

COURSE OUTLINE METHODOLOGY OF LEARNING TECHNIQUES IN OLYMPIC STYLES (GRECO-ROMAN, FREESTYLE, WOMEN'S WRESTLING)

1. GENERAL

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| 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 | C636 | SEMESTER | 5 th |
| COURSE TITLE | METHODOLOGY OF LEARNING TECHNIQUES IN OLYMPIC STYLES (GRECO-ROMAN, FREESTYLE, WOMEN'S WRESTLING) | | |
| 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, SKILL DEVELOPMENT | | |
| PREREQUISITES: | YES | | |
| TEACHING & EXAMINATION LANGUAGE: | GREEK | | |
| COURSE OFFERED TO ERASMUS STUDENTS: | YES | | |
| COURSE URL: | https://eclass.duth.gr/courses/KOM02451/ | | |

2. LEARNING OUTCOMES

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| 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>After successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> • Understand the sport of Olympic wrestling • Comprehend the rules and procedures of an Olympic wrestling match • Know the basic principles for learning wrestling techniques • Be familiar with technical holds in both standing and ground wrestling across Olympic and non-Olympic styles • Gain deeper knowledge of Greco-Roman, freestyle, and women's wrestling • Understand how to execute holds and know the methodology, tactical preparation, defense, counter-techniques, and common errors in application. | |
| 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"> • Adaptation to new situations • Decision making • Autonomous work • Teamwork | |

- Working in an international environment
- Working in an interdisciplinary environment
- Production of new research ideas
- Respect for diversity and multiculturalism
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

Technical Applications in Standing Wrestling

- Takedown Techniques in Parterre:
 1. Takedown with pulling and passing behind the opponent
 2. Throw with grip on the torso and arm
 3. Parterre throw by passing under the arm from a neck hold
 4. Takedown with grip on the torso and pass
- Takedown Techniques Over the Back:
 1. Takedowns over the back – methodological instructions
 2. Over-the-shoulder takedown with “little arm” grip
 3. Takedown over the back with grip on the opposite arm from above
 4. Takedown over the back with grip on the arm and the neck
 5. Takedown over the back with grip on the shoulder and neck
 6. Takedown over the back with grip on the arm and torso
 7. Takedown over the back with grip on the opposite arm and torso
- Takedown Techniques Over the Shoulders:
 1. Over-the-shoulders takedown with grip on the arm and head placed inside and under the armpit
 2. Over-the-shoulders takedown with grip on the arm and head placed outside and under the armpit

4. LEARNING & TEACHING METHODS - EVALUATION

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| TEACHING METHOD <i>Face to face, Distance learning, etc.</i> | Face to face | |
| 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 <ul style="list-style-type: none"> • Digital slides • Videos • E-class platform, webmail • Laboratory equipment | |
| 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, 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> | Activity | Workload/semester |
| | Lectures, demonstration & commentary of digital material, study & practice | 39 |
| | Practical exercises, training & study, tutorial exercises | 35 |
| | Lectures, study, group assignments | 26 |
| | Lectures, practical exercises, completion of two (2) group assignments, study | 20 |
| | Practical exercises, training & study, tutorial exercises | 30 |
| | 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</i> | Knowledge tests for each unit: 10% Final written exam with multiple-choice test: 30% Course participation: 30% Semester assignment: 30% | |

of a patient, Artistic interpretation, Other/Others

Please indicate all relevant information about the course assessment and how students are informed

5. SUGGESTED BIBLIOGRAPHY

1. Berberov N., Stavrev I. (2003). Handbook of Greco-Roman Wrestling. Translation. Alfavito Publications. Komotini (in Greek).
2. Popov N., Barbas I. (2004). Issues of Athletic Selection and Psychological Suitability of Wrestlers. Sofia (in Greek).
3. www.inwr-wrestling.com

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

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| Teacher (full name): | Barbas Ioannis |
| Contact details: | imparmpa@phyed.duth.gr |
| Supervisors: | YES |
| Evaluation methods: | Knowledge tests for each unit: 10% Final written exam with multiple-choice test: 30% Course participation: 30% Semester assignment: 30% |
| Implementation Instructions: | The home assignment must be submitted via eClass by the specified deadline. |