

COURSE OUTLINE CREATION OF COMPREHENSIVE TRAINING, ANNUAL PROGRAMMING, PHYSICAL CONDITION IN VOLLEYBALL

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	C644	SEMESTER	6 TH
COURSE TITLE	CREATION OF COMPREHENSIVE TRAINING, ANNUAL PROGRAMMING, PHYSICAL CONDITION IN VOLLEYBALL		
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 SPECIALTY		
PREREQUISITES:	COACHING AND TEACHING VOLLEBALL		
TEACHING & EXAMINATION LANGUAGE:	GREEK		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:			

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>	
<p>After successful completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> •Ability to design training units with the aim of learning skills of the technique of syndrome 2 •Knowledge of teaching and ability to apply the player's individual tactics in block-defense-counterattack-dubbing. •Knowledge of teaching and ability to apply the team tactics of players in syndrome 2... •The ability to apply training and match planning to teams of various characteristics... •The ability to coach a team, manage time-outs and substitutions 	
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</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</i>

Working in an international environment Working in an interdisciplinary environment Production of new research ideas	Critical thinking Promoting free, creative and inductive reasoning
<ul style="list-style-type: none"> • Search, analysis and synthesis of data and information • Adaptation to new situations • Production of new research ideas • Project design and management • Promoting free, creative and inductive reasoning • Respect for the natural environment • Critical thinking 	

3. COURSE CONTENT

<ol style="list-style-type: none"> 1. Lecture (tasks of A' coach B' coach- statistics - espionage-theory) 2. Lecture (team setup-time-out changes theory-practice) 3. Training planning – tactics (individual – group) for the block (practice-theory) 4. Training planning – tactics (individual – group) for the block (practice-theory) 5. Training planning – tactics (individual – group) for defense (practice-theory) 6. Training planning – tactics (individual – group) for block-defense practice-theory) 7. Training planning – tactics (individual – group) for counterattack (practice) 8. Training planning – tactics (individual – group) for dubbing (practice) 9. Attackers combinations-side-out-(theory-practice) 10. Lecture annual planning (preparation-competition-transition) 11. Lecture planning of training and matches. Weekly planning (microcycle). Modification of the structure of the load (extent - intensity). Daily planning 12. Specific physical condition of players by specialty (theory-practice) 13. Regulations-refereeing (by referee)

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>		
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	<ul style="list-style-type: none"> • Digital power point videos • MsTeams/ e-class, 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
	Teaching	39
	Study	50
	Exams	3
	Homework	58
	Total	150
STUDENT EVALUATION <i>Description of the evaluation process</i>	Composite assessment:	

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

Practical exam (30%)
Theoretical exam (30%)
Mid-term assessment on a written teaching/training plan and presentation (20%)
Assignment (10%)
Active participation in the course (10%)

5. SUGGESTED BIBLIOGRAPHY

1. CzimekVolker Επιμέλεια: Γιαννακόπουλος Ανέστης (2022). Προπόνηση Πετοσφαίρισης για αρχάριους/Από το μίνι βόλεϊ στην Πετοσφαίριση, Εκδόσεις Sportbook, Τσιπτσές Ηλίας. ISBN 112701633
2. C. REYNAUD, M. HEBERT Επιμέλεια: Γιαννακόπουλος Ανέστης (2024). ΠΕΤΟΣΦΑΙΡΙΣΗ-ΤΕΧΝΙΚΗ, ΤΑΚΤΙΚΗ ΚΑΙ ΠΡΟΠΟΝΗΤΙΚΗ, ΕΚΔΟΣΕΙΣ ΚΩΝΣΤΑΝΤΑΡΑΣ ISBN 133036240
3. Marco Paolini Μετάφραση Αιμίλιος Γολέμης (2015). ΕΤΗΣΙΟΣ ΠΡΟΓΡΑΜΜΑΤΙΣΜΟΣ ΠΡΟΠΟΝΗΣΗΣ ΒΟΛΕΪ ΣΤΙΣ ΗΛΙΚΙΕΣ ΚΑΤΩ ΤΩΝ 14, Εκδόσεις ΧΡ.ΙΩΑΝΝΟΥ- ΑΙΜ.ΓΟΛΕΜΗΣ Ο.Ε., ISBN 50658782.
4. Jim Iams (1995). Ανταγωνιστικές ασκήσεις, Εκδόσεις ΧΡ.ΙΩΑΝΝΟΥ- ΑΙΜ.ΓΟΛΕΜΗΣ Ο.Ε., ISBN 1315

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	MOUSTAKIDIS ATHANASIOS
Contact details:	amoustak@phyed.duth.gr
Supervisors: (1)	YES
Evaluation methods: (2)	Homework (35%). Written remote exam (65%)
Implementation Instructions: (3)	Homework must be submitted via eclass on a specified date.

