UNIVERSITY OF THESSALY

MSc Course "PSYCHOLOGY OF EXERCISE"

INFORMATION ABOUT THE MODULE

1. **MODULE TITLE:** **Seminar in ICT applications for sport and exercise**
2. **MODULE CODE:** Workshops
3. **MAIN LECTURER:** **Papastergiou Marina** e-mail: mpapas@pe.uth.gr
4. **OTHER LECTURERS:** **-**
5. **TEACHING MODE:** Six 2 hour class sessions
6. **MODULE ID:** Module of the 3rd semester

Module keywords: Information and communication technologies, sport, exercise

7. AIM OF THE MODULE:

Information and Communication Technologies (ICT) are increasingly used in the world of sport and exercise. Students will become familiar with applications of ICT that can facilitate athletic training, can offer alternatives to conventional exercise programs, and can potentially promote an active and healthy lifestyle. Furthermore, students will engage in practical computer laboratory work towards designing and developing small-scale ICT artefacts. They will also have the opportunity to read and discuss recent research in the area.

8. LEARNING OUTCOMES:

At the end of this module students should:

- be aware of various applications of ICT in the areas of sport and exercise
- be on their way to develop sport- and exercise- related digital artefacts

9. TEACHING METHOD:

Presentations, discussions, computer laboratory practice

10. TIMETABLE & PLANNING:

Session	Method	Topic
1	Presentation and discussion	Physically interactive video games ('exergames')
2	Computer laboratory practice	Digital games for health promotion
3	Presentation and discussion	Multimedia environments for the acquisition of sport-related knowledge and skills
4	Computer laboratory practice	Multimedia blog creation
5	Presentation and discussion	Web-based interventions for health and exercise promotion
6	Computer laboratory practice	Website creation

11. STUDENT EVALUATION:

- Presentation of a research paper (pass – fail)
- Presentation of a concrete ICT application (pass – fail)
- Small ICT project (pass – fail)

Presentation of a research paper
Students in pairs will prepare a presentation (10 – 15 minutes) of a research paper assigned to them by the instructor, and will deliver to her a short commentary on the paper.

Presentation of a concrete ICT application
Students in pairs will prepare a presentation (10 – 15 minutes) of a concrete sport- or exercise- related ICT application assigned to them by the instructor, and will deliver to her a short report on the application.

Small ICT project
Students should develop in teams and deliver to the instructor a small ICT project (e.g. a small sport- or exercise- related website) following the principles and procedures presented during the seminar.

12. SUGGESTED MATERIAL

Books

1. Pope, N., Forster, J., & Kuhn, K. (2011). Digital Sport For Performance Enhancement And Competitive Evolution. IGI Global.
2. Gobel, S., Mueller, W., Urban, B., Wiemeyer, J. (2012). E-Learning and Games for Training, Education, Health and Sports. Springer.
3. Dabnichki P. & Baca, A. (Eds.) (2008). Computers in Sport. WIT Press.
4. Mohnsen, B. (2008). Using Technology in Physical Education (6th edition). Bonnie's Fitware.

Journals

1. International Journal of Computer Science in Sport (2002-today).
2. Health Promotion Practice (2000-today).
3. Health Education Research (1996-today).