COURSE OUTLINE TECHNIQUE OF SWIMMING STYLES

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	C626	**SEMESTER**	5th
COURSE TITLE	TECHNIQUE OF SWIMMING STYLES		

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	6
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*	SCIENTIFIC AREA
PREREQUISITES:	SWIMMING COACHING & TEACHING
TEACHING & EXAMINATION LANGUAGE:	GREEK ENGLISH (FOR ERASMUS STUDENTS)
COURSE OFFERED TO ERASMUS STUDENTS:	YES
COURSE URL:	https://eclass.duth.gr/courses/KOM02146/

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:

- *understood the detailed technique of the four swimming strokes (font crawl, backstroke,*

butterfly, breaststroke) and the corresponding turns and starts,

- *understand in depth the process of applying the propulsive forces and the resistive forces,*
- *have developed their ability to demonstrate all swimming strokes outside the water, through "imitation" of the movements and verbal description of them,*
- *have developed the ability to detect errors and select appropriate exercises for their correction, as well as*
- have learned series of exercises for teaching the swimming strokes technique.

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information, ICT Use

Project design and management

Equity and Inclusion

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

- *Search, analysis and synthesis of data and information, ICT Use*
- *Adaptation to new situations*
- *Autonomous work*
- *Teamwork*
- *Production of new research ideas*

3. COURSE CONTENT

1. *Behaviors code in swimming pool – Presentation of the goals and requirements of the course - Evaluation of the initial swimming technique level of the students.*
2. *Propulsive forces in swimming - Imitation of the swimming movements for effective application of the propulsive forces - Swimming practice in propulsive forces in swimming.*
3. *Resistive forces in swimming - Imitation of the swimming movements for effective elimination of the resistive forces - Swimming practice in resistive forces in swimming*
4. *The swimmer's shoulder. - Familiarization with water – basic swimming skills in shallow water depth.*
5. *Biomechanical analysis of the front crawl technique – Swimming practice and imitation of the front crawl technique - Exercise series for teaching front crawl technique – errors correction.*
6. *Biomechanical analysis of front crawl turn and start technique – Swimming practice and imitation of the front crawl technique - Exercise series for teaching front crawl turn and start technique – errors correction.*
7. *Biomechanical analysis of the backstroke technique – Swimming practice and imitation of the front crawl technique - Exercise series for teaching backstroke technique – errors correction.*
8. *Biomechanical analysis of backstroke turn and start technique – Swimming practice and imitation of the front crawl technique - Exercise series for teaching backstroke turn and start technique – errors correction.*
9. *Biomechanical analysis of the breaststroke technique – Swimming practice and imitation of the front crawl technique - Exercise series for teaching breaststroke technique – errors correction.*
10. *Biomechanical analysis of breaststroke turn and start technique – Swimming practice and imitation of the front crawl technique - Exercise series for teaching breaststroke turn and start technique – errors correction.*
11. *Biomechanical analysis of the butterfly technique – Swimming practice and*

imitation of the front crawl technique - Exercise series for teaching butterfly technique – errors correction.

12. *Biomechanical analysis of butterfly turn and start technique – Swimming practice and imitation of the front crawl technique - Exercise series for teaching butterfly turn and start technique – errors correction.*
13. *Practice and imitation of all the swimming strokes technique – Swimming practice of the swimming strokes technique - errors correction.*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc.*	Face to face lectures and practical applications. Distance theoretical learning in special occasions.
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Use of ICT in teaching - Digital slides (presentation) - Video - MsTeams/ e-class, webmail
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.*	
STUDENT EVALUATION *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*	• Written exam with multiple choice test in the middle of the semester (5%) • Written Exam with multiple choice and short answer questions at the end of the semester (30%) • Imitation and verbal presentation of the swimming strokes (30%) • Swimming technique of all strokes (20%) • Course participation – consistency of attendance during the semester (15%)

Activity	***Workload/semester***
Lectures	39
Field Exercise (Error exercise for each swimming stroke & imitation video for each swimming stroke)	60
Bibliographic research & analysis	48
Examination	3
Total	**150**

5. SUGGESTED BIBLIOGRAPHY

1. *Blythe Lucero (2024). Κολύμβηση οι 100 καλύτερες ασκήσεις. SALTO. Κωδικός Εύδοξου 133034173*
2. *Μπλαντή Αναστασία (2017). Το κολύμπι στην παιδική ηλικία. University Studio Press A.E. Κωδικός Εύδοξου 68372896*

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.