



FREDERICK UNIVERSITY

SCHOOL OF EDUCATION AND SOCIAL SCIENCES

DEPARTMENT OF EDUCATION

BSc IN PHYSICAL EDUCATION AND SPORT SCIENCES

Course unit title:	ENGLISH FOR SPORT SCIENCES		
Course unit code:	PESS110		
Type of course unit:	COMPULSORY		
Level of course unit:	BACHELOR (1st Cycle Degree)		
Year of study:	1		
Semester when the unit is delivered:	SPRING		
Number of ECTS credits allocated :	3		
Name of lecturer(s):	THERAPOULA CONSTANTINO ANNA SARRIS		
Learning outcomes of the course unit:	<p>Upon completion of the course, students should be able to:</p> <ul style="list-style-type: none"> • communicate effectively in English in a work environment • acquire knowledge and understanding of the topics covered in the course and apply it in their area of interest • be familiar with the physical education terminology and apply it with future clientele and use it for further professional advancement • expand their practical and written skills through a wide variety of tasks • be familiar with the major bones and muscles of the body and their function • identify the functions of each component of the respiratory system • be aware of major phraseology and terminology related to human health and well being • be informed about new trends and other issues related to their area of interest from international bibliography written in English • participate in workshops, seminars and conferences and present their own work confidently in English 		
Mode of delivery:	Face to face		
Prerequisites:	None	Co-requisites:	None
Recommended optional program components:	None		
Course contents:	<p>In particular, the course covers the following</p> <ul style="list-style-type: none"> • terminology and phraseology: <ul style="list-style-type: none"> -The upper body, the lower body, the core -Body Types -Health Problems -Equipment -The muscular system -The cardiorespiratory system -Biomechanics -Workout (designing the perfect workout) -Fitness assessment -Nutrition -Supplements -Injuries -CPR & First Aid • presentation skills and techniques 		
Recommended	<ul style="list-style-type: none"> • Fraser, L., Norman, G., & Brown, M. (2017). Cambridge IGCSE Physical Education. Collins 		

and/or required reading:	<p>Publishing.</p> <ul style="list-style-type: none"> • Selection of newspapers, magazine and book extracts
Textbooks:	<ul style="list-style-type: none"> • Dooley, J. & Clark, A. (2015). Career paths: Fitness training (Books 1, 2, 3). UK: Express Publishing.
References:	<ul style="list-style-type: none"> • Chase, B. & Johannsen, K. (2012). Pathways 2, 3, 4. Heinle Cengage Learning. • Allen, R. E., Fowler, H. W., & Fowler, F. G. (2011). The Concise Oxford dictionary of current English. Oxford: Clarendon Press.
Planned learning activities and teaching methods:	<p>The course is delivered to students by means of lectures conducted by the instructor. The major method of teaching is the interactive communicative approach based on the principles of functional language learning and teaching. Audio-visual aids, class discussions, pair and group work and other communicative drills are among the instructor's tools to keep students' interest alive and elicit the maximum participation from students. Students are also encouraged to make extensive use of the Internet.</p>
Assessment methods and criteria:	<p>A two-method assessment is adopted. The coursework assessment, which counts for the 40% of the overall mark, includes 2 major tests, and an oral presentation and the final examination assessment which counts for the 60% of the final mark.</p> <p>Coursework: 40%</p> <ul style="list-style-type: none"> - Test 1 16% - Test 2 12% - Oral Presentation 12% <p>Final Exam: 60%</p>
Language of instruction:	English
Work placement(s):	No