

## COURSE OUTLINE

### GENERAL

<b>SCHOOL</b>	School of Sports, Physical Education Sciences & Dietetics		
<b>DEPARTMENT</b>	Department of Physical Education & Sport Science		
<b>STUDY LEVEL</b>	Postgraduate Master Program		
<b>COURSE CODE</b>	M10	<b>STUDY SEMESTER</b>	3 <sup>rd</sup>
<b>COURSE TITLE</b>	Clinical exercise psychology: prescription for mental health disorders		
<b>SELF CONTAINED TEACHING ACTIVITIES</b>	<b>TOTAL TEACHING HOURS</b>		<b>COURSE CREDITS</b>
	36		7
<b>COURSE TYPE</b>	Specialization		
<b>PREREQUISITE MODULES</b>	None		
<b>TEACHING AND EXAM LANGUAGE</b>	English		
<b>COURSE IS AVAILABLE TO ERASMUS STUDENTS</b>	Yes		
<b>COURSE WEB PAGE (URL)</b>	<a href="https://eclass.uth.gr/courses/PE_P_204/">https://eclass.uth.gr/courses/PE_P_204/</a>		

### LEARNING OUTCOMES

<b>Learning Outcomes</b>
<p><b>Upon the completion of the module students will:</b></p> <ul style="list-style-type: none"> <li>• Be aware of the concepts of mental health and mental illness.</li> <li>• Have the knowledge to psychometrically assess indices of mental health and mental illness</li> <li>• Understand the most effective theoretical models to promote physical activity for better mental health and lower symptoms of mental illnesses.</li> <li>• Be able to synthesize evidence regarding the effect of physical activity on mental illnesses.</li> <li>• Develop appropriate therapeutic physical activity interventions for mental illnesses.</li> </ul>
<b>General Competencies</b>
<ul style="list-style-type: none"> <li>• Adaptation to new situations</li> <li>• Decision making</li> <li>• Working Independently</li> <li>• Working in a team</li> <li>• Production of new research ideas</li> <li>• Criticism and self-criticism</li> </ul>

### COURSE CONTENT

<p><b>Course content:</b></p> <ul style="list-style-type: none"> <li>• Lecture 1: mental health and mental illness.</li> <li>• Lecture 2: psychometric evaluation of mental health and mental illness.</li> <li>• Lecture 3: State-of-the-art- exercise on prescription for major mental illnesses.</li> <li>• Lecture 4. Exercise on referral for mental illnesses.</li> <li>• Lecture 5: The anxiolytic and antidepressant effects of exercise.</li> <li>• Lecture 6. Depression and anxiety.</li> <li>• Lecture 7. Risk of bias.</li> </ul>
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- Lecture 8. Meta-analytic evidence for exercise on prescription in adolescent and adult patients with depression and anxiety.
- Lecture 9. Perceived exertion.
- Lecture 10. Clinical and practical significance analysis.
- Lecture 11. Accelerometer devices and physical activity in mental illnesses.
- Lecture 12. Theoretical models applied for exercise on prescription in mental illnesses.

### TEACHING AND LEARNING METHODS - EVALUATION

<b>TEACHING METHOD</b>	In person	
<b>USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY</b>	E-class	
<b>TEACHING ORGANIZATION</b>	<b>Activity</b>	<b>Semester Workload</b>
	Lecture	36
	Study and analysis of bibliography	80
	Workshop	30
	Essay writing	40
	Module Total	<b>186 hours</b>
<b>STUDENT ASSESSMENT</b>	<p>A total of three (3) written assignments.</p> <p>Evaluation criteria:  Student's ability to provide essays i) responding comprehensively, meaningfully and accurately on the Lectures, Workshops and bibliographic findings ii) written with clarity.</p> <p>The final letter grade is based on the following points:</p> <ul style="list-style-type: none"> <li>• A= 100 - 85</li> <li>• B = 84 - 70</li> <li>• C = 69 - 50</li> <li>• D = 49 to lower</li> </ul>	

### READING LIST

#### Recommended bibliography:

- Morres, I. D., Hatzigeorgiadis, A., & Theodorakis, Y. (2021). Depression in obesity. In C. R. Martin, L.-A. Hunter, V. B. Patel, V. R. Preedy, & R. Rajendram (Eds.), *The Neuroscience of Depression* (pp. 115-119): Academic Press.
- Morres, I. D., Hatzigeorgiadis, A., & Theodorakis, Y. (2021). Exercise for depression as a primary and comorbid with obesity disorder: A narrative. In C. R. Martin, L.-A. Hunter, V. B. Patel, V. R. Preedy, & R. Rajendram (Eds.), *The Neuroscience of Depression* (pp. 477-486): Academic Press.
- Carter, T., Pascoe, M., Bastounis, A., Morres, I. D., Callaghan, P., & Parker, A. G. (2021). The effect of physical activity on anxiety in children and young people: a systematic review and meta-analysis. *Journal of Affective Disorders*, 285, 10-21. doi:10.1016/j.jad.2021.02.026
- Morres, Hatzigeorgiadis, Stathi, Comoutos, Arpin-Cribbie, Krommidas, & Theodorakis. (2019a). Aerobic exercise for adult patients with major depressive disorder in mental health

services: A systematic review and meta-analysis. *Depression and Anxiety*, 36(1), 39-53. doi:org/10.1002/da.22842

- Ryan, R., & Deci, E. (2017). Self-determination theory: Basic Psychological Needs in Motivation Development and Wellness. *New York: Guilford Publishing*.
- Carter, T., Morres, I., Repper, J., & Callaghan, P. (2016). Exercise for adolescents with depression: valued aspects and perceived change. *Journal of Psychiatric and Mental Health Nursing*, 23(1), 37-44. doi:10.1111/jpm.12261
- Morres, Stathi, A., Martinsen, E. W., & Sørensen, M. (2014). Physical exercise and major depressive disorder in adult patients. In A. G. Papaioannou & D. Hackfort (Eds.), *Routledge Companion to Sport and Exercise Psychology: Global perspectives and fundamental concepts* (pp. 823-834). London: Taylor & Francis.

**Relevant scientific journals:**

- Depression and Anxiety
- Psychiatry Research
- BMC Public Health
- JAMA Psychiatry