

Course Title	DIDACTIC OF SWIMMING				
Course Code	SSSWI210-1				
Course Type	MANDATORY				
Level	BSc (Level 1)				
Year / Semester	3rd / Spring				
Instructor's Name	Christos Soteriou				
ECTS	6	Lectures / week	1	Laboratories / week	2
Course Purpose	The course aims to provide students with the necessary theoretical, practical, and methodological knowledge of didactics in order to be able to teach the basics of swimming to beginner practitioners.				
Learning Outcomes	<ol style="list-style-type: none"> 1. Know and recall elements from the historical route of swimming. 2. They name all water disciplines. 3. They explain the rules of conducting the different styles of swimming. 4. They choose teaching methods and teaching styles from swimming styles and apply them both in physical education class and in coaching athletes at the collegiate level. 5. Demonstrate individual skills from swimming events with a technique based on principles of biokinetics 6. Create and demonstrate lesson plans for learning swimming styles 				
Prerequisites	No		Corequisites	No	
Course Content	<ol style="list-style-type: none"> 1. Organization, planning and organization of the course 2. Water inlet, Water safety 3. Promotion and coordination of movements 4. Breath 5. Technique exercises outside the water 6. Technique exercises in the water 7. Basic principles of teaching swimming 8. Learning basics of the technique of each style 9. Pre-season training 10. Lesson teaching plan 				

<p>Teaching Methodology</p>	<p>Theory 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, clinical 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>Practical 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 that they become capable of performing and teaching the basic motor skills of the sport. It also describes and presents how each exercise/program for the sport is taught using a trainee model.</p>
<p>Bibliography</p>	<p>Νικολόπουλος, Γ (2006). Διδακτική κολύμβησης, Εκδόσεις Art Work. Σωτήρης, Γ & Σαμπάνης, Α.Μ. (1993). Η κολύμβηση: τεχνική, διδασκαλία, προπονητική ναυαγοσωστική. Εκδόσεις ΣΑΛΤΟ Γιώργος Τσαλής (2019) από την πισίνα εκμάθησης στην προ αγωνιστική ομάδα. Εκδόσεις ΣΑΛΤΟ</p>
<p>Assessment</p>	<p>Theoretical Intermediate Exam (20%) It focuses on the assessment and understanding of theoretical knowledge and understanding acquired by students. The exam may include various types of questions, such as multiple choice, synthetic questions, development questions, case studies, or other structures.</p> <p>Lesson plan (15%): the written submission and evaluation of a lesson plan at a theoretical level is requested. This should include at least the description of success indicators (objectives), teaching methods and practices, lesson organisation, appropriate exercises and assessment of students.</p> <p>Practical examination (35%) Includes A) Microteaching 25%: The candidate presents a short teaching session, following the prepared lesson plan. This includes course objectives, exercises, teaching methods and training materials. B) Basic Skills of the Sport 10%: The candidate demonstrates and demonstrates basic skills related to the respective</p>

	<p>sports field. This may include technical, tactical, and physical skills required to practice the specific sport.</p> <p>Final Theory Exam: (30%) The exam includes a wide range of topics, comprehensively reflecting the material presented during the course. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained. In addition, the exam focuses on the student's ability to connect various concepts, thereby creating a comprehensive perception. It considers how to apply the theoretical principles in various contexts, offering alternatives where needed, thus demonstrating one's ability to transfer the acquired knowledge in practical scenarios.</p>
Language	Greek / English