

COURSE OUTLINE COACHING AND TEACHING PADEL

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	C024	SEMESTER	3 rd or 4 th
COURSE TITLE	COACHING AND TEACHING PADEL		
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		
COURSE OFFERED TO ERASMUS STUDENTS:	NO		
COURSE URL:	https://eclass.duth.gr/courses/179/		

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Upon successful completion of the course, students will be able to:

- Design and implement lesson plans for both individual and group settings.
- Develop PADEL training programs at beginner, intermediate, and advanced levels.
- Organize tournaments for children and adults.
- Possess theoretical knowledge of rules and safety measures across different trainee levels.

General Skills

Name the desirable general skills upon successful completion of the module

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

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

- Search, analysis and synthesis of data and information, using the necessary technologies
- Generation of new research ideas
- Teamwork
- Independent work

3. COURSE CONTENT

1. *Theory: Introduction to PADEL (history, court, scoring, basic rules, tournaments, etc.). Definition of course objectives. Introduction to PADEL. Gaining theoretical knowledge, technical skills (basic strokes – Forehand, Backhand, Volley, Serve, Smash), and ability to train beginners. Practical: Ball familiarization (bounce, flight), visual ball tracking, developing quick reactions to ball movement, racket-ball handling and control.*
2. *Theory: Methods used in teaching PADEL (partial, mixed, total), Feeding. Practical: Developing self-feeding and ball-feeding skills, footwork, exercises to improve neuromuscular coordination.*
3. *Theory: Forehand Fundamentals. Practical: Phases of the Forehand stroke (Backswing-preparation phase, hitting point, Follow-through-completion phase), practice.*
4. *Theory: Backhand Fundamentals. Practical: Phases of the Backhand stroke (Backswing-preparation phase, hitting point, Follow-through-completion phase), practice of taught strokes.*
5. *Theory: Service fundamentals. Practical: Phases of the Service stroke (Backswing-preparation phase, hitting point, Follow-through-completion phase), practice of taught strokes.*
6. *Theory: Volley fundamentals. Practical: Phases of the Volley stroke (Backswing-preparation phase, hitting point, Follow-through-completion phase), practice of taught strokes.*
7. *Theory: Smash fundamentals. Practical: Phases of the Smash stroke (Backswing-preparation phase, hitting point, Follow-through-completion phase), practice of taught strokes.*
8. *Theory: Principles of effective PADEL coaching and teaching. Practical: Practice of taught strokes.*
9. *Theory: Basic tactical principles (doubles game) for beginners. Practical: Practice of taught strokes.*
10. *Theory: Organizing individual and group lessons. Athlete rotation system in training and matches. Practical: Practice of taught strokes.*
11. *Theory: Rules of doubles according to FIP RULES. Practical: Singles/doubles play.*
12. *Theory: Organizing tournaments at an introductory level (club/regional level). Practical: Internal student tournament.*
13. *Theory: Review of taught theory and clarification of issues requiring further explanation. Exam syllabus for theoretical part. Practical: Practice of taught strokes and exam syllabus for practical part.*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD

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| • Face-to-face |
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Face to face, Distance learning, etc.	<ul style="list-style-type: none"> Distance learning 								
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 and Communication with Students. <ul style="list-style-type: none"> e-Class webmail. 								
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>Training</td><td>49</td></tr> <tr> <td>Total</td><td>75</td></tr> </table>	Activity	Workload/semester	Lectures	26	Training	49	Total	75
Activity	Workload/semester								
Lectures	26								
Training	49								
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, 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>	<ul style="list-style-type: none"> Written examination with multiple-choice test 50% Practical examination 50% 								

5. SUGGESTED BIBLIOGRAPHY

<ol style="list-style-type: none"> International Padel Federation Hellenic Tennis Federation Instructor's Notes
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ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Vasileia Arvanitidou, Christos Mourtzios
Contact details:	arvanitv@phyed.duth.gr , cmourtzi@phyed.duth.gr
Supervisors:	no
Evaluation methods:	Written examination and practical examination
Implementation Instructions:	Written examination with multiple-choice test. Practical examination

