assignment or/and exercises*
- written or oral examination with distance learning methods, provided that the integrity and reliability of the examination are ensured.

(3) In the **Implementation Instructions** section, the teacher notes down clear instructions to the students:

a) in case of **written assignment and / or exercises**: the deadline (e.g. the last week of the semester), the means of submission, the grading system, the grade percentage of the assignment in the final grade and any other necessary information.

b) in case of **oral examination with distance learning methods**: the instructions for conducting the examination (e.g. in groups of X people), the way of administration of the questions to be answered, the distance learning platforms to be used, the technical means for the implementation of the examination (microphone, camera, word processor, internet connection, communication platform), the hyperlinks for the examination, the duration of the exam, the grading system, the percentage of the oral exam in the final grade, the ways in which the inviolability and reliability of the exam are ensured and any other necessary information.

c) in case of **written examination with distance learning methods**: the way of administration of the questions to be answered, the way of submitting the answers, the duration of the exam, the grading system, the percentage of the written exam of the exam in the final grade, the ways in which the integrity and reliability of the exam are ensured and any other necessary information.

There should be an attached list with the Student Registration Numbers only of students eligible to participate in the examination.