

Course Title	SWIMMING I				
Course Code	SSSWI417-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Fall				
Teacher's Name	Christos Sotiriou				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<p>The course aims to educate and develop students in understanding and applying the basic and advanced principles of swimming. Specifically, the course aims to provide a coherent framework for the organization and planning of teaching swimming lessons, the learning and improvement of technical skills of swimming in and out of water, as well as the application of the principles of water safety. It also seeks to develop an understanding of the basic principles of teaching in swimming, to learn the basics of technique of different swimming styles, as well as to apply technical and mechanical analyses to improve swimming performance. Finally, it aims to prepare students for pre-season training and to familiarize them with the principles of hydrodynamics and the technique of turns, starts, and finishes.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Recognize and apply the basic principles of safe entry and stay in water, enhancing safety and confidence in water. 2. They analyze and coordinate their movements for effective propulsion through the water, improving swimming ability. 3. Understand and apply breathing techniques in swimming, optimizing their performance and water resistance. 4. They perform technical exercises outside and in the water, developing their swimming skills and understanding of the mechanics of swimming. 5. They acquire knowledge on the basic principles of swimming teaching, enhancing their teaching skills and the ability to transmit knowledge. 				

	<ol style="list-style-type: none"> 6. They apply the basic elements of the technique of different swimming styles, increasing the complexity and flexibility of their swimming experience. 7. Design and implement pre-season training programs, improving their physical condition and performance. 8. They develop teaching plans for swimming lessons, improving their administrative and organizational skills. 9. They interpret and apply hydrodynamic principles in swimming to reduce resistance and improve buoyancy. 10. They analyze and improve their technique in corners, starts, and finishes, increasing speed and efficiency in swimming. 11. Critically evaluate and improve the technical and mechanical analysis of their swimming, enhancing their understanding of the dynamic principles that affect water performance. 			
Prerequisites	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%; padding: 5px;">PESS106: Training Principles</td> <td style="width: 20%; padding: 5px;">Corequisites</td> <td style="width: 20%; padding: 5px;">No</td> </tr> </table>	PESS106: Training Principles	Corequisites	No
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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 11. Principles of hydrodynamics – resistance – buoyancy 12. Turning – starting – finishing technique 13. Technical & Mechanical analysis of swimming 			
Teaching Methodology	<p>Theory</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 like case studies, real scenarios, discussion, questions/answers are used in the teaching methodology depending</p>			

	<p>on the course's nature. 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</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, to become capable of performing and teaching the basic motor skills of the sport. It also described and presented how to teach each exercise/program for the sport using a trainee model.</p>
Bibliography	<p>Αγωνιστική Κολύμβηση, Ernest W. Maglischo, (2009)</p> <p>Νικολόπουλος, Γ (2006). Διδακτική κολύμβησης, Εκδόσεις Art Work.</p> <p>Σωτήρης, Γ & Σαμπάνης, Α.Μ. (1993). Η κολύμβηση: τεχνική, διδασκαλία, προπονητική ναυαγοσωστική. Εκδόσεις ΣΑΛΤΟ</p> <p>Γιώργος Τσαλής (2019) από την πσίνα εκμάθησης στην προ αγωνιστική ομάδα. Εκδόσεις ΣΑΛΤΟ</p>
Assessment	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%): It focuses on the assessment and understanding of the theoretical knowledge and understanding acquired by students regarding swimming. The exam may include various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures. • Training plan (15%): The written submission and evaluation of a draft training plan at a theoretical level regarding rowing is requested. This should include at least a description of training objectives, teaching methods and practices, training organisation, appropriate exercises, and evaluation of athletes in relation to swimming. • Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session about swimming, following a prepared training plan that includes training objectives, exercises, teaching methods and training materials. B) Technical Skills of the Sport 10%: The candidate demonstrates and demonstrates basic technical skills in swimming required to practice the specific sport.

	<ul style="list-style-type: none"> Final Theory Exam (30%): The exam includes a wide range of topics, comprehensively reflecting the material presented during the course on swimming. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in swimming. In addition, the exam focuses on the student's ability to connect various concepts, thus creating an integrated concept in the field of swimming and how it can apply theoretical principles in practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of swimming in practical scenarios.
Language	Greek / English