

**UNIVERSITY OF THESSALY**

**MSc Course “PSYCHOLOGY OF EXERCISE”**

**INFORMATION ABOUT THE MODULE**

1. **TITLE OF MODULE:** Physical activity and health education
2. **CODE OF MODULE:** MG09
3. **MAIN LECTURER:** Nikolaos Digelidis e-mail: [nikdig@pe.uth.gr](mailto:nikdig@pe.uth.gr)
4. **OTHER LECTURERS:** Yannis Theodorakis, email: [theodorakis@pe.uth.gr](mailto:theodorakis@pe.uth.gr)
5. **MODE OF TEACHING/CONDUCT:** 6 3-hour meetings, either workshops or seminars
6. **IDENTIFICATION OF MODULE:** Module of the 3rd semester

**Key-words:**

Health education, Physical activity and health, health psychology

**7. AIM OF THE MODULE**

Students will acquire the basic knowledge and competencies that will enable them to explain children’s and adolescents’ healthy and unhealthy behaviours. They will gain an understanding of the theories, principles, and practices of health as related to physical activity.

**8. LEARNING OUTCOMES**

At the end of this module students should:

- Ñ Be able to describe theories explaining healthy and unhealthy behaviours
- Ñ Know recent research findings on physical activity and health
- Ñ Understand the determinants of children’s and adolescents healthy/unhealthy behaviours
- Ñ Can apply their knowledge in order to effectively communicate healthy messages
- Ñ Have the learning skills to allow them to continue to study in the field of health psychology
- Ñ Be able to think critically about issues in the context of health education

**9. TEACHING METHODS**

Workshops and seminars

**10. TIMETABLE & PLANNING**

/	Lecturer	Topic
1.	Nikolaos Digelidis	Introduction - Definitions and contents of health education
2.	Nikolaos Digelidis	Exercise and health: Relationships
3.	Yannis Theodorakis	Health education
4.	Nikolaos Digelidis	Theories that explain health behaviors
5.	Nikolaos Digelidis	Determinants of health education
6.	Nikolaos Digelidis	Workshop/students’ presentations

**11. EVALUATION:**

- Assignment on health and physical activity 50%
- Lectures’ assignments 20%
- Presentational and communication skills 30%

**12. SUGGESTED HANDBOOKS**

- Theodorakis, Y. & Hassandra, M. (2006). *Designing health education programs*. Thessaloniki: Xristodoulidis.
- Taylor, S. E. (1999). *Health psychology*. McGraw, Hill. Boston.
- Telljohann, S.K., Symons, C.W., & D.F. Miller. (2004). *Health Education: Elementary and Middle School Applications*, 3rd Ed. Boston, MA.: McGraw-Hill.

- Randall R. Cottrell, James T. Girvan, James F. McKenzie (2012). Principles & foundations of health promotion and education. San Francisco: Benjamin Cummings.

### Lecture 1

<b>Title</b>	<b>Content</b>	<b>Key-words</b>
Introduction - Definitions and contents of health education	Introduction to health education, definitions and aims. Contents of health education and application areas.	Health education,
<b>Readings</b>	1. Taylor, S. E. (1999). Health psychology. McGraw, Hill. Boston.	

### Lecture 2

<b>Title</b>	<b>Content</b>	<b>Key-words</b>
Exercise and health: Relationships	Research findings that support the relationship between exercise and health.	Exercise & health
<b>Readings</b>	1. Theodorakis, ., Gioti, G., & Zourbanos, . (2005). Smoking and exercise, part I: relationships and interactions. <i>Inquiries in Sport and Physical Education</i> , 3, 225-238. 2. Theodorakis, Y. & Hassandra, M. (2005). Smoking and Exercise, Part : Differences between Exercisers and Non-Exercisers. <i>Inquiries in Sport &amp; Physical Education</i> , 3 (3), 239 - 248. 3. Kawada, T. (2004). Comparison of daily life habits and health examination data between smokers and ex-smokers suggests that ex-smokers acquire several healthy-lifestyle practices. <i>Archives of Medical Research</i> , 35, 329-333. 4. Marcus, B.H., Albrecht, A.E., Niaura, R.S., Taylor, E.R., Simkin, L.R, & Feder, S.I. (1995). Exercise enhances the maintenance of smoking cessation in women. <i>Addictive Behaviors</i> , 20, 87-92.	

### Lecture 3

<b>Title</b>	<b>Content</b>	<b>Key-words</b>
Communication of health education messages	The importance of communication of healthy messages. Ways to communicate effective healthy messages.	Communication of messages
<b>Readings</b>	1. Meeks, L., Heit, P., & Pate, R. (2007) <i>Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health</i> , Fifth Edition. Boston: McGraw Hill. 2. Scott, C. (1996). Understanding attitude change in developing effective substance abuse prevention programs for adolescents. <i>School Counsellor</i> , 43(3), 187-195.	

### Lecture 4

<b>Title</b>	<b>Content</b>	<b>Key-words</b>
Theories that explain health behaviours	Social-cognitive theory, Health belief model, Theory of reasoned action / theory of planned behavior.	Health behaviour theories

<b>Readings</b>	<ol style="list-style-type: none"> <li>1. Health education: a cognitive - behavioral approach / Read Donald A. Boston: Jones and Bartlett, c1997. - (The Jones and Bartlett series in health sciences)</li> <li>2. Armitage, C. J., &amp; Conner, M. (2001). Efficacy of the theory of Planned Behaviour: a meta-analytic review. <i>The British Journal of Social Psychology</i>, 40, 471-499.</li> <li>3. Fishbein, M., &amp; Middlestadt, S. (1987) Using the theory of Reasoned Action to develop educational interventions: Application to illicit drug use. <i>Health Education Research</i>, 2, 361-371.</li> <li>4. Health behavior and health education: theory, research, and practice / Glanz Karen . - 2nd ed. San Francisco : Jossey-Bass, c1997</li> <li>5. Spencer, L., Adams, T.B., Malone, S., Roy, L., &amp; Yost, E. (2006). Applying the Transtheoretical Model to Exercise: A Systematic and Comprehensive Review of the Literature. <i>Health Promotion Practice</i>, 7(4), 428-443.</li> <li>6. Collins, R. L., &amp; Ellickson, P. L. (2004). Integrating Four Theories of Adolescent Smoking. <i>Substance Use &amp; Misuse</i>, 39(2), 179-209.</li> <li>7. Danish, S. J. &amp; Nellen, V.C. (1997). New roles for sport psychologists: Teaching life skills through sport to at risk youth. <i>Quest</i>, 49, 100-113.</li> </ol>
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### Lecture 5

Title	Content	Key-words
Determinants of health education	Determinants of health education	Parents' influence, peer pressure.
<b>Readings</b>	<ol style="list-style-type: none"> <li>1. Health promotion strategies through the life span / Murray Ruth Beckmann Zentner Judith Proctor Yakimo Richard. - 8th ed. Upper Saddle River, N.J. : Pearson/Prentice Hall, c2009</li> <li>2. Introduction to health education and health promotion / Simon-Morton Bruce G. Greene Walter H. Gottlieb Nell H. . - 2nd ed. Prospect Heights, Ill. : Waveland, c1995</li> <li>3. Planning health promotion programs: an intervention mapping approach / Bartholomew L. Kay. - [2nd ed.] [San Francisco] : Jossey-Bass, c2006</li> <li>4. Theodorakis, Y., Papaioannou, A. &amp; Karastogianidou, C (2004). Relationship between family structure and students' health-related attitudes and behaviors. <i>Psychological Reports</i>, 95, 851-858.</li> <li>5. Leatherdale, S. T., McDonald, P. W., Cameron, R., Jolin, M. A., Brown, K. S. (2006). A multi-level analysis examining how smoking friends, parents, and older students in the school environment are risk factors for susceptibility to smoking among non-smoking elementary school youth. <i>Prevention Science</i>, 7, 397-402.</li> </ol>	

### Lecture 6 / Workshop

Title	Content	Key-words
Small steps to a better health	Workshop on health education	Application and examples of health education
<b>Readings</b>	<ol style="list-style-type: none"> <li>1. Workshop</li> <li>2. Students' presentations</li> </ol>	