COURSE OUTLINE WATER POLO

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	C629	**SEMESTER**	6th
COURSE TITLE	WATER POLO		

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/174/

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:

- *understand and perform the technique of basic Water Polo skills regarding movement in the water, with or without the ball, ball handling and basic defensive and offensive tactical skills,*
- *teach basic Water Polo motor skills and*
- *develop individual and team Water Polo 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
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. *Water polo rules and specific displacements in water (forward, backward, and lateral movement using different swimming strokes and the eggbeater kick).*
2. *Specific kinds of swimming (head-up freestyle for visibility, modified backstroke for defensive positioning, and specialized legwork like the eggbeater kick for stability.*
3. *Transitions between swimming types and stabilization on water (eggbeater kick)*
4. *Swimming with ball – Control: (dribbling to maintain control of the ball under pressure) and ball handling (catching, gripping, receiving, and throwing the ball one-handed).*
5. *Shooting technique and types of shooting (power shot, sidearm, skip shot, and lob shot).*
6. *Eggbeater kick and volley in the water (Passing or shooting the ball mid-air without letting it touch the water).*
7. *Special situations (man-up or man-down plays, time management, and fouls) - Start – Stop – Direction Change.*
8. *Side displacements and ball handling techniques.*
9. *Kinds of ball grip and passing types.*
10. *Defensive and offensive skills without the ball.*
11. *Defensive positioning and disrupt offensive player.*
12. *Offensive skills without the ball*
13. *Direction Change – Turnover - Player Cooperation - Guided Water Polo Game.*

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*	

Activity	***Workload/semester***
Lectures	39

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.*	<table><tr><td>Field Exercise</td><td>60</td></tr><tr><td>Bibliographic research & analysis</td><td>48</td></tr><tr><td>Examination</td><td>3</td></tr><tr><td>Total</td><td>150</td></tr></table>
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 (35%) Practical exam (40%) Participation in the course – consistency of attendance during the semester (15%)

5. SUGGESTED BIBLIOGRAPHY

1. *Πλατάνου Θεόδωρος (2022). Η Υδατοσφαίριση. ΣΑΛΤΟΥ ΕΛΙΣΑΒΕΤ. Κωδικός Εύδοξου: 112700748*
2. *Μπάκας Χρήστος (2022). Υδατοσφαίριση. ΣΑΛΤΟΥ ΕΛΙΣΑΒΕΤ. Κωδικός Εύδοξου: 112700385*

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.