

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM

COURSE TITLE:

Swimming teaching

COURSE CODE:

N121

CREDITS (E.C.T.S.)

2

RESPONSIBLE FOR THE COURSE:

NAME	Gourgoulis Vassilios		
POSITION	Associate Professor		
SECTOR	Sports Training Theory and Application		
OFFICE	B3-7		
TEL. / E-MAIL	+30 23510 39656	vgoyrgoy@phyed.duth.gr	
CO-INSTRUCTORS	-		

SEMESTER:

1ST 2ND 3RD 4TH
5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
DIRECTION
SPECIALIZATION
PREREQUIZITE FOR SPECIALIZATION
ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

SPECIALIZATION

(only for 3rd & 4th year courses)

--	--

SPECIALIZATION *(only for 3rd & 4th year courses)*

--

LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*acquired skills & learning outcome*)

Teaching (Method and series of exercises), theoretical approach and performance in practice in front crawl and backstroke technique / Starts and turns, respectively / Breaststroke and butterfly kicks.

COURSE CONTENTS (*outline – titles of lectures*)

1. Introduction on swimming teaching.
2. THEORY & PRACTICE: Method and series of exercises in teaching familiarization in shallow and deep-water pool. Breathing pattern.
3. THEORY & PRACTICE: Method and series of exercises in teaching technique in front crawl kick. Combination exercises.
4. THEORY & PRACTICE: Method and series of exercises in teaching technique in front crawl arm movements. Combination exercises.
5. THEORY & PRACTICE: Method and series of exercises in teaching integrated front crawl. Teaching Start.
6. THEORY & PRACTICE: Method and series of exercises in teaching technique in backstroke kick.
7. THEORY & PRACTICE: Method and series of exercises in teaching technique in backstroke arm movements.
8. THEORY & PRACTICE: Method and series of exercises in teaching integrated backstroke. Start learning.
9. THEORY & PRACTICE: Method and series of exercises in teaching starts and turns in front crawl and backstroke.
10. THEORY & PRACTICE: Method and series of exercises in teaching technique in breaststroke kick.
11. THEORY & PRACTICE: Method and series of exercises in teaching technique in butterfly kick.

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

- Lectures and use of audiovisual device.
- Verbal and practical instructions during practice.
- Use of a “swimmer” as a model.

ASSESSMENT METHOD(-S)

In theory and technique demonstration (70%) and practice (30%):

- 50m technique in front crawl and 50m in backstroke with starts and turns.
- 25m technique in butterfly kicks and 25m in breaststroke kicks.

LEARNING OUTCOMES

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

1. Know and understand in depth the front-crawl and back-crawl technique, along with the technique of the corresponding starts and turns, and the technique of the legs movement in breaststroke and butterfly swimming stroke.
2. They will be able to perform very well the above mentioned swimming skills
3. They will know and they will be able to apply the specific theoretical knowledge-base regarding organization and programming of training and coaching of athletic and non-athletic swimming of the above mentioned swimming skills
4. They will be able to organize, apply and/or adapt training programs for teaching and improvement of the technique of the above mentioned swimming skills.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1) Students will know and understand in depth the front-crawl and back-crawl technique, along with the technique of the corresponding starts and turns, and the technique of the legs movement in breaststroke and butterfly swimming stroke.	Practical exercise, demonstration & discussion of digital material, study at home, tutorials	Midterm assessments through practical & oral sessions of cognitive assessment. Final exam.	10
2) Students will be able to perform very well the above mentioned swimming skills	Practical exercise	Midterm assessments, Final exam	20
3) Students will know and will be able to apply the specific theoretical knowledge-base regarding organization and programming of training and coaching of athletic and non-athletic swimming of the above mentioned swimming skills	Practical exercise, organization & application of training programmes, tutorials	Midterm assessments through the organization & application of training programs	10
4) Students will be able to plan a training program for the concerning the above mentioned swimming skills	Study at home, tutorials, presentation	Midterm assessments, Final exam	20
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Giatsis S., Sabanis M. (1993). Swimming – Technique – Teaching – Training – Water Rescue. SALTO. Thessaloniki.
2. Ernest W. Maglischo (2009). Swimming Fastest. The essential reference on technique, training and program design. Translation: Soultanaki H. Athens.