COURSE OUTLINE SWIMMING TRAINING IN PRE-COMPETITIVE AND COMPETITIVE AGES

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	C628	**SEMESTER**	6th
COURSE TITLE	SWIMMING TRAINING IN PRE-COMPETITIVE AND COMPETITIVE AGES		

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/194/

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:

- *organize the training and apply the various training methods, based on long-term, annual, periodic and daily planning, for the different stages of development, from childhood to the age of high performance and*
- *be aware of the limitations and special training issues depending on age.*

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
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

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. *Introduction and course objectives: Structure of Greek swimming organizations, age categories, and basic performance concepts. Physiological Differences: Comparison between children and adults, gender-based differences.*
2. *Fundamental principles of training in children: Basic training guidelines for young swimmers. Long-term training planning (Stage 1): Introduction to training and initial skill acquisition.*
3. *Long-term training planning (Stage 2): Fundamental training development. Periodization and annual planning for Ages 8-12: Yearly and seasonal training cycles.*
4. *Skill development in childhood by gender: Training considerations based on age and gender. Periodization (Stage 3): High-level training and peak performance.*
5. *Training organization by age, level, and facilities: Tailoring training to available resources.*
6. *Aerobic endurance training for children and advanced swimmers: Designing aerobic training programs.*
7. *Anaerobic capacity and strength training: Program development for power and speed. Limitations in anaerobic development and strength in childhood: Safety and growth considerations.*
8. *Modern training theories and systems: Advanced training frameworks for elite swimmers.*
9. *Training for specific strokes (Freestyle, Backstroke): Individualized techniques and styles. Water games for learning: Engaging methods to reinforce swimming skills.*
10. *Training for Specific Strokes (Butterfly, Medley, Breaststroke): Specialized training plans.*
11. *Dryland training: Exercises out of the water for full-body conditioning. Warm-up and recovery techniques: Strategies for injury prevention and recovery.*
12. *Tapering for swimmers: Methods for peak performance before competition.*
13. *New technologies in swimming: Tools for technique analysis and performance improvement. Training tests for technique and physical*

parameters: Assessment and improvement metrics.

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 (10%) Written exam with multiple choice and short answer questions at the end of the semester (45%) Practical exam (30%) Participation in the course – 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. *Martin Dietrich (1994). Προπόνηση στην παιδική και εφηβική ηλικία. ΣΑΛΤΟΥ ΕΛΙΣΑΒΕΤ. Θεσσαλονίκη. Κωδικός Εύδοξου: 18549211*
2. *Costil DL, Maglischo EW, Richardson AB. (2007). Κολύμβηση, Αθλητιατρική & Αθλητική Επιστήμη. BROKEN HILL PUBLISHERS LTD. Αθήνα. Κωδικός Εύδοξου: 13256863*
3. *Maglischo EW (2023). Αγωνιστική κολύμβηση. Επιμέλεια Σουλτανάκη Ελένη. Παρέχεται ΔΩΡΕΑΝ και μόνο ηλεκτρονικά μέσω των ακαδημαϊκών εκδόσεων Κάλλιπου: https://repository.kallipos.gr/handle/11419/12517*

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.*