

COURSE OUTLINE COACHING OF TRACK, JUMPING, THROWING, AND COMBINED EVENTS IN DEVELOPMENTAL AGE

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	C632	SEMESTER	5 th
COURSE TITLE	Coaching of track, jumping, throwing, and combined events in developmental age		
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
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SCIENTIFIC AREA, SKILL DEVELOPMENT SPECIALIZATION		
PREREQUISITES:	YES - COACHING AND TEACHING OF TRACK AND FIELD.		
TEACHING & EXAMINATION LANGUAGE:	GREEK		
COURSE OFFERED TO ERASMUS STUDENTS:	NO		
COURSE URL:	https://eclass.duth.gr/courses/211/		

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"> • Understand the specific training needs of athletes in the developmental age group. • Apply training methods for developing physical abilities. • Design training programs. • Understand the competition system and age categories in the developmental age group. 	
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>
<ul style="list-style-type: none"> • Search, analysis, and synthesis of data and information, ICT use • Adaptation to new situations and decision-making. 	

- Production of new research ideas.
- Demonstration of social, professional, and moral responsibility.
- Critical thinking and self-reflection.
- Promotion of free, creative, and inductive thinking.
- Respect for diversity and multiculturalism.

3. COURSE CONTENT

1. Basic and Developmental Training in Track and Field: Philosophy of training for children and pre-adolescents.
2. Youth Track and Field: Structure and purpose of the foundational and basic training periods – training content and loads – Kids' Athletics competition system.
3. Physiological processes of maturation in developmental age: Their impact on performance. Development of physical abilities and "sensitive phases".
4. Structure and Purpose of the Developmental Period: Training content and loads for athletes aged 16-18. Goal-setting for competitions in different age periods. Multi-events and grouped disciplines.
5. Technical Training: The "golden age" for learning basic techniques. The role of coordination skills and physical fitness.
6. Training for speed: Content, loads, and points of attention for children and pre-adolescents.
7. Goals and specifics of training for athletes aged 16-18 in horizontal jumps: key elements of modern high-level training for jumpers aged over 17.
8. Training content, loads, and points of attention for sprints, hurdles, and relays in children and pre-adolescents.
9. Training content, loads, and points of attention for endurance, semi-endurance, and race walking in children and pre-adolescents.
10. Training content and points of attention for throws in children and pre-adolescents.
11. Training content and limitations of resistance strengthening in developmental age: the importance of core strengthening. Bodyweight exercises, equipment, and medicine balls for developmental age.
12. Designing a training plan: In the context of training children and pre-adolescents. Structure of micro- and mesocycles according to age.
13. Special Topics: Talent identification and selection, the role of the coach as a role model, athletic virtue, early dropout prevention.

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Theoretical teaching and practical application in person (remote only under special circumstances)	
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 and Communication with Students Digital presentations Videos MsTeams / e-class, webmail	
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail. Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis,</i>	Activity	Workload/semester
	Lectures	78
	Practical application	24

<p><i>Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i></p> <p><i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i></p>		
	Study and analysis of literature	20
	Preparation and presentation of essays	22
	Examinations	6
	Total Course	150
<p>STUDENT EVALUATION</p> <p><i>Description of the evaluation process</i></p> <p><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></p> <p><i>Please indicate all relevant information about the course assessment and how students are informed</i></p>		
<p>1. Written/Oral Examination: 80%.</p> <p>2. Preparation and presentation of essay: 20%.</p> <p>Language: Greek</p> <p>Multiple Choice Test, Development Questions, Written Essay</p> <p>Explicitly defined evaluation criteria are accessible on e-class.</p>		

5. SUGGESTED BIBLIOGRAPHY

1. Muller F, Schulte J., Siegel M. (2024). *Classical Athletics in the Early Stages of Adolescence*. Konstantaras Publications. ISBN 978-960-608-146-0
2. Apostolopoulos A., Varitimidis Ch., Kaloudis M., Katsikas Ch., Kellis S., Kontonasiou I., Manou V., Matakis S., Barkoukis V., Chalvatzaras D., Chatzivasiliou Ch. (2020). *Coaching and Competitive Activities in Classical Athletics for Categories K12, K10, K8 with the Application of Kids' Athletics*. SPORTBOOK Publications. ISBN 978-618-5316-70-9
3. Katzenbogner H. (2008). *Classical Athletics for Children*. Olympus Publications. ISBN 960-823-732-2
4. Kellis Sp., Kontonasiou I., Manou V., Pylianidis Th., Sarasslanidis Pl., Soulas D. (2020). *Classical Athletics: Technique, Didactics, Training for Developmental Ages*. SPORTBOOK Publications. ISBN 978-618-5316-69-3

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Fani Berberidou (Specialized Staff)
Contact details:	fbermper@phyed.duth
Supervisors:	YES
Evaluation methods:	Written exam with online methods (80%). Essay (20%)
Implementation	The exam for the course will take place on e-class, where an 'Exercise'

Instructions:	<p>with questions will be scheduled on the day of the exam, according to the exam schedule announced by the Secretariat.</p> <p>Students will be simultaneously connected to the Teams platform. The link will be sent exclusively to the institutional email accounts of the students who have registered for the exam and have acknowledged the terms of the remote examination.</p> <p>Students must join the exam room via their institutional email account, with the camera on during the exam. Before the exam begins, they must show their ID to the camera for identification purposes.</p> <p>Each student must answer multiple-choice questions and/or open-ended text development questions. Each question is graded from 0.5 to 2.0 points, depending on the type of question.</p> <p>The essay must be submitted via e-class by the specified date.</p>
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