

Course Title	SAILING II				
Course Code	SSSAI420-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Spring				
Teacher's Name	Gavriela Hatzidamianou				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	The aim of the course is to provide a comprehensive and thorough understanding of sailing, with emphasis on the Olympic categories and the High Seas, equipping students with the necessary theoretical knowledge and practical skills to improve athletes' performance and effectively manage and organize related activities.				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. They analyze the history and evolution of sailing in the context of the Olympic Games and the Open Sea races, identifying the various categories and types of boats. 2. They apply basic meteorological knowledge in practice, predicting weather conditions for training and competition. 3. Interpret the regulations of sailing races, understanding the procedure, flags, and race committees. 4. They assess the importance of flags in sailing races and how they affect the racing process. 5. Design and apply techniques for sail tuning, based on aerodynamic principles, to optimize boat performance. 6. They manage the boat skillfully, applying handling and arrangement techniques to the various sailings during the race. 7. They develop basic race tactics, optimizing start, cruising, and finishing strategies. 8. They assess the biological and physiological requirements of sailing, applying this knowledge to training and preparing athletes. 9. They analyze kinesiology and industrially the characteristics of movements in sailing, optimizing performance through the appropriate technique. 				

	<p>10. Design and execute training methods to develop the fitness of sailors, with the aim of maximizing athletic performance.</p> <p>11. Organize and manage racing events and sailing departments of a nautical club, effectively implementing coaches' responsibilities.</p>		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<ul style="list-style-type: none"> • Introduction to the Olympic sport of Olympic Category and Open Water Sailing, categories, and boats • Basics of meteorology, training and racing, practical weather forecasting • Explanation of basic race regulations, race procedure (start, flags, committees, athletics) • Special reference to flags and their meaning • The aerodynamics of sails, basic principles of sail coordination of Olympic categories • Techniques of handling and arrangement of the boat, nomenclature and operation of adjustments, cruising (cruising upright, cruising sideways, treble sailing) during the race • Basic principles of race tactics (start, tactics, treble, finish) • Biological requirements in single-seater Olympic categories, biological requirements in windsurfing • Industrial and kinesiological analysis of characteristic movements in sailing • Physiological requirements of training, injuries and epidemiology, nutrition issues and ergogenic aids, nutritional preparation for the race, effect of sun and temperature on performance, hydration of athletes in training and competition • Methods of improving sailor's fitness, training methods applied to sailing athletes to maximize performance, annual scheduling of sailing athletes, teaching, and training at developmental ages • Organization and management of racing events • Organization and management of a sailing department of a nautical club, responsibilities of coaches <p>The course will also include practical training on boats of Olympic categories in a Nautical Club area for familiarization with the Olympic sport and consolidation of the contents of the theoretical units. Also, simulation workshops of sailing race will be organized for students of the specialty</p>		
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</p>		

	<p>videos are used in teaching. Methods like case studies, real scenarios, discussion, and 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>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>
<p>Bibliography</p>	<ol style="list-style-type: none"> 1. Κ Καλαθάκης, Μ. Ιστιοπλοία και ναυτοσύνη. Σχολή Ιστιοπλοίας Ανοικτής Θάλασσας (2017) ISBN 978-618-80499-1-8 2. Ainslie, B. The laser campaign manual. Fernhurst Books Ltd (2002) ISBN 978-1898660903 3. Blackburn, M. Sailing fitness and training. CreateSpace Independent Publishing Platform (2015) ISBN 978-1511831888 <p>Selection of articles from foreign scientific journals:</p> <ul style="list-style-type: none"> • Ahlborg, B., Bergström, J., Ekelund, L.G., Guarnieri, G., Harris, R.C., Hultman, E. & Nordesjö. L.O. Muscle metabolism during isometric exercise performed at constant force. J Appl Physiol. (1972) 33(2):224- 8. • Castagna, O. & Brisswalter, J. Assessment of energy demand in Laser sailing: influences of exercise duration and performance level. Eur J Appl Physiol. (2007) 99(2):95-101. • Shephard, R.J. Biology and Medicine of Sailing. Sports Med (1997) 23: 350. • Aagaard, P., Beyer, N., Simonsen, E. B., Larsson, B., Magnusson, S. P. & Kjaer, M. Isokinetic muscle strength and hiking performance in elite sailors. Scand J Med Sci Sports (1998) 8, 138-144. • Aagaard, P., Simonsen, E. B., Beyer, N., Larsson, B., Magnusson, S. P. & Kjaer, M. Isokinetic muscle strength and capacity for Muscular Knee

	<p>Joint Stabilization in Elite Sailors. Int J Sports Med (1997), 18, 521 - 525.</p> <ul style="list-style-type: none"> • Allen, J. B., & De Jong, M. R. (2006). Sailing and sports medicine: a literature review. Br J Sports Med, 40, 587-593
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 sailing. 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 sailing is requested. This should include at least the description of training objectives, teaching methods and practices, training organization, appropriate exercises, and evaluation of athletes in relation to sailing. • Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session about sailing, 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 sailing required to practice the specific sport. • Final Theory Exam (30%): The exam includes a wide range of topics, comprehensively reflecting the material presented during the course on sailing. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in the field of sailing. In addition, the exam focuses on the student's ability to connect various concepts, thus creating an integrated concept in the field of sailing and how it can apply theoretical principles to practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of sailing to practical scenarios.
Language	Greek / English