

COURSE OUTLINE ELEMENTS OF PHYSICAL CONDITIONING AND TECHNICAL-TACTICAL ASPECTS – SPECIAL TOPICS IN NON-OLYMPIC WRESTLING (GRAPPLING, MMA, BEACH WRESTLING)

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	C639	SEMESTER	6 th
COURSE TITLE	ELEMENTS OF PHYSICAL CONDITIONING AND TECHNICAL-TACTICAL ASPECTS – SPECIAL TOPICS IN NON-OLYMPIC WRESTLING (GRAPPLING, MMA, BEACH 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/KOM02449/		

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>	
After successful completion of the course, participants will be able to: <ul style="list-style-type: none"> • know the technical-tactical aspects of Greco-Roman, freestyle, and women's wrestling styles. • are familiar with Olympic wrestling and non-Olympic styles. • understand the basic principles for teaching skills in the technical-tactical combinations of the applications. 	
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

1. Video presentation – technical applications in ground wrestling
2. Technique and tactics of turnovers over the bridge
3. Technique and tactics of turnovers over the chest
4. Technique and tactics of takedowns from the parterre position
5. Video presentation – technical applications in ground wrestling
6. Technical-tactical combinations from the lower parterre position
7. The wrestler's profile and their psychological preparation during the pre-competition and competition period
8. Development and training of coordinative abilities: spatial orientation, kinaesthetic differentiation, complex reaction ability and balance, rhythmic ability
9. Application of Olympic wrestling takedown techniques to non-Olympic styles (Grappling, Beach Wrestling, MMA)

4. LEARNING & TEACHING METHODS - EVALUATION

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 	
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 of a patient, Artistic interpretation, Other/Others</i> <i>Please indicate all relevant information about the course assessment and how students are informed</i>	Knowledge tests for each unit: 10% Final written exam with multiple-choice test: 30% Course participation: 30% Semester assignment: 30%	

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

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.