

Course Title	WATERPOLO I				
Course Code	SSWAT421-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Fall				
Teacher's Name	Dimitris Socratous				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<p>The course's purpose is to teach the student the philosophy of coaching in individual technique in water polo. Students should know how to move a water polo player in the water with or without the ball. The aim is also for the student to analyze theoretically and practically the individual offensive and defensive tactics and finally to be able to design and implement a water polo training unit that contains individual technical, tactical, and physical preparation.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Understand the historical development of water polo in Cyprus and abroad, appreciating the importance of sports in various cultures and periods. 2. Implement the general and international water polo arbitration regulations, recognizing their application in practice and theory. 3. Design and execute physical preparation programs outside and in the water, improving strength, endurance, flexibility, and dexterity according to individual needs. 4. Analyze the technique and mechanics of movements in water polo, understanding the ways of movement, the technique of attacks, defense, and ways of handling the ball. 5. Interpret the principles of hydrodynamics and their applications in water polo, recognizing the forces of gravity and buoyancy and the body's lifting skills in water. 6. Know the general rules of water polo, as well as the rules of refereeing in a water polo game 				

Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<p>Introduction: Historical overview of water polo in Cyprus and abroad.</p> <p>Regulations: General Water Polo Regulations, International Arbitration Regulations.</p> <p>Physical Preparation Out of Water: Strength Training, Endurance Training, Flexibility Training, Scheduling Out of Water Training.</p> <p>Physical Preparation In Water: Special Strength Training, Speed Training, Endurance Training, Dexterity Training, Flexibility Training, Personalized Training.</p> <p>Technical and mechanical analysis of water polo movements: ways of moving a water polo player in the water, special ways of swimming, technical ways of attacking, ways of possession and handling of the ball, ways of breaking the ball for passes and shots, technical ways of defense, static duel, duel in movement.</p> <p>Hydrodynamics: Principles of hydrodynamics, Gravity and Buoyancy forces,</p> <p>Skills of lifting the body in water (bicycle-holding-flying).</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 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>		

Bibliography	<ul style="list-style-type: none"> • Πλατάνου Θ., (1997) <i>Η Υδατοσφαίριση</i>, Β` Έκδοση, kegraft.Ε.Π.Ε., Αθήνα. • Πλατάνου Θ., (1994) <i>Η Φυσική Προετοιμασα των Αθλητών</i>, Αθήνα. • Water polo fina.org - official FINA website http://www.fina.org/discipline/water-polo • Juba K., (1978), <i>Water polo: Conditioning, techniques, strategy & play</i>, Info Books, London, ISBN: B0007AY8JM
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 water polo. 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 water polo is requested. This should include at least a description of training objectives, teaching methods and practices, training organization, appropriate exercises, and evaluation of athletes in relation to water polo. • Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session about water polo, following a prepared training plan that includes the training objectives, exercises, teaching methods and training materials. B) Technical Skills of the Sport 10%: The candidate demonstrates and demonstrates basic technical skills in water polo 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 water polo. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in water polo. In addition, the exam focuses on the student's ability to connect various concepts, thus creating an integrated concept in the field of water polo 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 water polo to practical scenarios.
Language	Greek / English