

TABLE 2: COURSE DISTRIBUTION PER SEMESTER

A/A	Course type	Course title	Course code	Periods per week	Period duration	Number of weeks/ Semester	Total periods/ Semester	Number of ECTS
A' Semester								
1.	Compulsory	Anatomy Of Movement	MEDI126	3	55'	14	42	6
2.	Compulsory	Nutrition And Physical Activity	NUTR107	3	55'	14	42	6
3.	Compulsory	Personal Training-Resistance Training	TRAN106	3	55'	14	42	6
4.	Compulsory	Introduction To Group Fitness	TRAN113	3	55'	14	42	6
5.	Compulsory	Exercise, Health And First Aid	MEDI127	3	55'	14	42	6
Total				15	Total			30
B' Semester								
1.	Υποχρεωτικό	Physiology of Exercise	TRAN118	3	55'	14	42	6
2.	Υποχρεωτικό	Designing Training Programmes – Important Factors and Basic Principles	TRAN121	3	55'	14	42	6
3.	Υποχρεωτικό	Group Fitness Programmes – Functional Training	TRAN111	3	55'	14	42	6
4.	Υποχρεωτικό	Specialised Personal Training – Resistance Training	TRAN119	3	55'	14	42	6
5.	Υποχρεωτικό	Physical Fitness During Development	TRAN120	3	55'	14	42	6
Total				15	Total			30



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C' Semester								
1.	Compulsory	Exercise for Special Population – Guidelines for Exercise Adjustment	TRAN208	3	55'	14	42	6
2.	Compulsory	Weightlifting	TRAN209	3	55'	14	42	6
3.	Compulsory	Musculoskeletal injuries	MEDI200	3	55'	14	42	6
4.	Compulsory	Resistance training – Functional evaluation of movement	TRAN210	3	55'	14	42	6
5.	Compulsory	Gym and Sports Centre Management	TRAN217	3	55'	14	42	6
Total				15			Total	30
D' Semester								
1.	Compulsory	Practical Training	PRCT225	3	55'	14	42	12
2.	Compulsory	Exercise Psychology	PSOC200	3	55'	14	42	6
3.	Compulsory	Programme Planning Case Study	TRAN219	3	55'	14	42	6
Elective Courses (Selection of one of the four choices)								
1.	Elective	Alternative Methods of Exercise	TRAN223	3	55'	14	42	6
2.	Elective	Pilates with Machines	TRAN224	3	55'	14	42	6
3.	Elective	Improving Mobility – Foam Roller	TRAN225	3	55'	14	42	6
4.	Elective	Aerobics – Alternative Forms of Exercise	TRAN222	3	55'	14	42	6
Total				15	Total			30