

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Swimming

COURSE CODE:

N111

ECTS CREDITS

2

RESPONSIBLE FOR THE COURSE:

NAME	Gourgoulis Vassilios	
POSITION	Associate Professor	
SECTOR	Sports Training Theory and Application	
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CO-INSTRUCTORS	-	

SEMESTER:

1ST 2ND 3RD 4TH
5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
DIRECTION
SPECIALIZATION
PREREQUIZITE FOR SPECIALIZATION
ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

(only for 3rd & 4th year courses)

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SPECIALIZATION *(only for 3rd & 4th year courses)*

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LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*content and acquired skills*)

Theoretical approach and performance in practice in Front crawl and Backstroke technique / Starts and turns, respectively / Breaststroke and butterfly kicks.

COURSE CONTENTS (*outline – titles of lectures*)

1. Introduction in swimming – Behaviours code in swimming pool.
2. THEORY & PRACTICE: Familiarization exercises in shallow and deep-water pool. Breathing pattern.
3. THEORY & PRACTICE: Front crawl kick technique.
4. THEORY & PRACTICE: Front crawl arm movements technique.
5. THEORY & PRACTICE: Integrated Front crawl. Start learning.
6. THEORY & PRACTICE: Backstroke kick technique.
7. THEORY & PRACTICE: Backstroke arm movements technique.
8. THEORY & PRACTICE: Integrated backstroke. Start learning.
9. THEORY & PRACTICE: Starts and turns in Front crawl and backstroke.
10. THEORY & PRACTICE: Breaststroke kick technique.
11. THEORY & PRACTICE: Butterfly kick technique.
12. All the above.
13. All the above.

TEACHING METHOD (*lectures – labs – practice etc*)

- Lectures and use of audiovisual device.
- Practice
- Verbal and practical instructions during practice.
- Use of a “swimmer” as a model.

ASSESSMENT METHOD(-S)

In theory (50%) and practice (50%):

- 50m technique in Front crawl and 50m in backstroke with starts and turns.
- 25m technique in butterfly kicks and 25m in breaststroke kicks.

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:

1. Know and understand the front-crawl and back-crawl technique, along with the technique of the corresponding starts and turns, and the technique of the legs movement in breaststroke and butterfly swimming stroke.
2. They will be able to perform the above mentioned swimming skills
3. They will know the specific theoretical knowledge-base regarding the demonstration and teaching the above mentioned swimming skills

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1) Students will know and understand the front-crawl and back-crawl technique, along with the technique of the corresponding starts and turns, and the technique of the legs movement in breaststroke and butterfly swimming stroke.	Practical exercise, demonstration & discussion of digital material, study at home, tutorials	Midterm assessments through practical & oral sessions of cognitive assessment. Final exam.	20
2) Students will be able to perform the above mentioned swimming skills	Practical exercise	Midterm assessments, Final exam	30
3) Students will know the specific theoretical knowledge-base regarding the demonstration and teaching the above mentioned swimming skills	Practical exercise, organization & application of training programmes, tutorials	Midterm assessments through the organization & application of training programs	10
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Giatsis S., Sabanis M. (1993). Swimming – Technique – Teaching – Training – Water Rescue. SALTO. Thessaloniki.
2. Ernest W. Maglischo (2009). Swimming Fastest. The essential reference on technique, training and program design. Translation: Soultanaki H. Athens.