

COURSE OUTLINE THE KIDS' ATHLETICS PROGRAM: COACHING & COMPETITIVE APPLICATION FOR U8-U10-U12 IN TRACK AND FIELD

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	C088	SEMESTER	7 th , 8 th
COURSE TITLE	THE KIDS' ATHLETICS PROGRAM: COACHING & COMPETITIVE APPLICATION FOR U8-U10-U12 IN TRACK AND FIELD		
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
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SKILL DEVELOPMENT		
PREREQUISITES:	NO		
TEACHING & EXAMINATION LANGUAGE:	GREEK		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:			

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"> be trained and certified in the coaching content and competitive activities of Track and Field through the Kids' Athletics program for ages 7–12. implement the Kids' Athletics training activities not through the individual nature of the sport, but in a group-based and cooperative manner using the program's 160 instructional cards. 	
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"> Search, analysis and synthesis of data and information, ICT Use Production of new research ideas Promoting free, creative and inductive reasoning Autonomous work Teamwork Working in an international environment 	

3. COURSE CONTENT

1. Code of Ethics for Talent Coaching (IAAF, 2005; WA, 2019)
2. Coaching Activities – Competitive Activities (Organizational Guidelines)
3. Instructional Cards for the Development of Speed – Relays – Hurdles
4. Instructional Cards for the Development of Agility – Endurance – Race Walking
5. Instructional Cards for the Development of Jumping Technique
6. Instructional Cards for the Development of Throwing Technique
7. Competitive Activities in Kids' Athletics U8 – Running Events
8. Competitive Activities in Kids' Athletics U10 – Jumping Events
9. Competitive Activities in Kids' Athletics U12 – Throwing Events
10. Competitive Activities in Kids' Athletics – SEGAS U8
11. Competitive Activities in Kids' Athletics – SEGAS U10
12. Competitive Activities in Kids' Athletics – SEGAS U12
13. Practical Implementation of Kids' Athletics Coaching and Competitive Activities
14. Certification by SEGAS Technical Advisor in Kids' Athletics

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Face to face 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"> • digital slides • video • MsTeams/ 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>	Activity	Workload/semester
	Lectures	26
	Written assignment	10
	Study and analysis of bibliography	10
	Field Exercise	15
	SEGAS Seminars	10
	Educational Visits	4
	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>	Homework (mandatory): 35% Written examination: 65%	

5. SUGGESTED BIBLIOGRAPHY

1. Training and Competitive Activities in Track and Field for U12, U10, and U8 Categories Using the Kids' Athletics Program. Spyros Kellis, Vasiliki Manou & Authoring Team, Sportbook Publications, 2020 (in Greek).
2. Track and Field: Technique, Teaching, and Coaching for Developmental Ages. Spyros Kellis, Giannis Kontonassios, Vasiliki Manou, Theofilos Pylaniadis, Ploutarchos Sarasilanidis, Dimitrios Soulas, Salto Publications, 2022 (in Greek).
3. Kids' Athletics Manual, World Athletics (multi-lingual PDF), 2024.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Nikolaos Mantzouranis
Contact details:	nmatzour@phyed.duth.gr
Supervisors:	YES
Evaluation methods:	Homework Assignment (35%). Written examination with distance learning methods (65%).
Implementation Instructions:	The homework assignment must be submitted via e-class on the specified date.