

COURSE OUTLINE BASIC TRAINING AND INDIVIDUAL TECHNIQUE

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	C621	SEMESTER	5 th
COURSE TITLE	BASIC TRAINING AND INDIVIDUAL TECHNIQUE		
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
		3	6
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>	Specialization		
PREREQUISITES:	Yes		
TEACHING & EXAMINATION LANGUAGE:	Greek English (Erasmus students)		
COURSE OFFERED TO ERASMUS STUDENTS:	Yes		
COURSE URL:	https://eclass.duth.gr/courses/KOM02391/ https://eclass.duth.gr/courses/KOM02437/		

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 successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> • <i>Learning the basic of basketball and individual technique.</i> • <i>Methodical teaching of the movements of the basic skills and execution of a large number of exercises with the aim of repeating and consolidating the basic movements.</i> • <i>Defensive position of players. Defensive treatment of players with and without the ball.</i> • <i>Basic principles of the coaching process</i> 	
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>

3. COURSE CONTENT

1. Balance, running, movement, defensive sliding, etc.
2. Ball handling. Dribbling, dribbling variations.
3. Presentation of a dribbling exercise.
4. Passing in a standing position and in motion. Presentation of a passing exercise.
5. Shooting, lay up, free throw, jump shot. Presentation of a shooting exercise.
6. Competitive shooting with defense, shooting games.
7. Video viewing (demonstration of basic shooting-passing-dribbling skills).
8. Technical aids for learning skills.
9. Rebounding - Blocking out.
10. Moves of guards and forwards players. One against one guards and forwards.
11. Moves of Centers.
12. Presentation of the exercise by the students.
13. Individual defense on a player with the ball, defensive sliding, defensive movements. One against one, perimeter and center player.

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Face to face Lectures, practical applications, multimedia presentations, as well as 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	39
	Practical exercises, study and preparation exercises	50
	Lectures, study, team practice	11
	Lectures, development of one team work, study	50
	Total	150
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,</i>	Intermediate tests of cognitive assessment, in practical teachings and participation in the court (30%) Written assignments (20%) Final written examination (50%)	

Clinical examination of a patient, Artistic interpretation, Other/Others

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

5. SUGGESTED BIBLIOGRAPHY

1. *Basketball-Technique/Rules (2012)*. Tsitsakris G., Hatziathanasiou P., Lefas An., Galazoulas C., Publication Salto, Thessaloniki.
2. *Basketball (2006)*. Gerodimos V., Perkos S. Publications Salto, Thessaloniki.
3. *Moves and Tactics Drills in Basketball (2010)*. Tsamourtzis E. Publications M. Parikou, Athens

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: (1)	NO
Evaluation methods: (2)	Written examination with distance learning methods
Implementation Instructions: (3)	<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.</p> <p>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>