COURSE OUTLINE HIGH PERFORMANCE TRAINING FOR RUNNING, JUMPING, THROWING AND COMBINED ATHLETICS EVENTS

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	C634	**SEMESTER**	**6th**
COURSE TITLE	HIGH PERFORMANCE TRAINING FOR RUNNING, JUMPING, THROWING AND COMBINED ATHLETICS EVENTS		

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*	Background
PREREQUISITES:	None
TEACHING & EXAMINATION LANGUAGE:	Greek
COURSE OFFERED TO ERASMUS STUDENTS:	Yes
COURSE URL:	https://eclass.duth.gr/courses/KOM02421/

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 the student will:

- *know the specifics of training high-level athletes.*
- *know how to design training programs.*
- *know how to apply training methods to develop various physical abilities.*
- *have gained knowledge and practical experience for the application of the training process.*

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* • *Decision making* • *Autonomous work* • *Teamwork* • *Production of new research ideas* • *Equity and inclusion* • *Critical thinking* • *Promoting free, creative and inductive thinking*

3. COURSE CONTENT

1. *Methods of developing maximum strength and speed-strength.*
2. *Factors that affect the performance of high-level athletes in running events. Development of physical abilities. Practical application of laboratory methods and field measurements, to determine maximum oxygen consumption.*
3. *Design, implementation and evaluation of athletes' training programs. Examples of structuring an annual training plan.*
4. *Design of an annual and long-term training plan for endurance events. Organization of MIK, MES and a training unit in the different phases of the annual cycle.*
5. *Running training with traction and resistance methods.*
6. *Annual training plan in jumping events. Development of performance parameters.*
7. *Methods of developing and improving speed, jumping and strength in jumping events. Practical applications.*
8. *Structure of a thrower's annual training plan: Special and general training contents in each phase of the athlete's preparation. Analysis of training programs of champions in throwing. Overtraining syndrome.*
9. *Training with instruments of different weights. Special exercises with medicine-ball. Plyometric exercises for throwers. Practical application.*
10. *Special weight-bearing exercises for each throwing event - Olympic lifting. Practical application*
11. *Steps to design an annual throwing plan. Elaboration of a training program.*
12. *Improvement of physical abilities in composite events. Concentrated and combined training Structure, objectives and contents of basic training. Practical application.*
13. *Training unit in the composites in basic, pre-season and competitive pre-season. Practical application.*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc.*	Face to face
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Use of ICT in teaching and communication with students • digital slides • videos • e-class, webmail

TEACHING ORGANIZATION	Activity	Workload/semester
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.*	Lectures	39
	Written assignment	31
	Bibliographic study & analysis	37
	Field exercise	40
	Exams	3
	Total	**150**

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 assignment (design of training plans) 30% • Practical and written final exams (short answer questions, program design questions, problem solving) 70% • The exams are conducted in the Greek language

5. SUGGESTED BIBLIOGRAPHY

1. *Veligekas P., Bogdanis G., Paradisis G. (2020). Design and programming of sports training. Broken Hill publishers ltd, Cyprus.*
2. *Veligekas P., Bogdanis G. (2017). Theory and methodology of track and field jumping coaching 2nd edition. Broken Hill publishers ltd, Cyprus.*
3. *Georgiadis G., Terzis G. (2012). Sports throws. Broken Hill publishers ltd, Cyprus.*
4. *Garcia M., Delmas V. (2019). Modern Endurance Training. Salto Publications, Thessaloniki.*

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Ilias Smilios
Contact details:	ismilios@phyed.duth.gr
Supervisors:	No
Evaluation methods:	Written assignment (30%) Written online exam (70%)
Implementation Instructions:	Written assignment should be submitted via eclass on a specified date. The online exam will be conducted via eclass with simultaneous

	connection to Microsoft Teams for identity checking, at a specified date and time.