

## COURSE OUTLINE

### GENERAL

<b>SCHOOL</b>	School of Physical Education & Sport Science – Dietetics		
<b>DEPARTMENT</b>	Department of Physical Education & Sport Science		
<b>STUDY LEVEL</b>	Postgraduate Master Program		
<b>COURSE CODE</b>	APII	<b>STUDY SEMESTER</b>	3 <sup>rd</sup>
<b>COURSE TITLE</b>	Practicum II		
<b>SELF CONTAINED TEACHING ACTIVITIES</b>	<b>WEEKLY TEACHING HOURS</b>	<b>COURSE CREDITS</b>	
Applied practice	-	16	
<b>COURSE TYPE</b>	Applied Practice - Skill Development		
<b>PREREQUISITE MODULES</b>	None		
<b>TEACHING AND EXAM LANGUAGE</b>	-		
<b>COURSE IS AVAILABLE TO ERASMUS STUDENTS</b>	Yes		
<b>COURSE WEB PAGE (URL)</b>	<a href="https://eclass.uth.gr/courses/PE_P_203/">https://eclass.uth.gr/courses/PE_P_203/</a>		

Learning Outcomes
<p><b>At the end of this module students should have reach a high level of competence within the consultant development process, In particular with regard to:</b></p> <ul style="list-style-type: none"> <li>• Establish rapport with clients</li> <li>• Determine client needs and goals</li> <li>• Devise approach to the situation needs/intervention plan</li> <li>• Implement the intervention</li> <li>• Evaluate progress and develop future work plan</li> </ul> <p><b>In addition, they will be able to refine key consulting skills such as:</b></p> <ul style="list-style-type: none"> <li>• Effective communication</li> <li>• Effective listening</li> <li>• Staying focused and in the present</li> <li>• Stay positive</li> <li>• Be committed to excellence.</li> </ul>

General Competencies
<p><b>At the end of this module students will develop competences involving:</b></p> <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>• Project planning and management</li> <li>• Respect for diversity and multiculturalism</li> <li>• Showing social, professional and ethical responsibility and sensitivity to gender issues</li> <li>• Criticism and self-criticism</li> <li>• Promotion of free, creative and inductive thought</li> </ul>

## COURSE CONTENT

Practicum II will introduce students to professional consulting in the fields of sport, exercise, and physical education by completing 400 hours of applied experience, to enable them to provide performance, education and and/or health enhancement services.

## TEACHING AND LEARNING METHODS - EVALUATION

<b>TEACHING METHOD</b>	Field Work	
<b>USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY</b>	E-class	
<b>TEACHING ORGANIZATION</b>	<b>Activity</b>	<b>Semester Workload</b>
	Individual and group meetings (applied exercises)	100
	Preparation of the sessions	230
	Reflection of the sessions	70
	<b>Module Total</b>	<b>400</b>
<b>STUDENT ASSESSMENT</b>	<p>A log documenting all contact sessions.</p> <p>Protocols that include reflections and planning for all contact sessions.</p>	

## READING LIST

<p><b>Recommended bibliography:</b></p> <ul style="list-style-type: none"> <li>• Williams J. M. &amp; Krane V. (2021). Applied sport psychology: Personal growth to peak performance (Eighth). McGraw-Hill Education.</li> <li>• Taylor, J. (Ed.). (2019). Comprehensive Applied Sport Psychology (1st ed.). Routledge.</li> <li>• Tod, D., &amp; Hodge, K. (Eds.). (2010). Routledge Handbook of Applied Sport Psychology: A Comprehensive Guide for Students and Practitioners (1st ed.). Routledge.</li> <li>• Mellalieu, S., &amp; Hanton, S. (Eds.). (2008). Advances in Applied Sport Psychology: A Review (1st ed.). Routledge.</li> </ul> <p><b>Relevant scientific journals:</b></p> <ul style="list-style-type: none"> <li>• Journal of Sport Psychology in Action</li> <li>• Journal of Applied Sport Psychology</li> <li>• Case Studies in Sport and Exercise Psychology</li> </ul>
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