

## COURSE OUTLINE COACHING AND TEACHING OF CONTACT SPORTS (WRESTLING)

### 1. GENERAL

<b>SCHOOL</b>	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
<b>DEPARTMENT</b>	PHYSICAL EDUCATION AND SPORT SCIENCE		
<b>LEVEL OF STUDIES</b>	ISCED level 6 – Bachelor's or equivalent level		
<b>COURSE CODE</b>	C013	<b>SEMESTER</b>	3 <sup>rd</sup> and 4 <sup>th</sup>
<b>COURSE TITLE</b>	COACHING AND TEACHING OF CONTACT SPORTS (WRESTLING)		
<b>TEACHING ACTIVITIES</b> <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>		<b>TEACHING HOURS PER WEEK</b>	<b>ECTS CREDITS</b>
		2	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Scientific Area, Skill Development		
<b>PREREQUISITES:</b>	NO		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	Greek		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	YES		
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/KOM02444/">https://eclass.duth.gr/courses/KOM02444/</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b> <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"> <li>• have knowledge of fundamental aspects of wrestling (Olympic Wrestling: Greco-Roman, Freestyle &amp; Women's Wrestling, as well as non-Olympic styles such as Grappling, Beach Wrestling, and MMA)</li> <li>• understand the basic principles for teaching wrestling techniques</li> <li>• comprehend the procedures involved in the above topics</li> <li>• perform technical holds in both standing and ground wrestling.</li> </ul>	
<b>General Skills</b> <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"> <li>• Adaptation to new situations</li> <li>• Decision-making</li> <li>• Autonomous work</li> <li>• Teamwork</li> <li>• Working in an international environment</li> <li>• Working in an interdisciplinary environment</li> <li>• Production of new research ideas</li> </ul>	

- Respect for diversity and multiculturalism
- Promotion of free, creative and inductive thinking

### 3. COURSE CONTENT

1. Rules of Olympic Wrestling: Greco-Roman, Freestyle & Women's Wrestling (theory with video)
2. Rules of Non-Olympic Wrestling: Grappling, Beach Wrestling & MMA (theory with video)
3. Footwork for learning holds, classification & systematization
4. Clinching in standing and ground wrestling
5. Flexibility in wrestling (acrobatics for wrestling & contact sports)
6. Standing Wrestling – Theory and practice in Greco-Roman, Freestyle & Women's Wrestling
7. Standing Wrestling – Theory and practice in takedown, throw, and transition techniques
8. Standing Wrestling – Theory and practice in Grappling, Beach Wrestling & MMA
9. Ground Wrestling – Preparatory exercises for groundwork
10. Ground Wrestling – Theory and practice of the “bridge”
11. Ground Wrestling – Theory and practice of “bridge defense”
12. Physical conditioning training for wrestling athletes (practice & theory with video)
13. Psychological & physical characteristics of a wrestling athlete (theory with video)

### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	Face to face Lectures and practical applications	
<b>USE OF INFORMATION &amp; COMMUNICATIONS TECHNOLOGY (ICT)</b> <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching and communication with students <ul style="list-style-type: none"> <li>• digital slides</li> <li>• videos</li> <li>• MsTeams / e-class, webmail</li> </ul>	
<b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research &amp; 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>	<b>Activity</b>	<b>Workload/semester</b>
	Lectures	26
	Assignment	14
	Literature study and analysis	15
	Exams	20
	<b>Total Course</b>	<b>75</b>
<b>STUDENT EVALUATION</b> <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, 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>	Class attendance: 50% Written examination: 50%	

### 5. SUGGESTED BIBLIOGRAPHY

1. Berberov N., Stavrvev I. (2003). Handbook of Greco-Roman Wrestling. Translated. Alphavito Publications. Komotini.
2. Popov N., Barbas I. (2004). Matters of athletic preference and psychological appropriateness of wrestlers. Sofia.
3. F.I.L.A., (2008). International rules of wrestling.

## ANNEX OF THE COURSE OUTLINE

### Alternative ways of examining a course in emergency situations

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<b>Contact details:</b>	<a href="mailto:imparmpa@phyed.duth.gr">imparmpa@phyed.duth.gr</a>
<b>Supervisors:</b>	YES
<b>Evaluation methods:</b>	Class attendance: 50% Written exam: 50%
<b>Implementation Instructions:</b>	The examination will take place in person at the course location.