

Course Title	<b>DIDACTIC OF BALL SPORTS I (SOCCER &amp; HANDBALL)</b>			
Course Code	SSBAL209-1			
Course Type	MANDATORY			
Level	BSc (Level 1)			
Year / Semester	1st / Spring			
Teacher's Name	Dr. Anthi Xenofontos, Dr. Panos Constantinides & Michalis Partzilis			
ECTS	6	Lectures / week	1	Laboratories / week / 2
Course Purpose	To provide students with modern theoretical, practical, organizational and scientific knowledge and skills, in order to enable them to methodically teach the technique and special coaching of sports at school as a means of Physical Education, but also as a sport in clubs.			
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ul style="list-style-type: none"> <li>• Describe the methodology of performing basic motor/athletic skills in football and handball, focusing on the pedagogical process and analyzing the advantages of good technique of the footballer and handballer.</li> <li>• To connect pre-existing knowledge with new knowledge and apply it effectively in their teaching/training.</li> <li>• Know the basic regulations of football and handball.</li> <li>• Use a course/training methodology/teaching that favors the building of a productive relationship between teacher/coach and students/athletes, as well as a pleasant learning/training environment.</li> <li>• Demonstrate elements of professionalism and positive interpersonal relationships with students/athletes.</li> <li>• Recognize the appropriate training methodology at different ages and apply satisfactory solutions to any problems during the lesson/training.</li> <li>• Identify the most appropriate solutions in case of learning/motor difficulties or organizational and administrative needs in the classroom/club.</li> <li>• Link physical fitness with performance and achievement of personal/group goals.</li> </ul>			
Prerequisites	No	Corequisites	No	
Course Content	<ol style="list-style-type: none"> <li>1. Theoretical and practical analysis of basic motor/athletic skills in football and handball, focusing on the pedagogical process, as well as analysis of the advantages of good technique of football player and handball.</li> <li>2. Connection of pre-existing with new knowledge at theoretical and practical level and their effective application in</li> </ol>			

	<p>teaching/training.</p> <ol style="list-style-type: none"> <li>3. Regulations of football and handball (changes and modification of regulations, the regulations of yesterday and today).</li> <li>4. Use of methodology/lesson/training instruction that favors building a productive relationship between teacher/coach and students/athletes, and a pleasant learning/training environment.</li> <li>5. Elements of professionalism and positive interpersonal relationships with students/athletes.</li> <li>6. Selection of the appropriate training/training methodology at different ages and implementation of satisfactory solutions to any problems during the lesson/training.</li> <li>7. Learning/motor difficulties or organizational and administrative needs in the classroom/club and proposed solutions.</li> <li>8. Relationship between fitness, performance and achievement of personal/group goals.</li> </ol>
<p>Teaching Methodology</p>	<p><b>Theory</b></p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods such as case studies, real scenarios, discussion, questions/answers are used in the teaching methodology depending on the nature of the course. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p><b>Practical</b></p> <p>During the practical courses, students develop the practical skills required for the sport, with emphasis on proper technique with progressive teaching and application of exercises, so as to become capable of performing and teaching the basic motor skills of the sport. It is also described and presented how to teach each exercise/program for the sport using a trainee model.</p>
<p>Bibliography</p>	<ul style="list-style-type: none"> <li>• Κοτζαμανίδης Χ. (2019). <i>Θεωρία και μεθοδική του χάντμπολ</i>. Θεσσαλονίκη: Αφοι Κυριακίδη Α.Ε.</li> <li>• Μπάγιος Ι. (2002). <i>Τακτική της χειροσφαίρισης</i>. Αθήνα.</li> <li>• Μπάγιος Ι. (2003). <i>Τεχνική της χειροσφαίρισης</i>. Αθήνα.</li> <li>• Ζάκας Α. (2003). <i>Κανόνες Διαιτησίας χειροσφαίρισης</i>. Θεσσαλονίκη.</li> <li>• Henderson, A. (2021). Πώς να γίνετε καλύτερος ποδοσφαιριστής. Εκδόσεις Brainfood.</li> <li>• Παπαδάκης, Β. (2020). Προπονώντας παιδιά. Ασκήσεις για τα τμήματα Κ6-Κ14. Εκδόσεις Sportbook. Κόλλιας, Ι. (2005). Το ποδόσφαιρο. Δεν αρκεί μόνο το ταλέντο. Ελληνικά Γράμματα.</li> <li>• Παπαδάκης, Β. (2020). Προπονώντας παιδιά. Ασκήσεις για τα τμήματα Κ6-Κ14. Εκδόσεις Sportbook.</li> </ul>

	<ul style="list-style-type: none"> <li>• Παντελίδης, Σ. (2019). Ετήσιο πλάνο προπόνησης για επαγγελματικές ομάδες. Εκδόσεις Sportbook.</li> <li>• Παντελίδης, Σ. (2016). Προετοιμασία στο επαγγελματικό ποδόσφαιρο. Εκδόσεις Sportbook.</li> </ul> <p>Additional bibliography:</p> <ul style="list-style-type: none"> <li>• Κόλλιας, Ι. (2005). Το ποδόσφαιρο. Δεν αρκεί μόνο το ταλέντο. Εκδόσεις Ελληνικά Γράμματα.</li> <li>• Bangsbo, J. (1994). Προπόνηση φυσικής κατάστασης στο ποδόσφαιρο - Μια επιστημονική προσέγγιση. Εκδόσεις Μανδρούκας.</li> <li>• Δράμπτης, Κ., Κέλλης Σ., Λιάπης, Δ. Μούγιος, Γ., Σάλτας, Π. Τερζίδης, Ι. (1996). Το ποδόσφαιρο στην παιδική και εφηβική ηλικία. Εκδόσεις Salto.</li> <li>• Νικίας, Τ. (2001). Το χάντμπολ στο μάθημα της φυσικής αγωγής. Θεσσαλονίκη: Salto.</li> <li>• Trosse, H. D. (2008). Εγχειρίδιο χειροσφαίρισης. Αθήνα: Αθλότυπο.</li> <li>• Τογανίδης, Θ., &amp; Χατζηγεωργίου, Δ. (2006). Η χειροσφαίριση στη φυσική αγωγή. Θεσσαλονίκη: Salto.</li> <li>• Ιστοσελίδες: <ul style="list-style-type: none"> <li>• International Association Football Federation (FIFA): <a href="https://www.fifa.com/fifaplus/en">https://www.fifa.com/fifaplus/en</a></li> <li>• Union of European Football Associations (UEFA): uefa.com</li> <li>• Κυπριακή Ομοσπονδία Ποδοσφαίρου (ΚΟΠ): cfa.com.cy</li> </ul> </li> </ul>
<p>Assessment</p>	<p><b>Theoretical Intermediate Exam (20%)</b> It focuses on assessing the theoretical knowledge and understanding acquired by students. The exam may include various types of questions, such as multiple choice, synthetic questions, or other structures.</p> <p><b>Lesson plan (15%):</b> the submission and evaluation of a lesson plan at a theoretical level is requested. This may include describing the objectives, teaching methods, exercises and expected results.</p> <p><b>Practical examination (35%)</b> Includes <b>A) Microteaching 25%:</b> The candidate presents a short teaching session, following the prepared lesson plan. This includes course objectives, exercises, teaching methods and training materials. <b>B) Basic Skills of the Sport 10%:</b> The candidate demonstrates and demonstrates basic skills related to the respective sports field. This may include technical, tactical, and physical skills required to practice the specific sport.</p> <p><b>Final Theory Exam: (30%)</b> The exam covers a wider range of topics that reflects the completeness of the material taught during the course. This includes concepts, theoretical frameworks and case studies. It also assesses its ability to connect various concepts and apply theoretical principles.</p>



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THE CYPRUS AGENCY OF QUALITY ASSURANCE AND ACCREDITATION IN HIGHER EDUCATION



Language	Greek / English
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