

Course Title	BASKETBALL I				
Course Code	SSBAS425-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Fall				
Teacher's Name	Giorgos Georgiou				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<p>The course aims to equip students with the necessary theoretical and practical knowledge and skills to understand, analyze, and apply the basic and advanced principles of basketball. This includes delving into the rules and refereeing, player positions and roles, principles of individual and team behavior in the game, and designing and guiding training programs. In addition, the course aims to develop students' critical thinking through the review and evaluation of the taught topics, encouraging them to apply their knowledge in real conditions and actively contribute to the development and improvement of basketball practice.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Understand the basic regulations and referees of basketball, as well as the positions and roles of players, deepening in the theoretical and practical skills taught. 2. Analyze and apply the basic principles of individual and team behavior in the match, including defensive and offensive tactical systems. 3. Apply methods to fine-tune techniques, identify errors, apply correction techniques, and evaluate and respond to coach feedback. 4. Design and guide training programs to develop basketball skills, including programs to improve strength, mobility, speed, and endurance, and assess physical fitness through field tests. 5. Appreciate athletic talent and understand the physiological and anatomical physical peculiarities at developmental ages, as well as the peculiarities in the training of young athletes. 6. Manage coaching and biological age and implement the separation of age groups in training planning. 				

	7. Critically analyze and evaluate the topics taught, developing a critical view on the practices and techniques applied in basketball.		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<p>1. Introduction: Rules and refereeing of basketball, positions, and roles of players, deepening of the theoretical and practical skills taught to students in the core course of basketball,</p> <p>2. Basic Principles of Individual and Team Behavior in the match: Systems and reaction in defense and attack, guidance, and methodology for perfecting technique, kinesiological analysis of dribbling, shooting, passing phases. Mistake detection and correction techniques, coach feedback and competitive behavior</p> <p>3. Basketball coaching: Design and guidance of training programs, field tests to assess physical fitness in basketball, design and guidance of throwing training programs, mini-basket, long-term planning, design, implementation and guidance of programs for the development of strength, mobility, speed and endurance in developmental ages, athletic talent, physiological and anatomical physical peculiarities in developmental ages, training and biological age and age separation, the peculiarities when training at developmental ages.</p> <p>Critical review and evaluation of the topics taught.</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, 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</p>		

	<p>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	<ol style="list-style-type: none"> 1. Kevin L. Burke, (2003). Sport Psychology Library: Basketball, Fitness Information Technology Inc 2. Αναστασιάδης, Μ. (2007). Βασική Τεχνική της Καλαθοσφαίρισης, Εκδόσεις Σάλτο..
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 basketball. 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 basketball is requested. This should include at least a description of training objectives, teaching methods and practices, organization of training, appropriate exercises and evaluation of athletes in relation to basketball. • Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session about basketball, 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 basketball 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 basketball. This includes concepts, theoretical frameworks and case studies, giving a complete copy of the knowledge gained in the field of basketball. In addition, the exam focuses on the student's ability to connect various concepts, thus creating an integrated understanding in the field of basketball 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 basketball to practical scenarios.
Language	Greek / English