

COURSE OUTLINE VOLLEYBALL IN THE DEVELOPMENTAL AGE GROUP

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	C083	SEMESTER	7 th & 8 th
COURSE TITLE	VOLLEYBALL IN THE DEVELOPMENTAL AGE GROUP		
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>	Background		
PREREQUISITES:	No		
TEACHING & EXAMINATION LANGUAGE:	GREEK - ENGLISH		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:	https://eclass.duth.gr/courses/KOM02443/		

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>After successfully completing the course, participants will be able to:</p> <ul style="list-style-type: none"> - to know the basic skills of volleyball technique. - acquire the ability to teach to a satisfactory standard. - Be aware of the necessities of coaching in the developmental age. - To be able to design a lesson plan aimed at learning skills. 	
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>

- Search, analysis and synthesis of data and information, using the necessary technologies
- Generation and organization of new research ideas
- Planning, management and teaching skills
- Promotion of free, creative and deductive thinking

3. COURSE CONTENT

1. Training at critical developmental ages.
2. Warm-up - preparation of the organism.
3. Teaching sports skills. Training of training skills.
4. Relationship between technical and physical fitness training.
5. Induction and consolidation of technical skills.
6. Age 10-12 years (theory - practice).
7. Age 13-14 years (practice - practice).
8. Age 15-16 years (theory - practice).
9. Age 17-19 years (practice - practice).
10. Creation of training programmes.
11. Motivating children to participate.
12. Communication between coach - athlete - parents.
13. Organization and participation in developmental age group championships.

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 and communication with students - digital slides - videos - MsTeams/ e-class, webmail	
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail. 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>	Activity	Workload/semester
	Lectures	26
	Work	16
	Study and analysis of the literature	30
	Exams	3
	Total	75
STUDENT EVALUATION <i>Description of the evaluation process</i> <i>Assessment Language, Assessment Methods,</i>	Formative Evaluation	

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

Please indicate all relevant information about the course assessment and how students are informed

Practical examination 40%

Individual Homework 20%

Written examination 40%

5. SUGGESTED BIBLIOGRAPHY

1. CzimekVolker Επιμέλεια: Γιαννακόπουλος Ανέστης (2022). Προπόνηση Πετοσφαίρισης για αρχάριους/Από το μίνι βόλεϊ στην Πετοσφαίριση, Εκδόσεις Sportbook, Τσιμπσές Ηλίας. ISBN 112701633
2. C. REYNAUD, M. HEBERT Επιμέλεια: Γιαννακόπουλος Ανέστης (2024). ΠΕΤΟΣΦΑΙΡΙΣΗ-ΤΕΧΝΙΚΗ, ΤΑΚΤΙΚΗ ΚΑΙ ΠΡΟΠΟΝΗΤΙΚΗ, ΕΚΔΟΣΕΙΣ ΚΩΝΣΤΑΝΤΑΡΑΣ ISBN 133036240
3. MarcoPaolini Μετάφραση Αιμίλιος Γολέμης (2015). ΕΤΗΣΙΟΣ ΠΡΟΓΡΑΜΜΑΤΙΣΜΟΣ ΠΡΟΠΟΝΗΣΗΣ ΒΟΛΕΪ ΣΤΙΣ ΗΛΙΚΙΕΣ ΚΑΤΩ ΤΩΝ 14, Εκδόσεις ΧΡ.ΙΩΑΝΝΟΥ- ΑΙΜ.ΓΟΛΕΜΗΣ Ο.Ε., ISBN 50658782.
4. Jimlams (1995). Ανταγωνιστικές ασκήσεις, Εκδόσεις ΧΡ.ΙΩΑΝΝΟΥ- ΑΙΜ.ΓΟΛΕΜΗΣ Ο.Ε., ISBN 1315

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Anestis Giannakopoulos
Contact details:	agianna@phyed.duth.gr
Supervisors:	YES
Evaluation methods:	Homework (35%). Written remote examination (65%)
Implementation Instructions:	Homework must be submitted via eclass on a specified date.