

COURSE OUTLINE SUCCESSFUL COACHING

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C005	SEMESTER	5 th and 6 th
COURSE TITLE	SUCCESSFUL COACHING		
TEACHING ACTIVITIES <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>		TEACHING HOURS PER WEEK	ECTS CREDITS
		2	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SCIENTIFIC AREA SKILL DEVELOPMENT		
PREREQUISITES:	No		
TEACHING & EXAMINATION LANGUAGE:	Greek English for ERASMUS students		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:	https://eclass.duth.gr/courses/KOM02368/		

2. LEARNING OUTCOMES

Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>	
<p>Upon successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> • <i>apply the basic concepts of coaching as they apply to team and training organisation and learning skills, technique and tactics.</i> • <i>design training units aimed at the presentation and learning of sports skills in both team and individual sports and other motor skills.</i> • <i>Guide trainees during the practice and maintenance phases of skilful movement performance in real-life conditions.</i> 	
General Skills <i>Name the desirable general skills upon successful completion of the module</i>	
<i>Search, analysis and synthesis of data and information, ICT Use Adaptation to new situations Decision making Autonomous work Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas</i>	<i>Project design and management Equity and Inclusion Respect for the natural environment Sustainability Demonstration of social, professional and moral responsibility and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning</i>
<ul style="list-style-type: none"> • <i>Search, analysis and synthesis of data and information, ICT Use</i> • <i>Adaptation to new situations</i> • <i>Decision making</i> • <i>Autonomous work</i> • <i>Teamwork</i> 	

- Production of new research ideas
- Project design and management
- Equity and Inclusion
- Demonstration of social, professional and moral responsibility and sensitivity to gender issues
- Critical thinking
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

1. Personal training philosophy - Identification of personal training goals
2. Choice of training style.
3. Training and character development
4. Training and diversity.
5. Communication with trainees.
6. Managing trainee behaviour.
7. The game approach - Teaching technique skills.
8. Teaching tactical skills.
9. The planning of teaching and practice.
10. Combating substance abuse.
11. Team management.
12. Relationship management.
13. Risk Management.

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Face to face													
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching Use of ICT in Communication with students													
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	<table><tr><th>Activity</th><th>Workload/semester</th></tr><tr><td>Lectures</td><td>26</td></tr><tr><td>Study / creation</td><td>24</td></tr><tr><td>Bibliographic research & analysis</td><td>22</td></tr><tr><td>Exams</td><td>3</td></tr><tr><td>Total</td><td>75</td></tr></table>		Activity	Workload/semester	Lectures	26	Study / creation	24	Bibliographic research & analysis	22	Exams	3	Total	75
Activity	Workload/semester													
Lectures	26													
Study / creation	24													
Bibliographic research & analysis	22													
Exams	3													
Total	75													
STUDENT EVALUATION <i>Description of the evaluation process</i> <i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report,</i>	Student evaluation languages Greek Method (Formative or Concluding) Formative Student evaluation methods Class assignments	Percentage 40												

<i>Clinical examination of a patient, Artistic interpretation, Other/Others</i> <i>Please indicate all relevant information about the course assessment and how students are informed</i>	Written Exam with Short Answer Questions 60
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5. SUGGESTED BIBLIOGRAPHY

<ol style="list-style-type: none"> 1. Martens R. (2023) <i>Επιτυχημένη Προπονητική, Εκδόσεις ΠΑΠΑΖΗΣΗΣ, ISBN13 9789600241068.</i> 2. Schmidt R. A, & Lee T. D. (2025). <i>Κινητική Μάθηση και Απόδοση. Από τη Θεωρία στην Πράξη, (6^η αγγλική). Εκδόσεις Κωνσταντάρας, ISBN: 9786188620674.</i>

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Maria Michalopoulou
Contact details:	michal@phyed.duth.gr
Supervisors:	YES
Evaluation methods:	Home assignment (35%). Written examination with distance learning methods (65%).
Implementation Instructions:	Home assignment should be submitted through eclass by a specified date.