

UNIVERSITY OF THESSALY

MSc Course “PSYCHOLOGY OF EXERCISE”

INFORMATION ABOUT THE MODULE

1. **TITLE OF MODULE:** Health education and exercise psychology
2. **CODE OF MODULE:** MG09
3. **MAIN LECTURER:** Nikolaos Digelidis, Associate Professor, e-mail: nikdig@pe.uth.gr
4. **OTHER LECTURERS:** Yannis Theodorakis, Professor, email: theodorakis@pe.uth.gr, Ioannis Morres, PhD candidate email: iomorres@pe.uth.gr.
5. **MODE OF TEACHING/CONDUCT:** 12 3-hour lectures, workshops and/or seminars
6. **IDENTIFICATION OF MODULE:** Module of the 3rd semester

Key-words:

Health education, Physical activity and health, health psychology, exercise 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 exercise and physical activity.

8. LEARNING OUTCOMES

At the end of this module students should:

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

9. TEACHING METHODS

Workshops and seminars

10. TIMETABLE & PLANNING

A/A	Date	Lecturer	Topic
1.	2.10.2016	Yannis Theodorakis	Attitudes and attitude change in sport and exercise settings. The planned behavior model
2.	2.10.2016	Yannis Theodorakis	Exercise and smoking
3.	3.10.2016	Yannis Theodorakis	The psychology of exercise for clinical population
4.	23.10.2016	Nikolaos Digelidis	Definitions and content of health education
5.	23.10.2016	Nikolaos Digelidis	Exercise and health: Relationships
6.	24.10.2016	Yannis Theodorakis	The psychology of doping in sport and exercise
7.	13.11.2016	Nikolaos Digelidis	Theories that explain health behaviors
8.	13.11.2016	Nikolaos Digelidis	Determinants of health

9.	14.11.2016	Nikolaos Digelidis	Workshop I (health education for working people)
10.	4.12.2016	Ioannis Morres	Exercise on prescription for adults patients with depression and anxiety disorders
11.	4.12.2016	Ioannis Morres	Exercise for adult patients with schizophrenia spectrum disorders
12.	5.12.2016	Nikolaos Digelidis	Workshop II (physical activity measurement tools)

11. ASSESSMENT

- Assignment on health and physical activity 50%
- Short assignments during lectures 50%

12. SUGGESTED HANDBOOKS

- Theodorakis, Y. & Hassandra, M. (2006). *Designing health education programs* (in Greek). Thessaloniki: Christodoulidis.
- Cottrell R.R., Girvan J.T., McKenzie J.F. (2012). *Principles and foundations of health promotion and education* (5th edition). Boston, MA: Benjamin Cummings.
- 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.