

## COURSE OUTLINE METHODOLOGY OF LEARNING TECHNIQUES IN NON-OLYMPIC STYLES (GRAPPLING, MMA, BEACH WRESTLING)

### 1. GENERAL

<b>SCHOOL</b>	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
<b>DEPARTMENT</b>	PHYSICAL EDUCATION AND SPORT SCIENCE		
<b>LEVEL OF STUDIES</b>	ISCED level 6 – Bachelor's or equivalent level		
<b>COURSE CODE</b>	C637	<b>SEMESTER</b>	5 <sup>th</sup>
<b>COURSE TITLE</b>	METHODOLOGY OF LEARNING TECHNIQUES IN NON-OLYMPIC STYLES (GRAPPLING, MMA, BEACH WRESTLING)		
<b>TEACHING ACTIVITIES</b> <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>		<b>TEACHING HOURS PER WEEK</b>	<b>ECTS CREDITS</b>
		3	6
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SCIENTIFIC AREA, SKILL DEVELOPMENT		
<b>PREREQUISITES:</b>	YES		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	GREEK		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	YES		
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/KOM02451/">https://eclass.duth.gr/courses/KOM02451/</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b> <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>	
After successful completion of the course, participants will be able to: <ul style="list-style-type: none"> <li>• know Olympic competitive wrestling</li> <li>• know the structure and rules of wrestling matches</li> <li>• know the basic principles for teaching wrestling techniques</li> <li>• know the technical holds in standing and ground wrestling in both Olympic and non-Olympic styles</li> <li>• know Greco-Roman, freestyle, and women's wrestling</li> <li>• know the execution of wrestling holds, methodology, tactical preparation, defense, counter-holds, and common technical errors in application</li> </ul>	
<b>General Skills</b> <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"> <li>• Adaptation to new situations</li> <li>• Decision making</li> <li>• Autonomous work</li> <li>• Teamwork</li> <li>• Working in an international environment</li> </ul>	

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

### 3. COURSE CONTENT

#### *Front Takedown Technique:*

1. Front takedown with body lock
  2. Front takedown with grip on body and arm
- Takedown Technique:
    1. a) Takedown by gripping the arm, b) Takedown with arm lock
    2. Takedown by gripping the arm and torso
  - Chest-Over Takedown Technique:
    1. Chest-over takedown – methodological instructions, entry into the opponent
    2. Chest-over takedown with lock on body and arm
    3. Chest-over takedown with body and arm lock upon entry
    4. Chest-over takedown with grip on shoulder and neck
    5. Chest-over helical (spiral) takedown

#### *Ground Wrestling Techniques:*

1. a) Turnover with arm lock under the chest, b) Turnover by locking the outer arm, c) Turnover by gripping the opposite armpits from above, d) Turnover by gripping the opposite arm and locking the neck from the front and underneath
2. a) Turnover with inside nelson, b) Turnover with outside nelson, c) Turnover with key hold, d) Turnover with key hold and inside arm grip
3. Turnover with opposite grip of the body (rempul technique)
4. Turnover over the bridge with body lock and lift
5. Takedown with opposite body lock (centur technique)
6. Lift and chest-over takedown (supples)

### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	Face to face	
<b>USE OF INFORMATION &amp; COMMUNICATIONS TECHNOLOGY (ICT)</b> <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"> <li>• Digital slides</li> <li>• Videos</li> <li>• E-class platform, webmail</li> </ul>	
<b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research &amp; 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>	<b>Activity</b>	<b>Workload/semester</b>
	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
<b>STUDENT EVALUATION</b> <i>Description of the evaluation process</i>  <i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development</i>	Knowledge tests for each unit: 10% Final written exam with multiple-choice test: 30% Course participation: 30% Semester assignment: 30%	

*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*

## **5. SUGGESTED BIBLIOGRAPHY**

1. Berberov N., Stavrvev 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](http://www.inwr-wrestling.com)

## ANNEX OF THE COURSE OUTLINE

### Alternative ways of examining a course in emergency situations

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