COURSE OUTLINE SWIMMING COACHING & TEACHING

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	C103	**SEMESTER**	1st and 2nd
COURSE TITLE	SWIMMING COACHING & TEACHING		

TEACHING ACTIVITIES *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.*	**TEACHING HOURS PER WEEK**	**ECTS CREDITS**
	3	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.		

COURSE TYPE *Background, General Knowledge, Scientific Area, Skill Development*	BACKGROUND
PREREQUISITES:	No
TEACHING & EXAMINATION LANGUAGE:	GREEK ENGLISH (FOR ERASMUS STUDENTS)
COURSE OFFERED TO ERASMUS STUDENTS:	YES
COURSE URL:	https://eclass.duth.gr/courses/KOM02292/

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, participants will be able to:

- *perform and teach the swimming styles of front-crawl, backstroke, breaststroke and butterfly, as well as the corresponding turns and starts, and*
- *develop individual and group swimming training programs.*

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*
- *Production of new research ideas*
- *Project design and management*
- *Promoting free, creative and inductive reasoning*

3. COURSE CONTENT

1. *Introduction in swimming – Behavior's code in swimming pool - Familiarization exercises in shallow and deep-water pool. Breathing pattern.*
2. *Theory – Imitation exercises – Practice of the front-crawl swimming technique*
3. *Theory – Imitation exercises – Practice of the front-crawl swimming technique and the corresponding turn and start.*
4. *Theory – Imitation exercises – Practice of the front-crawl swimming technique and the corresponding turn and start.*
5. *Theory – Imitation exercises – Practice of the backstroke swimming technique*
6. *Theory – Imitation exercises – Practice of the backstroke swimming technique and the corresponding turn and start.*
7. *Theory – Imitation exercises – Practice of the backstroke swimming technique and the corresponding turn and start.*
8. *Theory – Imitation exercises – Practice of the breaststroke swimming technique*
9. *Theory – Imitation exercises – Practice of the breaststroke swimming technique and the corresponding turn and start.*
10. *Theory – Imitation exercises – Practice of the breaststroke swimming technique and the corresponding turn and start.*
11. *Theory – Imitation exercises – Practice of the butterfly swimming technique*
12. *Theory – Imitation exercises – Practice of the butterfly swimming technique and the corresponding turn and start.*
13. *Theory – Imitation exercises – Practice of the butterfly swimming technique and the corresponding turn and start.*

4. LEARNING & TEACHING METHODS - EVALUATION

<table>
<tr><td>TEACHING METHOD
Face to face, Distance learning, etc.</td><td>Face to face lectures and practical applications.
Distance theoretical learning in special occasions.</td></tr>
<tr><td>USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT)
Use of ICT in Teaching, in Laboratory Education, in Communication with students</td><td>Use of ICT in teaching
• Digital slides (presentation)
• Video
• MsTeams/ e-class, webmail</td></tr>
<tr><td>TEACHING ORGANIZATION
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.

The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</td><td><table><tr><th>Activity</th><th>Workload/semester</th></tr><tr><td>Lectures</td><td>39</td></tr><tr><td>Field Exercise</td><td>20</td></tr><tr><td>Bibliographic research & analysis</td><td>13</td></tr><tr><td>Examination</td><td>3</td></tr><tr><td></td><td></td></tr><tr><td>Total</td><td>75</td></tr></table></td></tr>
<tr><td>STUDENT EVALUATION</td><td>• Imitation of front crawl, backstroke, breaststroke</td></tr>
</table>

Description of the evaluation process *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* *Please indicate all relevant information about the course assessment and how students are informed*	and butterfly swimming movements (on land) (20%) • Practical examination ➢ 50 m front crawl technique with start and turn (10%) ➢ 50 m backstroke technique with start and turn (10%) ➢ 25 m breaststroke technique with start and turn (10%) ➢ 25 m butterfly technique with start and turn (10%) • Written examination at the end of the exam with multiple choice test (40%).

5. SUGGESTED BIBLIOGRAPHY

1. *Γούργουλης Βασίλειος (2019). Κολύμβηση – ανάλυση και διδασκαλία της τεχνικής. ΣΑΛΤΟΥ ΕΛΙΣΑΒΕΤ, Θεσ/νίκη*

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Vassilios Gourgoulis, Professor
Contact details:	vgoyrgoy@phyed.duth.gr
Supervisors: (1)	NO
Evaluation methods: (2)	Written examination with multiple choice test and distance learning methods (e.g. TEAMS)
Implementation Instructions: (3)	Students can participate in the exams only after compulsory course attendance. 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 e-class and the participants should be online connected (e.g. via TEAMS) keeping their cameras always on. Before the start of the exam, students will show their identity to the camera, so that they can be identified. The link (e.g. via TEAMS) will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have agreed the terms of distance examination. Students should have to log in to the examination room through their institutional account; otherwise they will not be able to participate. The exact number of the multiple choice questions, the exact time and duration of the examination and an attached list with the Student Registration Numbers only of students eligible to participate in the examination will be announced in specific "Annex for the distance

	examination" that will be posted in the e-class of the course. However, it is pointed out that students can participate in the exams only after compulsory course attendance.