

Course Outline: “2108 - Physical Activity, Mental Health and Quality of Life”

1. General information

FACULTY/SCHOOL	Physical Education, Sport Science & Nutrition		
DEPARTMENT	Nutrition & Dietetics		
LEVEL OF STUDY	Undergraduate		
COURSE UNIT CODE	2108	SEMESTER	2nd
COURSE TITLE	Physical Activity, Mental Health and Quality of Life		
INDEPENDENT TEACHING ACTIVITIES		WEEKLY TEACHING HOURS	CREDITS
in case credits are awarded for separate components/parts of the course, e.g. in lectures, laboratory exercises, etc. If credits are awarded for the entire course, give the weekly teaching hours and the total credits			
	Lectures	2	
	Tutoring	1	
<i>Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4</i>		3	5
COURSE TYPE <i>Background knowledge, Scientific expertise, General Knowledge, Skills Development</i>	General Knowledge		
PREREQUISITE COURSES	No		
LANGUAGE OF INSTRUCTION	GREEK		
LANGUAGE OF EXAMINATION/ASSESSMENT	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES (in English)		
COURSE WEBSITE (URL)			

2. LEARNING OUTCOMES

<p>Learning Outcomes</p> <p><i>The course learning outcomes, specific knowledge, skills and competences of an appropriate (certain) level, which students will acquire upon successful completion of the course, are described in detail. It is necessary to consult: Συμβουλευτείτε το</i></p> <p>APPENDIX A</p> <ul style="list-style-type: none"> <i>Description of the level of learning outcomes for each level of study, in accordance with the European Higher Education Qualifications' Framework.</i> <i>Descriptive indicators for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and</i> <p>APPENDIX B</p> <ul style="list-style-type: none"> <i>Guidelines for writing Learning Outcomes</i> <p>This course provides the opportunity to the student to develop and implement the promotion of effective physical activity programmes aiming at improving mental health, quality of life and eating behavior in different populations (i.e. healthy population and patients with non-communicable diseases). The student will also develop the skills on how to apply behavioural modification techniques to improve mental health, quality of life and eating behaviors in different populations.</p> <p>On completion of this module, students are expected to be able to:</p> <ul style="list-style-type: none"> • Understand mental health and quality of life and eating behavior • Understand the beneficial effects of behavioural and physical activity interventions on mental health quality of life and behavior • Development of effective and individualized programmes for different populations.
<p>General Competences</p> <p><i>Taking into consideration the general competences that students/graduates must acquire (as those are described in the Diploma Supplement and are mentioned below), at which of the following does the course attendance aim?</i></p> <p><i>Search for, analysis and synthesis of data and information by the use of appropriate technologies, Adapting to new situations Decision-making Individual/Independent work Group/Team work Working in an international environment Working in an</i></p> <p><i>Project planning and management Respect for diversity and multiculturalism Environmental awareness Social, professional and ethical responsibility and sensitivity to gender issues Critical thinking Development of free, creative and inductive thinking</i></p>

interdisciplinary environment Introduction of innovative research (Other.....citizenship, spiritual freedom, social awareness, altruism etc.)

- Search for, analysis and synthesis of data and information
- Working in an interdisciplinary environment
- Development of free, creative and inductive thinking
- Introduction of innovative research
- Decision-making
- Group work
- Team work
- Respect for diversity and multiculturalism

3. COURSE CONTENT

Indicative content:

1. Mental health: conditions and prevalence
2. Effects of physical activity on depression
3. Effects of physical activity on anxiety disorders
4. Behavioral interventions for mental health
5. Cognitive interventions for mental health
6. Quality of life: definition and methods of assessment
7. Physical activity and quality of life
8. Development of physical activity programs for improving mental health
9. Development of physical activity programs for improving mental health

4. TEACHING METHODS - ASSESSMENT

MODES OF DELIVERY <i>Face-to-face, in-class lecturing, distance teaching and distance learning etc..</i>	Synchronous lectures	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGY <i>Use of ICT in teaching, Laboratory Education, Communication with students</i>	eClass	
COURSE DESIGN <i>Description of teaching techniques, practices and methods: Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, Internship, Art Workshop, Interactive teaching, Educational visits, projects, Essay writing, Artistic creativity, etc. The study hours for each learning activity as well as the hours of self-directed study are given following the principles of the ECTS.</i>	Activity/Method	Semester workload
	Lectures	26
	Tutorials	13
	Essay writing	14
	Study	72
		Total
STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS <i>Detailed description of the evaluation procedures:</i>	Written final exam that includes: - Multiple choice questions - Short-answer questions	

*Language of evaluation, assessment methods, formative or summative (conclusive), multiple choice tests, short- answer questions, open-ended questions, problem solving, written work, essay/report, oral exam, presentation, laboratory work, other.....etc.
Specifically defined evaluation criteria are stated, as well as if and where they are accessible by the students.*

5. SUGGESTED BIBLIOGRAPHY

-Suggested bibliography:

Selected papers (Pubmed, Sport Discus, and PsyInfo) of contemporary interest in diverse scientific areas.