

**FOUNDATIONS OF SPORT AND PHYSICAL ACTIVITY
OVERVIEW of Classes and Assignments**

Day	Date	Time	Class	Short Presentations	Applied exercises	Review Presentations
Mon	2/10	12.00-14.00	Introduction			
Tue	9/10	12.00-14.30	Self-Efficacy	Example presentation		
Wed	11/10	09.00-11.30	Self-Esteem			
Wed	18/10				Self-efficacy & Self-Esteem	
Wed	25/10	09.00 -11.30	Anxiety	Self-Efficacy Mara, Faidra, Ata, Theo		
Wed	25/10	12.00 -14.30	Anxiety	Self-Esteem Bruno, Alex, Jim, Mustafa		
Tue	31/10	09.00 -11.30	Team Dynamics	Anxiety Anna-Maria, Brigitte, Joleen, Nontas, Merle		
Tue	31/10	12.00 -14.30	Team Dynamics			
*Wed	1/11	16.00 -17.30	Special Issue			
Wed	8/11				Anxiety	
Tue	14/11	09.00-11.30	Leadership	Team Dynamics Laura, Jutta, Giulia, Giorgos, Karl		
Tue	14/11	12.00-14.30	Leadership	Leadership Stellios, Natalia, Linda, Yusra, Argiris		
Wed	29/11	09.00 -11.30	Reviews			Part 1
Wed	29/11	12.00 -14.30	Reviews			Part 2
Wed	13/12				Leadership & Team Dynamics	