

Course Title	BASKETBALL II				
Course Code	SSBAS426-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Spring				
Teacher's Name	Giorgos Georgiou				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	The purpose of this course is to provide students with a comprehensive and deepening understanding of the basic and advanced coaching principles in basketball, equipping them with the knowledge and skills needed to successfully assume the role of coach at various levels and contexts of the sport.				
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 basketball and the basic regulations governing the sport. 2. Analyze epidemiology and injury prevention strategies in basketball. 3. Apply physiological knowledge in assessing and improving athletic performance in basketball. 4. Design and implement training programs according to the sport's energy needs, considering the nutrition and psychological preparation of athletes. 5. Recognize the peculiarities of women's basketball and adapt their coaching approaches accordingly. 6. Understand and apply the basic principles of coaching during competition and training. 7. Manage the behavior and psychology of athletes on an individual and team level. 8. They organize and direct basketball games and championships, especially at young ages. 9. Critically evaluate the coaching methods and teaching practices applied in basketball. 				

	10. Develop methods and strategies for solving problems during training sessions and competitions, with special emphasis on managing groups of children and people with special needs		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<p>Basic elements of basketball coaching: historical data, regulations, championships, epidemiology, and prevention of injuries in basketball, basketball physiology and evaluation, energy systems and energy needs in basketball, nutrition issues, psychological preparation of athletes, peculiarities of women's basketball, basic elements for coaching in the game, structure, organization, and direction of a basketball game. Coaching at different levels of basketball: interval training, annual planning: design, implementation, and guidance of training programs during the preparation, matchday, and transition period to professional basketball players, school, club, recreational sport</p> <p>Role of the coach: behavior to a basketball player and the team in general, psychological behavior of a coach, coaching management of the men's and women's section, coaching management of a children's team, training for people with disabilities, methods, and strategies for solving problems in problematic training.</p> <p>The role and duties of the secretariat of the struggle. Organization of races and championships at young 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