

COURSE OUTLINE LIFEQUARD – WATER GYMNASTICS – BABY SWIMMING – DISABILITY AND SWIMMING

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	C627	SEMESTER	5 th
COURSE TITLE	LIFEQUARD – WATER GYMNASTICS – DISABILITY and SWIMMING – BABY SWIMMING		
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
<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>	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/KOM02216/		

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"> • <i>know and be able to apply lifeguard rescue techniques</i> • <i>plan and execute group and individual aqua fitness programs</i> • <i>plan and implement exercise programs for people with disabilities and special needs</i> • <i>plan and implement individual and group baby Technique and Teaching of Swimming Styles programs.</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, Project design and management</i>

<i>ICT Use</i> <i>Adaptation to new situations</i> <i>Decision making</i> <i>Autonomous work</i> <i>Teamwork</i> <i>Working in an international environment</i> <i>Working in an interdisciplinary environment</i> <i>Production of new research ideas</i>	<i>Equity and Inclusion</i> <i>Respect for the natural environment</i> <i>Sustainability</i> <i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i> <i>Critical thinking</i> <i>Promoting free, creative and inductive reasoning</i>
<ul style="list-style-type: none"> • <i>Search, analysis and synthesis of data and information, ICT Use</i> • <i>Adaptation to new situations</i> • <i>Autonomous work</i> • <i>Teamwork</i> • <i>Production of new research ideas</i> 	

3. COURSE CONTENT

<ol style="list-style-type: none"> 1. <i>Information – Professional prospects</i> 2. <i>First aid in lifeguarding (Theory & Practice)</i> 3. <i>Cardiopulmonary resuscitation (CPR) – Practical issues (Theory & Practice)</i> 4. <i>Lifeguard personal safety – Lifeguard knowledge – equipment (Theory & Practice)</i> 5. <i>Swimming tests – Lifeguard tests – victim approach</i> 6. <i>Swimming tests – Lifeguard tests – victim approach</i> 7. <i>Water gymnastics – Exercise programs in shallow water – Use of water equipment – Aqua Fitness – Aqua Pilates (Theory & Practice)</i> 8. <i>Water gymnastics – Exercise programs in deep water– Use of water equipment – Aqua Fitness – Aqua Pilates (Theory & Practice)</i> 9. <i>Baby swimming (Theory & Practice)</i> 10. <i>Baby swimming (Theory & Practice)</i> 11. <i>Swimming for people with disabilities (Theory & Practice)</i> 12. <i>Swimming – Special Olympics (Theory & Practice)</i> 13. <i>Aquatic therapy (Theory & Practice)</i>

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Face to face lectures and practical applications. Distance theoretical learning in special occasions.	
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 <ul style="list-style-type: none"> - Digital slides (presentation) - 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,</i>	Activity	Workload/semester
	Lectures	39
	Field Exercise (Error exercise for each swimming stroke & imitation video for each swimming stroke)	60

<i>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>	Bibliographic research & analysis	48
	Examination	3
	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, 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>	<ul style="list-style-type: none"> • Written exam with multiple choice test in the middle of the semester (10%) • Written exam with multiple choice and short answer questions at the end of the semester (35%) • Practical exam: Lifeguard (10%) – Aqua gymnastics (10%) – baby swimming (10%) – Swimming for people with disabilities (10%) • Participation in the course – consistency of attendance during the semester (15%) 	

5. SUGGESTED BIBLIOGRAPHY

1. Αβραμίδης Π. Στάθης (2008). Εγκόλπιο Ασφάλειας & Διάσωσης. ΕΚΔΟΣΕΙΣ ΣΤΑΜΟΥΛΗ ΑΕ. Αθήνα. Κωδικός Εύδοξου: 112213
2. BATES ANDREA, HANSON NORM (2001). Θεραπευτική άσκηση στο Νερό. ΠΑΡΙΣΙΑΝΟΥ ΜΟΝΟΠΡΟΣΩΠΗ ΑΝΩΝΥΜΗ ΕΚΔΟΤΙΚΗ ΕΙΣΑΓΩΓΙΚΗ ΕΜΠΟΡΙΚΗ ΕΤΑΙΡΕΙΑ ΕΠΙΣΤΗΜΟΝΙΚΩΝ ΒΙΒΛΙΩΝ. Αθήνα. Κωδικός Εύδοξου: 41384
3. Lori Thein Brody, Paula Richley Geigle. ΑΣΚΗΣΗ ΣΤΟ ΝΕΡΟ ΓΙΑ ΑΠΟΚΑΤΑΣΤΑΣΗ ΚΑΙ ΕΞΑΣΚΗΣΗ. ΚΩΝΣΤΑΝΤΑΡΑΣ. Κωδικός Εύδοξου: 112700196
4. Δημήτριος Κοκαρίδας (2016). Κολύμβηση για Άτομα με Ειδικές Ανάγκες. ΑΦΟΙ ΚΥΡΙΑΚΙΔΗ ΕΚΔΟΣΕΙΣ Α.Ε. Κωδικός Εύδοξου: 59368043
5. Κακογιαννάκη Ευρώπη (2011). AQUAROBICS η μαγεία του νερού. ΣΑΛΤΟΥ ΕΛΙΣΑΒΕΤ. Κωδικός Εύδοξου: 86195659

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Maria Baxevas, Specialized Teaching Staff
Contact details:	mbaxevas@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

	<p>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 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.</p> <p>Students should have to log in to the examination room through their institutional account; otherwise they will not be able to participate.</p> <p>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.</p>
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