

Course Title	<b>ROWING I</b>				
Course Code	SSROW423-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Fall				
Teacher's Name	Aristotelis Ioannou				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<p>The course aims to equip students with theoretical knowledge and practical skills in rowing, allowing them to deeply understand the history, physiology, biomechanics, and techniques of rowing. It aims to develop their ability to apply safety and first aid principles, analyze and improve rowing techniques and tactics, and collaborate effectively as team members. Finally, students will develop the ability to actively participate and critically evaluate rowing race simulations, enhancing their understanding of the importance of technique and strategy in achieving sporting excellence.</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 history, terminology, equipment, basics and regulations of rowing, and various rowing boats.</li> <li>2. They apply basic safety principles and provide first aid in case of emergency during rowing activities.</li> <li>3. They interpret the physiological demands and adaptations of rowing, as well as the physical laws and effect of athletes' body weight on performance.</li> <li>4. They analyze the biomechanics of motion and hydrodynamics in rowing to improve efficiency and technique.</li> <li>5. They apply advanced rowing techniques, design, and execute effective training programs, and tactics and strategies for competitions.</li> <li>6. They conduct practical exercises and simulations of rowing races, applying the knowledge and skills they have acquired.</li> </ol>				

	7. They collaborate effectively as part of a rowing team, enhancing team collaboration		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<ol style="list-style-type: none"> <li>1. Introduction: Repetition of rowing history, terminology, equipment, acquaintance with the basics and regulations, rowing boats.</li> <li>2. Safety: safety basics, first aid.</li> <li>3. Physiology and biomechanics of movement in rowing: physiology and physiological adaptations/requirements of rowing, rowing kinesiology, physical laws and body weight of rowing athletes, biomechanics of motion and hydrodynamics in rowing,</li> <li>4. Rowing technique and tactics: importance of technique, basics of technique, advanced technique, technique and training, rowing pace and performance, rowing race/race, team rowing and cooperation, classification of rowing events</li> <li>5. Practical training and simulation of rowing races for students of the specialty.</li> <li>6. Summary and critical evaluation of teaching in water sports</li> </ol>		
Teaching Methodology	<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, so that they become capable of performing and teaching the basic motor skills of the sport. It also described and presented how each exercise/program for the sport is taught using a trainee model.</p>
Bibliography	<ol style="list-style-type: none"> <li>1. Maybery, K. Rowing: The essential guide to equipment and techniques. New Holland Publishers Ltd (2002). ISBN 978-1859749364.</li> <li>2. Boyne, D. Essential sculling: an introduction to basic strokes, equipment, boat handling, technique, and power. Lyons Press 1st edition (2000) ISBN 978-1558217096</li> </ol> <p><u>Additional bibliography</u></p> <ol style="list-style-type: none"> <li>1. Thompson, P. &amp; Wolf, A. Training for the complete rower: a guide to improving performance. Crowood Press (2016) ISBN 978-1785000867</li> <li>2. Thompson, P. &amp; Pincent, CBE, M. Sculling: training, technique and performance. Crowood Press (2005) ISBN 978-1861267580</li> <li>3. Kleshnev, V. The biomechanics of rowing. Crowood Press (2016) ISBN 978-17850001338</li> </ol>
Assessment	<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 rowing. 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, organisation of training, appropriate exercises, and evaluation of athletes in relation to rowing.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Practical examination (35%):</b> <b>A) Microteaching 25%:</b> The candidate presents a short teaching session about rowing, following a prepared training plan that includes training objectives, exercises, teaching methods and training materials. <b>B) Technical Skills of the Sport 10%:</b> The candidate demonstrates and demonstrates basic technical skills in rowing required to practice the specific sport.</li> <li>• <b>Final Theory Exam (30%):</b> The exam includes a wide range of topics, comprehensively reflecting the material presented during the course on rowing. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in rowing. In addition, the exam focuses on the student's ability to connect various concepts, thus creating an integrated understanding in the field of rowing 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 rowing to practical scenarios.</li> </ul>
Language	Greek / English