

Course Title	<b>ROWING II</b>			
Course Code	SSROW424-S-1			
Course Type	SPECIALISATION ELECTIVE			
Level	BSc (Level 1)			
Year / Semester	4th / Spring			
Teacher's Name	Aristotelis Ioannou			
ECTS	12	Lectures / week	3	Laboratories / week / 3
Course Purpose	The course aims to provide students with a comprehensive understanding of the multidimensional aspects of rowing, enhancing technical training, tactical perception, coaching knowledge, and organizational ability. Students will also develop critical thinking to evaluate and improve rowing teaching and training methods.			
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> <li>1. Recognize and explain the importance of technique and tactics in rowing, analyzing its key elements and their relationship to performance.</li> <li>2. They apply advanced rowing techniques in practice, combining them with effective training strategies to improve rowing pace and performance.</li> <li>3. They judge and adjust training programs based on the physiological requirements of rowing, with special emphasis on injury prevention and the application of ergogenic aids.</li> <li>4. Evaluate the impact of different dietary strategies and hydration on athletes' performance by designing comprehensive nutrition plans.</li> <li>5. They plan and organize training days and rowing events, emphasizing safety, communication, and synchronization of participants.</li> <li>6. They critically evaluate the progress and effectiveness of teaching and training, proposing improvements for the development of rowing at amateur and competitive level.</li> </ol>			
Prerequisites	PESS106: Training Principles	Corequisites	No	

<p>Course Content</p>	<ol style="list-style-type: none"> <li>1. Introduction: Repetition of terminology, safety issues, equipment, basic elements and regulations, classification of rowing boats</li> <li>2. Rowing technique and tactics: importance of technique, basics of technique, advanced technique, technique and training, rowing pace and performance, rowing race/race, team rowing</li> <li>3. Training and race issues: physiological requirements of training, competitive rowing, injuries and epidemiology, technique and training, nutrition issues and ergogenic aids, annual rowing athlete planning, athlete hydration, lightweight and masters rowing, the race, communication and synchronization in the race, training at developmental ages</li> <li>4. Practical training and organization of rowing competition workshops for students of the specialty.</li> <li>5. Summary and critical evaluation of teaching</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, 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>

<p>Bibliography</p>	<ul style="list-style-type: none"> <li>• Maybery, K. Rowing: The essential guide to equipment and techniques. New Holland Publishers Ltd (2002). ISBN 978-1859749364 2.</li> <li>• Boyne, D. Essential sculling: an introduction to basic strokes, equipment, boat handling, technique, and power. Lyons Press 1st edition (2000) ISBN 978-1558217096</li> </ul> <p><u>Additional bibliography</u></p> <p>Thompson, P. &amp; Wolf, A. Training for the complete rower: a guide to improving performance. Crowood Press (2016) ISBN 978-1785000867</p> <p>Thompson, P. &amp; Pincent, CBE, M. Sculling: training, technique and performance. Crowood Press (2005) ISBN 978-1861267580</p> <p>Kleshnev, V. The biomechanics of rowing. Crowood Press (2016) ISBN 978-17850001338</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 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> <li>• <b>Practical examination (35%): 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</li> </ul>



	creating an integrated understanding of 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.
Language	Greek / English