

UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Resistance exercise training instruction
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COURSE CODE:

N153

ΜΟΝΑΔΕΣ Ε.Κ.Τ.Σ.

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RESPONSIBLE FOR THE COURSE:

NAME	Chatzinikolaou Athanasios	
POSITION	Lecturer	
SECTOR	Sports Training Theory and Application	
OFFICE	B3-6	
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CO-INSTRUCTORS	Fatouros IG, Albanidis E, Martinidis K, Giannakopoulos K, Smilios I	

SEMESTER:

1ST 2ND 3RD 4TH
5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
DIRECTION
SPECIALIZATION
PREREQUIZITE FOR SPECIALIZATION
ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

(only for 3rd & 4th year courses)

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SPECIALIZATION *(only for 3rd & 4th year courses)*

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LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*content and acquired skills*)

This course aims in the understanding of kinesiological, biomechanical and instructional principles of resistance exercise performance. An additional goal of the course is to teach the function and space allocation of resistance training equipment and their space allocation. Safety during resistance exercise training is another basic goal of the course.

COURSE CONTENTS (*outline – titles of lectures*):

1. Kinesiology of resistance exercises.
2. The biomechanics of resistance exercise training.
3. Teaching principles of resistance exercise training.
4. The equipment of resistance exercise training: Function and organization.
5. Instruction and safety issues of resistance exercises for the chest muscles.
6. Instruction and safety issues of resistance exercises for the back muscles.
7. Instruction and safety issues of resistance exercises for the muscles of the shoulder.
8. Instruction and safety issues of resistance exercises for lower limb muscles.
9. Instruction and safety issues of resistance exercises for the abdominal and lower back muscles.
10. Instruction and safety issues of resistance exercises for the hip muscles.
11. Instruction and safety issues of resistance exercises for the knee muscles.
12. Instruction and safety issues of resistance exercises for the ankle muscles.
13. Instruction of Olympic lifts.

TEACHING METHOD (*lectures – labs – practice etc*):

The course includes lectures and practice sessions in the gym.

ASSESSMENT METHOD(-S)

- Final written exam: 40% of the final grade.
- Oral practical examination and technical evaluation: 40% of the final grade.
- Mandatory written assignment: 20% of the final grade.

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:

- Demonstrate the proper kinesiological principles of resistance exercises.
- Demonstrate the proper biomechanical principles of resistance exercises.
- Demonstrate the proper execution and instruction of resistance exercises.

Analyze all safety issues of resistance exercise performance.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1. Students will be able to demonstrate and perform resistance exercise for the whole body.	Lectures and practice sessions in the gym (project method)	Individual and team evaluation on proper exercise performance.	40
2. Students will be able to identify and handle all kinesiological and biomechanical principles of resistance exercise training	Lectures and practice sessions in the gym (project method)	Written assignement on resistance exercise technical performance.	20
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Fatouros I, Chatzinikolaou A. (2011). Resistance training: Exercise instruction, Safety, and organizational issues. Telethron Publications, Athens.
2. Delavier F. (2009). Resistance exercise for muscular strength development. Medical Publications P.C. Paschalidis, Athens.