

# DEMOCRITUS UNIVERSITY OF THRACE

## Department of Physical Education & Sport Science

### UNDERGRADUATE PROGRAM OF STUDY

**COURSE TITLE:**

Psychomotor Intervention
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**COURSE CODE:**

N095
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**ECTS CREDITS**

2
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**RESPONSIBLE FOR THE COURSE:**

NAME	Antonis Kambas	
POSITION	Assistant Professor	
SECTOR	SPORTS TRAINING THEORY AND APPLICATION	
OFFICE	B-3-11	
TEL. / E-MAIL	+302531039643	<a href="mailto:akampas@phyed.duth.gr">akampas@phyed.duth.gr</a>
OTHER INSTRUCTORS		

**YEAR OF TEACHING:**1ST  2ND  3RD  4TH **SEMESTER:**1ST  2ND  3RD  4TH 5TH  6TH  7TH  8TH **COURSE TYPE:**OBLIGATORY DIRECTION SPECIALIZATION PREREQUIZITE FOR SPECIALIZATION ELECTIVE (*OPEN*) **HOURS (per week):**

2
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**DIRECTION***(only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)*

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**SPECIALIZATION (only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)**

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**LANGUAGE OF TEACHING:**GREEK ENGLISH

### **AIM OF THE COURSE** (*content and acquired skills*)

This course focuses in establishing the theoretical background on psychomotor development, activity, education and re-education and the practical skills to devise and apply appropriate psychomotor treatments. Specific workshops must enable the students to discover and experience the main psychomotor functions, to practice specific psychomotor tests and observation techniques and to develop and apply protocols of treatment in psychomotricity and finally to acquire experience of supervision and reflection work.

### **COURSE CONTENTS:**

(*outline – titles of lectures*)

1. Actualities, trends and theories of psychomotricity (psychomotricity as an holistic interventional methodology for health, from psychomotor therapy to holistic developmental education/intervention)
2. Self-confidence, identity and play in psychomotricity
3. A framework of requirements and target group of psychomotor education/intervention
4. Workshop: Body experiences I
5. Workshop: Body experiences II
6. Workshop: Material experiences I
7. Workshop: Material experiences II
8. Workshop: Social experiences I
9. Workshop: Social experiences II
10. Evaluation in psychomotricity
11. Practice I (Microteaching)
12. Practice II (Microteaching)
13. Practice III (Microteaching)

### **TEACHING METHOD:** (*lectures – labs – practice etc*)

The course will be taught with 3 lectures, 6 workshops, 1 Lab, and 3 practical applications in the University facilities.

### **ASSESSMENT:**

- Brief written quiz within the semester (15%)
- Group performance (50%)
- E-work upload on e-class (35%)

### **LEARNING OUTCOMES**

Upon the completion of this course the student will be able to:

- use efficiently 2 assessment tools
- use the fundamentals of the psychomotor intervention theory for design and application
- decide about psychomotor intervention need and aims in different target groups

**LEARNING OUTCOMES - CONTINUED**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1. use efficiently two assessment tools	Assessment lab & demo for MOT 4-6, KTK and BOT	Interrater reliability	20
2. use the fundamentals of the psychomotor intervention theory for design and application	Workshops, demonstrative teaching and practice	Microteaching based on constructed observation protocol	20
3. decide about psychomotor intervention need and aims in different target groups	Lectures, e-class based uploads, homework	20	
		<b>TOTAL</b>	<b>60</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. Zimmer, Renate (2007). Handbook of Psychomotricity (In greek, transl.) Athens: Athlotypo Sports publishing.
2. Zimmer, Renate (2007). Handbook of Movement Education (In greek, transl.) Athens: Athlotypo Sports publishing.