

## COURSE OUTLINE APPLIED TEACHING OF THE SPECIALTY "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>	C640	<b>SEMESTER</b>	6 <sup>th</sup> or 7 <sup>th</sup>
<b>COURSE TITLE</b>	APPLIED TEACHING OF THE SPECIALTY "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
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.			
<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/KOM02448/">https://eclass.duth.gr/courses/KOM02448/</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>• They are familiar with Olympic Wrestling (Greco-Roman, Freestyle &amp; Women's) and non-Olympic sports (MMA, Grappling &amp; Beach Wrestling).</li> <li>• They understand how to improve athletic performance in terms of physical fitness, technique, and tactics.</li> <li>• They are able to design and implement training sessions integrated into periodized programming.</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> <li>• Working in an interdisciplinary environment</li> <li>• Production of new research ideas</li> <li>• Respect for diversity and multiculturalism</li> <li>• Promoting free, creative and inductive reasoning</li> </ul>	

### 3. COURSE CONTENT

1. Analysis of matches and athletes' performance
2. Periodization and planning in wrestling
3. Coaching philosophy and training management in wrestling
4. Anti-doping programs by the World Federation and WADA
5. Overview of injuries in wrestling (GR, LL, FW) and in non-Olympic styles
6. Injury prevention training for wrestling (GR, LL, FW)
7. Athlete rehabilitation program for wrestling
8. Psychological management of injured wrestling athletes
9. Coaching management of athletes during competition
10. Physical conditioning preparation for high-level wrestling athletes
11. Differences between coaching male and female wrestlers (GR, LL, FW)
12. Principles for forming women's wrestling teams (FW)
13. Basic skills for Olympic wrestling (GR, LL, FW)
14. Basic skills for non-Olympic wrestling (Grappling, MMA)
15. Resistance band training for wrestling (GR, LL, FW)
16. Wrestling exercises and warm-up using a wrestling dummy (GR, LL, FW)
17. Special strength training in the wrestling gym (GR, LL, FW)
18. Introduction to practical training planning
19. Introduction to coaching and competition safety
20. Introduction to practical competition planning
21. Nutrition and wrestling
22. Athlete evaluation protocol and match observation form
23. Understanding and coaching specialization of the athlete in Olympic Wrestling
24. Coaching specialization of the athlete in Beach Wrestling
25. Coaching specialization of the athlete in Grappling
26. Coaching specialization of the athlete in MMA

### 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
	<b>Total</b>	<b>150</b>
<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.