

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Lifesaving

COURSE CODE:

N080

ECTS CREDITS

2

RESPONSIBLE FOR THE COURSE:

NAME	Antoniou Panagiotis		
POSITION	Associate Professor		
SECTOR	Sports Training Theory and Application		
OFFICE	B1-6		
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CO-INSTRUCTORS	Kipouros Vassileios, Teacher P.E.		

SEMESTER:

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

COURSE TYPE:

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

HOURS (per week):

2

DIRECTION

(only for 3rd & 4th year courses)

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

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LANGUAGE OF TEACHING:

GREEK

ENGLISH

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

Objective of the course is the acquisition by students of specific motor skills and competencies as well as knowledge on the swimming rescue techniques of water environment. Includes practical and theoretical life-sustaining water.

COURSE CONTENTS (*outline – titles of lectures*)

1. Security measures - technical life-saving backstroke free.
2. Logging operations coast, pools technical life-saving anterior - lateral.
3. Leg motion analysis - practice the lifeboats species profile.
4. Learning technique in different types of input water.
5. Technical approaches.
6. Basic Ways chips - simple handles exemptions.
7. Towing out of the water main modes.
8. Underwater activity and apnea.
9. Basic rescue aids.
10. Reference in to support life due to contact with water.
11. Reference in to any medical incident along the coast.
12. Practical application of first aid.
13. Test capabilities lifeguards in the water.

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

Lectures, presentations, demonstrations, practice

ASSESSMENT METHOD(-S)

Practical Assessment of Skills: (50%).
Final Written Examination: (50%).

LEARNING OUTCOMES

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

1. The students know the basic characteristics of survival in the aquatic environment

- and the relative function of the role and skills of a lifeguard.
2. Students will have developed skills that enable them to perform specific motor skills swimming rescue techniques.
 3. Students will be able to both theoretical and practical to use cognitive and motor skills to support life in water environment.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
The students know the basic characteristics of survival in the aquatic environment and the relative function of the role and skills of a lifeguard.	Lectures, demonstrations and commentary of digital material, study at home	Intermediate checks with written tests of cognitive assessment	20
Students will have developed skills that enable them to perform specific motor skills swimming rescue techniques.	Practical exercises, training, tutorials	Intermediate checks with practical tests kinetic evaluation	20
Students will be able to both theoretical and practical to use cognitive and motor skills to support life in water environment.	Lectures, homework, practical exercises, training, tutorials	Intermediaries controls in tests evaluating motor	20
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. —ΚΗΠΟΥΡΟΣ ΒΑΣΙΛΕΙΟΣ (2000). *ΣΗΜΕΙΩΣΕΙΣ ΝΑΥΑΓΟΣΩΣΤΙΚΗΣ*. ΕΚΔΟΣΕΙΣ ΣΥΓΓΡΑΜΜΑΤΩΝ ΤΟΥ Δ.Π.Θ.
2. - ΑΒΡΑΜΙΔΗΣ, Σ. (1998). *Το ΕΓΧΕΙΡΙΔΙΟ ΤΟΥ ΈΛΛΗΝΑ ΝΑΥΑΓΟΣΩΣΤΗ*. ΑΘΗΝΑ.
3. –THE ROYAL LIFE SAVING SOCIETY (1995). *LIFE SAVING* (6TH ED.). UNITED KINGDOM