



OSMF's Distance Education Program

“Promotion of healthy lifestyles and development of the students’ social skills through physical education and environmental activities”

Duration: 7+1 weeks (one thematic module each week & 1 week for the final assignment).

Duration/Date: 01 March 2016 – 24 April 2016.

Thematic Modules:

1. Anti-bullying teaching strategies and methods.
2. Dyspraxia and other disabilities: understanding and prevent bullying through physical activities in practice.
3. The development of secondary students’ social (life) skills.
4. Outdoor cooperative games and/or physical activities (health, bullying, environment-related activities etc).
5. Teaching strategies and methods to promote healthy lifestyles in secondary school education.
6. Self-reported physical activity, eating behavior, and body weight.
7. Manage and promote your work while engaging your “significant others” (basic management plan, social media etc).

Participants: Head teachers, coordinators and secondary education teachers.

Language: English, Greek.

Means of implementation: The asynchronous Moodle-based platform “Euronets” [<http://euronets.peiramak.gr/>].

Scientific support: Hellenic Academy of Physical Education (HAPE).

Certificate of Completion (with ECTS grading): for the participants that successfully* complete the program.

Successful completion entails a minimum weekly on-line “presence” that can be verified (at the participant’s discretion but within a specific time frame) and submission of the final assignment (participants will choose from a variety of proposed assignments based on different thematic modules).

Certificate of Participation: for the participants that attend the program, but fail to submit the final assignment.