

Course Title	<b>SWIMMING II</b>				
Course Code	SSSWI418-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Spring				
Teacher's Name	Christos Sotiriou				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<p>The course's purpose is to give students a full understanding of the basic and advanced principles of swimming and to apply these principles to the practical coaching process. Students will develop the necessary skills to design, execute, and evaluate effective training programs for various population groups while recognizing the specific needs of each athlete. The course also seeks to enhance critical thinking and a scientific approach to analyzing and solving problems related to physical fitness and athletic performance in swimming.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> <li>1. Recognize and describe the basic principles of training.</li> <li>2. They design aerobic workouts based on basic design principles.</li> <li>3. They develop anaerobic workouts by applying the appropriate principles.</li> <li>4. Assess specific training needs in childhood.</li> <li>5. Apply techniques for annual training planning.</li> <li>6. Apply training strategies for the special preparation period.</li> <li>7. They adapt training programs for the season.</li> <li>8. They develop fitness programs to improve posture.</li> <li>9. Understand and apply tactics in competition and training.</li> <li>10. They organize off-water training sessions for swimmers.</li> <li>11. They plan workouts to develop special strength in the water.</li> <li>12. They analyze differences in training between men and women.</li> <li>13. They apply methods of training at altitude.</li> <li>14. They recognize signs of overwork and overtraining and adjust the program accordingly.</li> <li>15. They develop coherent skills in training.</li> </ol>				

	<p>16. They evaluate swimmers' performance in a systematic way.</p> <p>17. They analyze the energy participation in the separate phases of training.</p> <p>18. Understand the causes of fatigue and implement strategies to deal with it.</p> <p>19. They calculate caloric needs and adjust the diet accordingly.</p> <p>20. Evaluate and apply the use of dietary supplements based on training needs.</p>		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<ol style="list-style-type: none"> <li>1. Training fundamentals</li> <li>2. Basic principles of aerobic training planning</li> <li>3. Basic principles of anaerobic training design</li> <li>4. Childhood training (A)</li> <li>5. Childhood training (B)</li> <li>6. Annual training planning</li> <li>7. Training in the special preparation period</li> <li>8. Training in the season</li> <li>9. Gymnastics for proper posture</li> <li>10. Training for styling</li> <li>11. Tactics in competition and training</li> <li>12. Off-water training for swimmers</li> <li>13. Training for special strength in the water</li> <li>14. Differences between Men, Women in training</li> <li>15. Altitude training</li> <li>16. Overwork – Overtraining.</li> <li>17. Matched competencies</li> <li>18. Evaluation of swimmers</li> <li>19. Energy participation</li> <li>20. Weariness</li> <li>21. Caloric intake needs</li> <li>22. Supplements.</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 like case studies, real scenarios, discussion, questions/answers are used in the teaching methodology depending 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><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, 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>
<p>Bibliography</p>	<p>Αγωνιστική Κολύμβηση Ernest W. Maglischo, Επιστημονική επιμέλεια Ελληνικής εκδόσης, Ελένη Σουλτανάκη, (2009)</p> <p>Νικολόπουλος, Γ (2006). Διδακτική κολύμβησης, Εκδόσεις Art Work.</p> <p>Σωτήρης, Γ &amp; Σαμπάνης, Α.Μ. (1993). Η κολύμβηση: τεχνική, διδασκαλία, προπονητική ναυαγοσωστική. Εκδόσεις ΣΑΛΤΟ</p> <p>Γιώργος Τσαλής (2019) από την πισίνα εκμάθησης στην προ αγωνιστική ομάδα. Εκδόσεις ΣΑΛΤΟ</p>
<p>Assessment</p>	<ul style="list-style-type: none"> <li>• <b>Theoretical Intermediate Exam (20%):</b> 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.</li> <li>• <b>Training plan (15%):</b> 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 organization, appropriate exercises, and evaluation of athletes swimming.</li> <li>• <b>Practical examination (35%):</b> <b>A) Microteaching 25%:</b> The candidate presents a short teaching session about swimming, following a prepared training plan that includes training objectives,</li> </ul>

	<p>exercises, teaching methods and training materials. <b>B) Technical Skills of the Sport 10%:</b> The candidate demonstrates and demonstrates basic technical skills in swimming required to practice the specific sport.</p> <p><b>Final Theory Exam (30%):</b> 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.</p>
Language	Greek / English