

COURSE OUTLINE SOCCER TRAINING PROGRAMMING

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	C649	SEMESTER	6 th
COURSE TITLE	SOCCER TRAINING PROGRAMMING		
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:	NO		
TEACHING & EXAMINATION LANGUAGE:	Greek		
COURSE OFFERED TO ERASMUS STUDENTS:	NO		
COURSE URL:	https://eclass.duth.gr		

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

After successful completion of the course, participants will be able to:

- *learn about the competitive demands, physiological responses, and long-term and acute effects of soccer games.*
- *The characteristics of physical abilities in relation to football and their training methods will also be taught. In addition, they will get to know the basic forms of competitive games and their application in the development of physical fitness.*
- *To assess the level of physical fitness, a bundle of tests specifically for football will be proposed. Information will be presented regarding training planning, managing congested periods of competition as well as recovery and nutrition strategies. Also*

principles of player reinstatement and reintegration after injury.

General Skills

Name the desirable general skills upon successful completion of the module

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

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

- *Adaptation to new situations*
- *Decision making*
- *Autonomous work*
- *Working in an interdisciplinary environment*
- *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*

3. COURSE CONTENT

- 1) *Men's / Women's Football Match Requirements.*
- 2) *Physiological responses - Long-term and acute adaptations to soccer.*
- 3) *Evaluation of training loads in football-critical phases of the match.*
- 4) *Training frequency.*
- 5) *Power in football.*
- 6) *Aerobic and specific endurance in football.*
- 7) *Racing games.*
- 8) *Speed and agility in football.*
- 9) *Assessment tests in football.*
- 10) *Football Training Methodology - Congestion of matches.*
- 11) *Loads of technical and tactical training.*
- 12) *Nutrition and recovery strategies.*
- 13) *Injuries in football and the reinstatement of an injured player*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD	Face to face
<i>Face to face, Distance learning, etc.</i>	
USE OF INFORMATION &	Use of T.P.E. in Teaching and Communication with

<div>COMMUNICATIONS TECHNOLOGY (ICT)</div> <div>Use of ICT in Teaching, in Laboratory Education, in Communication with students</div>	<div>students</div> <div><div>• digital slides</div><div>• video</div><div>• MsTeams/ e-class, webmail</div></div>															
<div>TEACHING ORGANIZATION</div> <div>The ways and methods of teaching are described in detail.</div> <div>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.</div> <div>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</div>	<table><tr><th>Activity</th><th>Workload/semester</th></tr><tr><td>Lectures</td><td>39</td></tr><tr><td>Field practice</td><td>26</td></tr><tr><td>Tutoring</td><td>45</td></tr><tr><td>Bibliographic research&analysis</td><td>37</td></tr><tr><td>Examination</td><td>3</td></tr><tr><td>Total Course</td><td>150</td></tr></table>		Activity	Workload/semester	Lectures	39	Field practice	26	Tutoring	45	Bibliographic research&analysis	37	Examination	3	Total Course	150
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<div>STUDENT EVALUATION</div> <div>Description of the evaluation process</div> <div>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</div> <div>Please indicate all relevant information about the course assessment and how students are informed</div>	<div>A. Assessment in ACTION (60%) which will be distributed as follows:</div> <div><div>• 30% from the presentation of the Didactic Football work on the field</div><div>• 20% of the students' technical ability, which will be evaluated by the teacher throughout the participation in the practical part of the Spring semester courses.</div><div>• 10% from systematic attendance and active participation in the course.</div></div> <div>B. In the score of the Written Theory exams (40%)</div> <div>A condition for a successful overall grade of the course is that the student has been graded with five (5), both in Theory and Practice. The student does not need to repeat the exam in the theoretical or practical part, who has achieved a grade greater than five (5) and the score is included in the final grade, when he/she successfully passes the exam in the rejected part.</div>															

5. SUGGESTED BIBLIOGRAPHY

- 1.Σωτηρόπουλος Α/Μπεκρή Ε.(2007) Προπονησιολογία ποδοσφαίρου.Εκδόσεις Τέλεθρον. ISBN: 978-960-8410-48-0
2. Καλπακίδης Κώστας(2016) Ζήσε το όνειρο. Εκδόσεις Τσιπτσές Νικ. Ηλίας.
3. Κυρανούδης Άγγελος(2024). Η προπόνηση στις αναπτυξιακές ηλικίες Κ-7, Κ9&Κ11. Εκδόσεις Τσιπτσές Νικ. Ηλίας.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	ISPIRLIDIS IOANNIS
Contact details:	Email: iispyrli@phyed.duth.gr
Supervisors: (1)	YES
Evaluation methods: (2)	Homework (35%). Distance written exam (65%)
Implementation Instructions: (3)	Homework should be submitted via eclass by a specified date.