

COURSE OUTLINE COACHING BASKETBALL IN DEVELOPMENTAL AGES

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	C084	SEMESTER	7 th & 8 th
COURSE TITLE	COACHING BASKETBALL IN DEVELOPMENTAL AGES		
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 (Erasmus students)		
COURSE OFFERED TO ERASMUS STUDENTS:	Yes		
COURSE URL:	https://eclass.duth.gr/courses/GYM154/		

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>
<ul style="list-style-type: none"> • <i>Basic principles of coaching process in developmental ages</i> • <i>Teaching methods (analytical synthetic method, etc.) for simple and combined moves of technical, partial tactics, tactics and physical condition of basketball, taking into account the particularities of each age</i> • <i>Separation of age groups, long-term planning, peculiarities of developmental ages, athletic talent, risks of overtraining in developmental ages.</i> • <i>The teaching and execution of a large number of exercises in order to repeat and consolidate the specific skills.</i>
General Skills <i>Name the desirable general skills upon successful completion of the module</i> <div style="display: flex; justify-content: space-between;"> <i>Search, analysis and synthesis of data and information,</i> <i>Project design and management</i> </div> <div style="display: flex; justify-content: space-between;"> <i>ICT Use</i> <i>Equity and Inclusion</i> </div>

<i>Adaptation to new situations</i>	<i>Respect for the natural environment</i>
<i>Decision making</i>	<i>Sustainability</i>
<i>Autonomous work</i>	<i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i>
<i>Teamwork</i>	<i>Critical thinking</i>
<i>Working in an international environment</i>	<i>Promoting free, creative and inductive reasoning</i>
<i>Working in an interdisciplinary environment</i>	
<i>Production of new research ideas</i>	

Upon completion of this course, students will be able to:

1. *Know and understand the basic principles of the coaching process in developmental ages.*
2. *Identify the physical and physiological differences and the needs in technical, partial tactics, tactics and physical condition, taking into account the peculiarities of each age.*
3. *Perform to a satisfactory level the skills of the semester material.*
4. *Evaluate performance, plan and organize training plans across the range of developmental ages.*

3. COURSE CONTENT

1. *Basic principles of coaching process in developmental ages.*
2. *Age group separation, long-term planning.*
3. *Teaching methods (analytical synthetic method, etc.) for simple and combined moves of technique, partial tactics, basketball tactics, taking into account the particularities of each age.*
4. *Implementation and guidance of fitness development programs, taking into account the particularities of each age.*
5. *Repeating the above, solving questions and video projections.*
6. *Detailed Training Guide for juniors.*
7. *Detailed Training Guide for Promini-Mini.*
8. *Detailed Training Guide for Preschool-Children.*
9. *Detailed Training Guide for Teenagers.*
10. *Presentation of an exercise book by students with emphasis on the courses taught.*
11. *Coaching guide for basketball camp in the transition period for developmental ages.*
12. *Athletic talent, physiological and anatomical physical peculiarities in developmental ages, coaching and biological age, risks of overtraining and championship in people of developmental age. Peculiarities between boys and girls at developmental ages.*
13. *Communication and relationships with developmental age athletes and their parents. Professional behavior - ethics of the coach.*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Theoretical and practical teaching. The distribution of the teaching of the course content is as follows:
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	<ul style="list-style-type: none"> • Teaching and theoretical approach to the subject • Learning how to teach basic skills (demonstration, methodology - teaching simple and combined movements in basketball). Practice. • Video sessions • 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	
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>	Activity	Workload/semester
	Lectures, demonstration and annotation of digital material, study	26
	Practical exercises, study and preparation exercises	20
	Lectures, study, team practice	14
	Lectures, development of one coaching plan, study	15
	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>	<ol style="list-style-type: none"> 1. Written theory test (end of semester) (40%) 2. Practice test (end of semester) (30%) 3. Progress project from the taught material with the use of new technologies (30%) 	

5. SUGGESTED BIBLIOGRAPHY

1.	E.O.K. . (2008). <i>Philosophy, Basketball Development Program Coaching Directions</i> . Athens
2.	FIBA. (2000). <i>Basketball For Young Players. Guidelines for coaches</i> . Εκδόσεις Dykinson, S. L. Madrid.
3.	Kellis S. (1999). <i>Young Basketball players physical conditioning</i> . Salto Publications, Thessaloniki
4.	Greek basketball coaches association (SEPK). Available: http://www.sepk.gr/
5.	Tsamourtzis E., (2010). <i>Movements and drills of partial tactic in Basketball</i> . Telehriion Publications, Athens
6.	Tsamourtzis, E. (2020). <i>Basketball coaching topics</i> . D.U.T.H. Publications Department. Xanthi

7. Tsamourtzis, E. (2020). *Basketball technique drills*. D.U.T.H. Publications Department. Xanthi
8. Tsitskaris G., Lefas A., Galazoulas C., Karamousalidis G., Thomaidis A., Dimitriou N., (2010). *Basketball. The teaching of tactics at developmental ages*. Salto publications, Thessaloniki.
9. Tsitskaris G., Toufas N. (2021). *Basketball in Developmental ages*. Salto publications, Thessaloniki.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Neoklis Lemonidis, Teaching and lab support staff (T.L.S.S.)
Contact details:	nlemonid@phyed.duth.gr
Supervisors:	No
Evaluation methods:	Written examination with distance learning methods
Implementation Instructions:	<p>The examination in the course will be carried out in subgroups of users in the e-class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat. The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance methods.</p> <p>Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified.</p> <p>Each student should answer 20 multiple-choice questions, free text development, critical thinking. Each of the questions is graded 0.5. The questions will be different for the students, selected by e-class with a random selection from a question bank that has been created. The examination time will be 25 minutes.</p>